

Everett Sport Climbing FT 1

Introductions

- Round robin people introductions, brief climbing bio .
- Course overview, what we will do and when. Field trip dates, etc.
- Display recommended text. Mention any deviations from course with respect to text content.

Intro to lead climbing

- Present general course policies; brake hand glove required when using standard tube style device. Helmets always required for climber and belay.
- Introduce sport draws and usage.
- Demonstrate proper clip, back-clip and z-clip.
- Show ideal direction of draw with respect to climber's position above draw.
 - If route doesn't wander significantly, alternate direction of draws.
- Demonstrate proper vertical orientation of draw 'rubber-to-rope' and 'wire-gate-to-rope' for applicable types of draws.
 - Always be consistent regarding which side of the draw goes against the bolt hanger.

Intro to lead belaying

- Discuss the pros/cons of traditional tube, and assisted braking devices (gri-gri) + newer devices such as the Mega-Jul.
- Demonstrate a typical belay scenario
 - Begin with a 'spot' prior to climber making the first clip.
 - Remain near to the wall to minimize introduction of excess slack in case of early fall.
 - Relax stance and introduce a bit more slack as climber moves higher assuming a clean fall line.
 - Point out the danger of blowing the second (sometimes 3rd) clip (especially if it's above your head).
- Demonstrate a dynamic belay during catch of fall from high clip (can be mocked)
 - Allow self to be tugged forward/upward in case of catch where climber is not in danger of deck or ledge.
 - Conversely, dive into a sitting position as a quick way to take in slack when a more aggressive catch is necessary.
- Demonstrate full climb clipping the anchors and lowering on indoor wall.
 - Run through harness, device checks.
 - If belayer not tied in, ensure knot at the end of rope or tied to rope bag (double barrel on end or bowline on rope bag).
- Take Q&A
- Students perform 1-2 full climbs indoors followed by Q&A.

Sport anchors

- Explain role of anchors in sport climbing.
 - As top-rope rigging. Never top-rope off of the fixed gear.
 - To anchor belayer when conditions call for it, some things to consider are ...
 - Exposed belay station
 - Climber significantly heavier and first bolt is high
 - High risk of falling before 2nd-3rd bolt
 - Easy 5.x full of blocks and ledges

- As rigging to belay a follower from above in multi-pitch or walk-off.
- Demonstrate basic anchors including a two point cordellette/equallette and quad + method to tie in (clove hitch with rope).
 - A pre-made quad is quick and self-equalizes.
- Mention the use of draws as an anchor system but point out limitations.
 - They're short and when used alone often don't reach over a ledge/lip.
 - They don't self-equalize at all so in practice you're almost always stressing one bolt.
 - If you top rope from them, you're wearing down your nice new draws.
- Take Q&A
- Students build a one example of a self-equalized-minimal-extension, equalized-no-extension and a anchor of either type extended over a mock lip on the floor (extend the anchor a couple feet).

Cleaning/Lowering

- Instructors demonstrate (at ground level) the steps following clipping the anchors with the rope.
 - Inspect fixed gear for damage/wear. Back-up if necessary/possible.
 - Clip PA to one of the fixed bolt hangers.
 - Call for slack, transition climber weight to PA. **Do not go off belay.**
 - From the tie in point, feed a bight through both chains.
 - Tie a figure-8-on-a-bight on the bight fed through chains.
 - Secure figure-8 knot to belay loop with locking carabiner.
 - Untie original tie in knot from harness and pull through chains.
 - Secure/Cleanp any excessive tail (clip to harness)
 - Call for tension/take and verify weight is on belay loop and PA is slack.
 - Unclip PA and call for lower.
- Take Q&A
- Students perform at least one lead (moc OK) + rappel indoors or until they're comfortable
- Move to outdoor wall and focus on basic lead technique (proper clips, good belays) + rappelling.
 - Top-rope setup / anchors / belay follower if time allows but this also gets attention in following field-trips.