

2024 Fall AMC Basic Outdoor Rock Climbing School Syllabus — INSTRUCTORS

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Thank you for being part of the BORC Instructor team!

Please review knots and techniques in videos at: <http://arizonamountaineeringclub.net/schools/outdoor-rock-climbing-school/basic-outdoor-rock-climbing-school-syllabus-manual-videos/>

Instructors' Meeting: Wednesday, Oct. 9, 6–8 p.m., Furniss residence, 6245 E. Alta Hacienda Drive, Scottsdale 85251. **Please arrive no earlier than 5:55 p.m.**

Agenda: We will check ropes, assemble gear packs, and discuss upcoming classes. We will be working outdoors, so dress for the weather. **Ropes are grungy, so don't wear your favorite shirt — and consider bringing gloves.**

Class Session 1: Tuesday, Oct. 15, 5:30–9:30 p.m.

Location: North Mountain Visitor Center, 12950 N. 7th St., Phoenix AZ 85022

Agenda: Arrive as early as 5 p.m. to help check in students, distribute gear packs, and fit harnesses and shoes. Session will include student introductions, intro to climbing terms and gear, and basic knots and rope care.

Instructors will coach students in practicing knots and coiling ropes. Part of class will be held outdoors.

Instructor Gear: Yellow AMC shirt or other yellow shirt. Wear your harness and standard harness gear if possible.

Preparation: review climbing knots (overhand, water knot, figure 8 on a bight, figure 8 follow-through, grapevine and double grapevine, and daisy chaining)

Instructor Gear: Yellow AMC shirt or other yellow shirt. Climbing harness and standard harness gear.

Class Session 2: Thursday, Oct. 17, 6–9:30 p.m.

Location: Zoom link: <https://us06web.zoom.us/j/83092005777?pwd=WKp0dbDB5Mw8rRKbbMlr5b7Vb9jRsu.1>

Agenda: Session will cover climbing history, styles & ethics, ratings, belaying and rappelling, and climbing calls. Instructor attendance is optional. **NOTE: we have updated some techniques, as seen in the videos linked above.**

Class Session 3: Saturday, Oct. 19, Arrive by 6:45 a.m. to leave by 7 a.m.

Location: Meet for carpooling in front of Starbucks at Happy Valley Towne Center, 2501 W. Happy Valley Rd #50, Phoenix AZ 85085. Reconvene at Watson Lake Boat Ramp Parking Area (3101 Watson Lake Park Rd, Prescott, AZ 86301) by 9 a.m. \$3 entry fee per car. There are restrooms near the parking lot, but not in the climbing area.

Agenda: Instructors will divide into two groups, each with an OL, and will carry in ropes and gear and set up climbs on Time Zone and Comic Cliff walls. Students will arrive one hour later, watch demos, then start climbing.

Instructors should coach students on safe top-rope climbing skills, including: proper PBUS belay technique, climbing calls, partner checks, basic climbing technique, and developing trust in the top-rope system. Prior to climbing, each student must practice PBUS until they understand the technique, including catching simulated falls. Once belayers display proper technique, their partner can climb. Climbers & belayers should practice falls multiple times on first climb to build confidence in system. Students should use ATC Guide for their at least their first two belays. On later climbs, students should try a Petzl Grigri or Trango Vergo ABD. **Instructors MUST back up ALL belays, regardless of device used, by holding the brake strand behind the belayer to help arrest any falls and control lowering.**

Instructor Gear: Yellow AMC shirt or other yellow shirt. Climbing harness, helmet, standard harness gear, climbing shoes (optional), belay gloves (optional), hiking boots/shoes, long pants, wind shell, warm/cool clothing, sunscreen, sunhat, lunch and snacks, at least 3 quarts of water, and whatever else you need to stay comfortable for the day. If you have a Grigri or Vergo and are comfortable sharing it, please bring it. A radio is also helpful.

Class Session 4: Sunday, Oct. 20, Arrive by 6:45 a.m. to leave by 7 a.m.

Location: Meet at Target parking lot located at SE corner of 101 & Frank Lloyd Wright in Scottsdale. (See map.) *If you are coming north on 101, take Frank Lloyd Wright exit and turn into the Target parking lot directly from the*

frontage road. Otherwise, go east on Frank Lloyd Wright past 101 and take a right into the shopping center.

We will divide up gear and carpool to Tom's Thumb trailhead at 23015 N 128th St Scottsdale AZ 85255. There is a restroom at the trailhead, but NO WATER.

Agenda: Skills practice day. Instructors will set up ropes and anchors for skills stations including: rappel set-up and low-angle rappel, double rope rappel, single rope rappel/free hanging rappel, rappel with a Munter, top belay with a guide device, top belay with a Gri-Gri/Vergo, top-belay with a Munter. chimney, layback, slab, and other climbing techniques. Students will arrive one hour after Instructors and will watch demonstration of rappelling technique, then will spend the day rotating through stations. Instructors should coach students through proper techniques and must back up all belays and rappels. **NEW: we have updated the methods used in creating a rappel extension to include the option of using a P.A.S. as an extension. If using the club P.A.S., climber must clip two loops with the belay carabiner and clip the end back into the belay loop for redundancy.**

NOTE: Mark off student checklists at each station. Rappel and top-belay are mandatory, others are optional.

Instructor Gear: Yellow AMC shirt or other yellow shirt. Climbing harness, helmet, standard harness gear, climbing shoes (optional), belay gloves (optional), hiking boots/shoes, long pants, wind shell, warm/cool clothing, sunscreen, sunhat, lunch and snacks, at least 3 quarts of water, and whatever else you need to stay comfortable for the day.

Class Session 5: Tuesday, Oct. 22, 7–9 p.m.,

Location: Zoom link: <https://us06web.zoom.us/j/82228161916?pwd=DZb1Xlp2ulWexjqmOsBJkHDXbYYytv.1>

Agenda: Instructor attendance is optional. Session will cover self-rescue and prusiking, including updated techniques. **If you cannot join the class, please review the videos linked above.**

Class Session 6: Thursday, Oct. 24, 6 p.m. OR arrive as early as 4 p.m. to help set up ropes & practice

Location: Phoenix Rock Gym, 1353 E. University Dr., Tempe AZ 85281

Agenda: Self-rescue practice. Instructors will set up ropes before students arrive and are welcome to practice self-rescue until class begins. Students will watch short demos and receive grad climb assignments. Instructors will coach students through ascending the rope using prusiks, converting between rappel & prusik, and escaping the belay. **Note that we have updated some of the methods used in prusiking. The new skills are demonstrated in the videos linked at the top of this page.**

Grad Climb leaders: Pick up gear and meet with groups starting at 8 p.m.

Instructor gear: Yellow shirt, climbing harness, helmet, prusiks, carabiners, belay/rappel device, gloves (optional).

Please be READY TO START BY 6 p.m. Check in at front desk as you arrive and sign waiver if needed.

Class Session 7: Saturday, Oct. 26: Grad Climbs and Party! All Day.

Grad Climbs: (Assigned by 10/21) Meet Grad Climb Outing Leaders at PRG on 10/24 or email them for climb details

Grad Party: 5 p.m.–9 p.m. at Geninatti Residence: 5502 E Palo Verde Dr, Paradise Valley AZ 85253 (See map)

Agenda: AMC Outing Leaders will lead small groups on a variety of top-rope and multi-pitch climbs around central AZ. Instructors are needed to help second climbs, belay climbers, and provide extra supervision for new climbers.

Instructor Gear: Confirm all climb details with Grad Climb Outing Leader. At a minimum, you will need: harness, personal anchor, helmet, climbing shoes, student gear pack, belay gloves (optional), hiking boots/shoes, warm/cool clothing, sunscreen, sunhat, lunch and snacks, water, and whatever else you may need to stay comfortable for the day. Contact your leader and reference grad climb description for other needed gear.

Grad Party: Enjoy a fun evening with AMC friends and congratulate the new grads at a casual gathering immediately following grad climbs. Bring your beverage of choice, a potluck dish, and any special guest that you'd like.

GRAD CLIMBS (subject to change)

1. **Half and Half Wall, McDowells** (5.3–5.8)
Single pitch climbing on granite, 45 min approach and short rappel to base. *Limit 8 students.*
2. ****The Hand, Superstitions** (5.6)
3-pitch rhyolite pinnacle with lots of exposure. 60 min approach. *Long free-hanging rappel. *Limit 4 students.*
3. **Hanging Gardens, McDowells** (5.6)
2-pitch granite crack and face climb. 45 min approach. 2 rappels. *Limit 4 students.*
4. **Renaissance Direct, McDowells** (5.6)
2-pitch granite crack and face climb. 45 min approach. 2 rappels. *Limit 4 students.*
5. **Praying Monk, Camelback Mountain** (5.6)
2 pitches up a conglomerate pinnacle with a scramble in between. 15 min approach. 2 rappels *including a free-hanging section. *Limit 5 students.*
6. **Chimera, Camelback Mountain** (5.9)
3-pitch sport climb, advanced climbers only. 15 min approach. 2 rappels. *Limit 4 students.*

NOTES:

*All free-hanging rappels involve exposure. Anyone bothered by heights or uncomfortable on rappel should select a different grad climb.

** This climbs has the potential to be a long day. If you have plans Saturday night other than the grad party, we would advise you to select a different climb.

General Instructions

- 1) Public health protocols: If you have symptoms of any contagious illness, please contact the Lead Instructor and do not attend class. People with a positive test for ANY contagious illness should follow CDC recommendations for isolation and/or masking.
- 2) If you have a yellow AMC Instructor shirt,* wear it for all in-person sessions. If not, wear another yellow t-shirt.
*AMC shirts are provided for Instructors who have already volunteered for at least one other AMC school.
- 3) Wear a harness to every in-person session, along with standard harness gear.
- 4) Wear a name tag on your shirt or helmet.
- 5) Instructor schedules and assignments will be sent by Oct. 11 for regular classes and by Oct. 21 for Grad Climbs.
Watch your email.
- 6) **New Instructors:** Review the videos and watch how we teach the class. Ask questions if you are not 100% sure.
- 7) **Everyone:** Please stick to the curriculum as taught and resist the temptation to add variations.
- 8) Tune in to the Zoom lectures if you can, or review the videos. This helps keep our instruction consistent.
- 9) We teach methods that are safe, consistent with current best practices, and relatively easy to learn. These are not necessarily the **only** way to do things, but please **(PLEASE)** use these methods in this class.
It is confusing for students to be overloaded with options (& opinions!) when they are just learning.
- 10) Teach by demonstrating, then allowing students to do it themselves. Coach/correct verbally, but avoid the temptation to take over unless there is an immediate safety hazard. Trial and error is part of learning.
- 11) When fitting harnesses or giving instruction about tying in, be respectful of personal space. Avoid touching people unless necessary and always ask permission first.
- 12) **All student belays and rappels MUST be backed-up** (safety-belayed) by an instructor. Hold the brake strand below & behind the belayer so you can help arrest any falls and/or help control lowering.
- 13) Prior to the first climbing day, students will have only seen a demo video of proper belay technique. Assume they do not know what they are doing. Review the PBUS belay instructions at the end of this syllabus and watch the video at: <https://youtu.be/FZEX0avxx6Y> so you are prepared to coach at all stations where a belay is involved.
- 14) All students should practice PBUS until they are fluent in it. For their first belay on Oct. 19, pull out lots of slack so they can practice PBUS technique before anyone ties in. Pull down sharply on the rope to simulate a fall as you coach them in catching. No one should climb until the belayer is demonstrating proper PBUS.
- 15) Students will belay with tube-style devices for at least their first two belays. After they have had some practice, we will introduce Gri-gris and/or Vergos so they can practice with assisted-braking devices.
- 16) All students should practice falling & catching multiple times on first climbs to get comfortable.
- 17) Check each rope for wear before you put it up.
- 18) Make sure an OL signs off on each anchor and that each anchor is weight-tested.

- 19) Check every student every time to make sure: harness is on correctly and doubled back with no twisted leg loops; helmet is on properly; and all gear is racked securely on harness.
- 20) Correct safety issues, but ask before coaching on climbing technique. Not everyone wants beta.
- 21) Double-check all knots, including water knot, double grapevine (auto-block and prusiks) and figure-8 follow-through.
- 22) Back up all rappels.
- 23) For self-rescue practice at PRG, arrive early if possible and practice.
- 24) Grad Climb Leaders: please come to PRG on Thursday, Oct. 24 around 8 p.m. to pick up helmets, harnesses, ropes, patches and info sheets. After self-rescue practice, students will bring Grad Climb leaders any AMC harnesses and helmets to use on Grad Climb.
- 25) NOTE that we are teaching several techniques that are not yet reflected in an updated Manual. Watch the demo videos for current methods.
 - a) Close the system when rappelling or belaying by securing the rope end with a stopper knot by tying it to a climber or object.
 - b) Stopper knot: grapevine/barrel knot at the end of the rope
 - c) Belay technique: PBUS = Pull, Brake, Under, Slide
 - d) Extended Rappel with backup: put rap device on a 48" sewn runner girth-hitched through tie-in points and tied with an overhand OR **(NEW) use a P.A.S. as an extension. If using the club P.A.S., climber must clip two loops with the belay carabiner and clip the end back into the belay loop for redundancy.** Use an autoblock off the belay loop.
 - e) Prusiking: instead of a foot prusik with chicken hitch, use a double length sling with a Klemheist.

AMC Instructor Resources

AMC Rock Climbing & Self Rescue Manual, and Demo Videos:

<http://arizonamountaineeringclub.net/schools/outdoor-rock-climbing-school/basic-outdoor-rock-climbing-school-syllabus-manual-videos/>

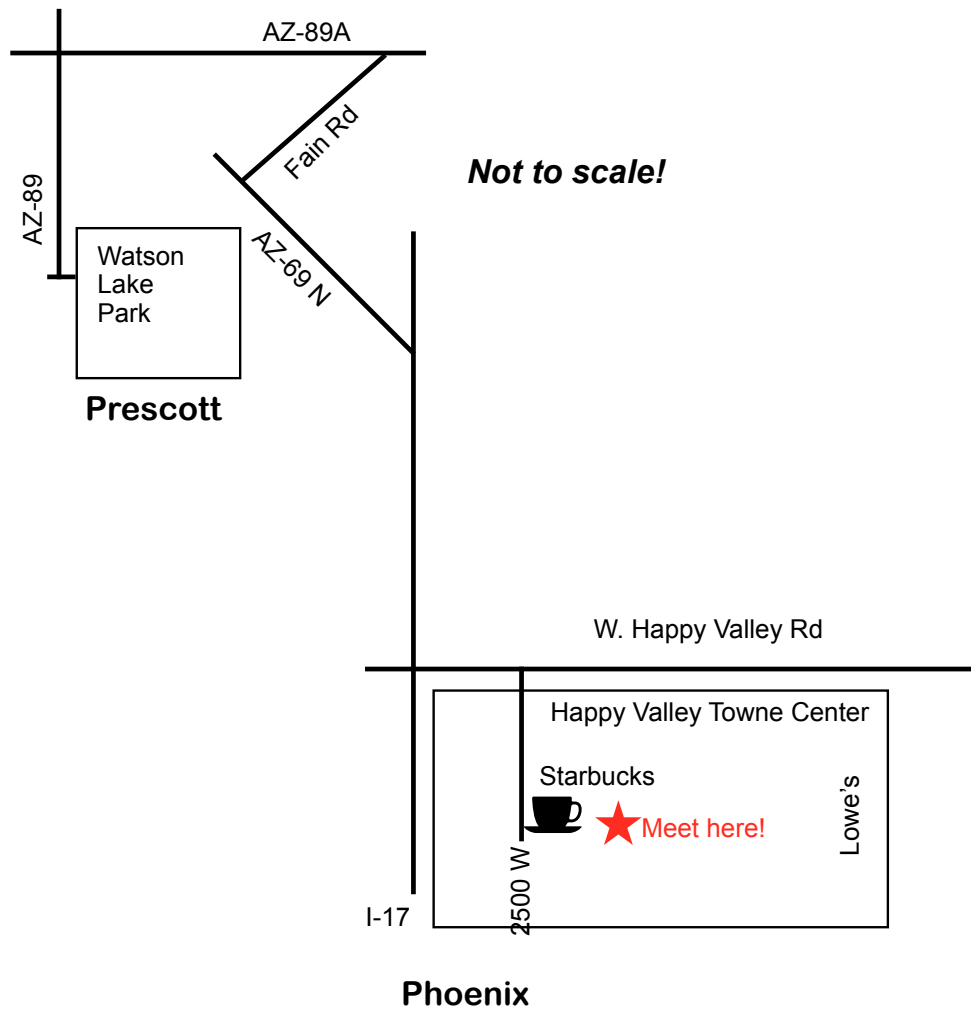
Knot-tying practice from Animated Knots:

<http://www.animatedknots.com/>

Maps for In-Person Climbing Sessions

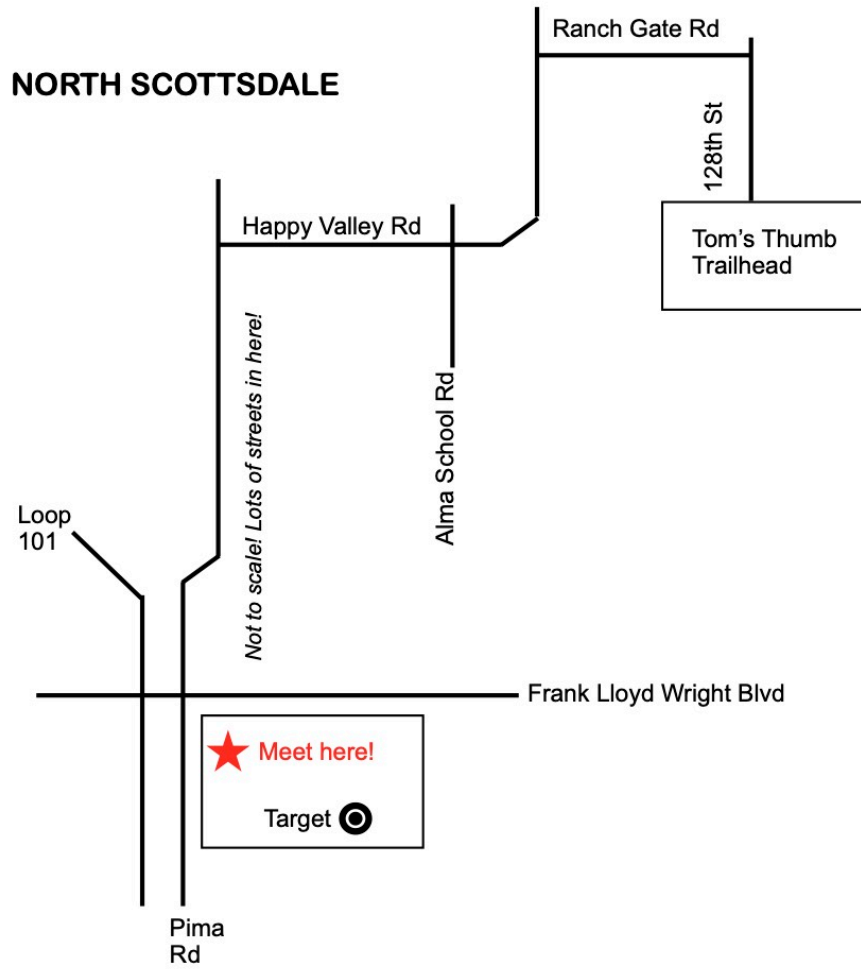
Saturday, Oct. 19: Climbing at Watson Lake, Prescott

Meet at 6:45 a.m. in front of Starbucks at Happy Valley Road and I-17 (2501 W Happy Valley Rd, Phoenix, AZ 85085). We will carpool to Watson Lake at 3101 Watson Lake Park Rd, Prescott AZ 86301. Bring cash for parking fee: \$3 per car.



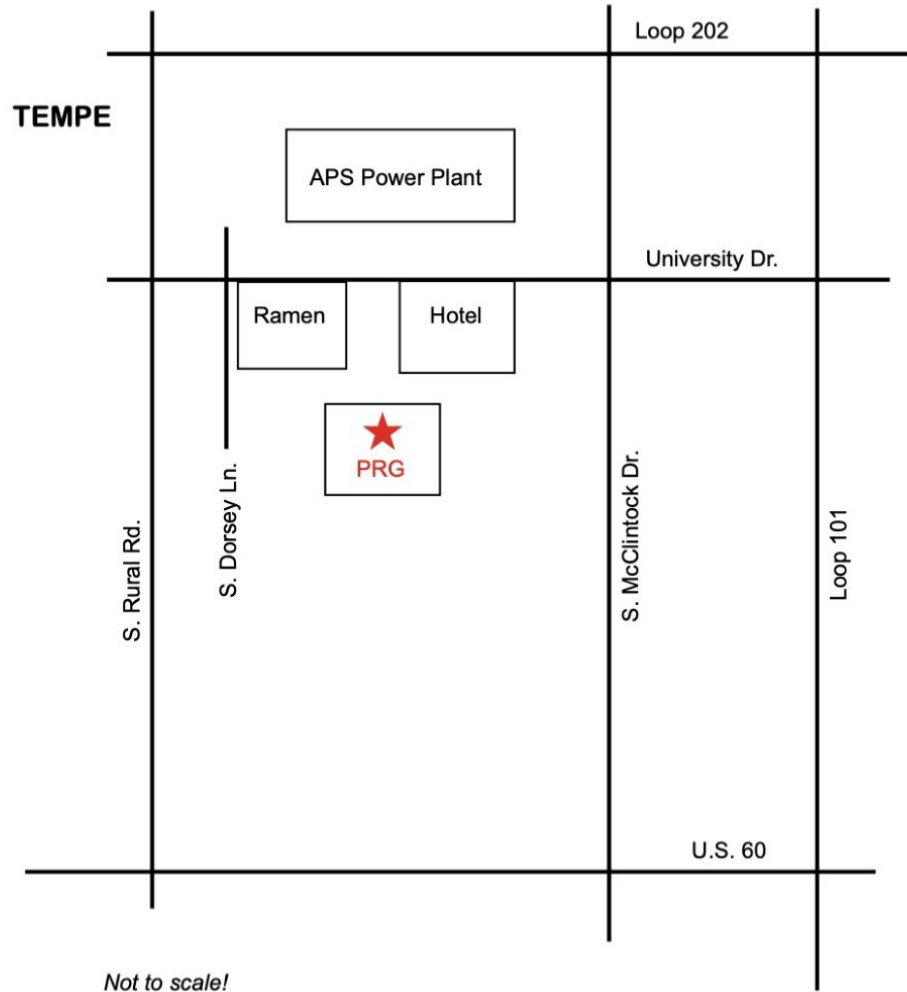
Sunday, Oct. 20: Skills Practice at McDowell Sonoran Preserve

Meet at 6:45 a.m. in the Target parking lot at Frank Lloyd Wright and Pima Rd (Loop 101). We will depart by 7 a.m. and carpool to Tom's Thumb Trailhead at 12943 E Paraiso Dr, Scottsdale, AZ 85255.



Thursday, Oct. 24: Self-Rescue Practice at Phoenix Rock Gym

Arrive as early as 4 p.m. and prior to 6 p.m. at 1353 E. University Dr., Tempe AZ 85281. PRG is on the southeast corner of University and Dorsey, behind the hotel. Check in at front desk and sign waiver, then proceed to Lead Cave.



Saturday, Oct. 26: Graduation Party!

Arrive: as early as 5 p.m. following the grad climbs

Where: Geninatti Residence: 5502 East Palo Verde Drive, Paradise Valley AZ 85253

Directions: This is the private residence of a long-time AMC member and supporter. Take McDonald Drive east from Tatum or west from Scottsdale Road. Turn south onto 54th Street, then left (east) onto Palo Verde and watch for 5502 on the left. It's easy to miss. Turn into the driveway, continue through the multi-colored gate, past the garage and northbound into the dirt parking area behind the house.

AMC will provide water, soft drinks, cups, plates, utensils, napkins, etc.

What to Bring:

- Yourself, cleaned up or "as is" from your climb.
- Significant other or other special guests.
- Food to eat and/or share.
- Beverage of your choice (AMC provides water & soft drinks),
- Your best stories and battle wounds from a day on the rocks.

PARADISE VALLEY

