

Crag Class Kick-Off Meeting

Prerequisites: Able to climb 5.7,5.8. Belaying and Rappelling; First Aid is recommended but not required

Required Reading: *Rock Climbing Anchors* by Craig Luebben (Supplied to Students at First Class)

Required Equipment:

Helmet, harness, shoes, nut tool.

Personal Anchor with Locking carabiner, Auto-Block belay device such as Petzel Reverso or |BD Auto block with Locking Biner

4 Alpine slings (60cm) and 2 Alpine Slings (120cm) with 12 standard biners

Cordellete 7m x 7 mm nylon cord and 2 6 mm prusik cords of 4 ft and 5 ft.

Other optional gear you may wish to consider will be discussed.

Bring what you have the first night. Don't buy anything more until after the first night

Objectives:

- Course Objectives
- Gear & equipment: What's out there & what's needed on climbs
- Discussion and demonstration of field trip material
- Discussion of optional Knot Review
- Discussion of Crag Course At the Anchor and Skill Review Field Trip, also Optional Knot Practice

Crag Class

Field Trip 1 At the Anchor and Skills Review:

Other Required Equipment: Ten essential systems, rock climbing gear

Objectives: Students will demonstrate Basic Climbing Skills

- Ability to safely follow at Moderate Level (5.7, 5.8), partner belay and rappel
- Demonstrate Knots while learning other skills: Rewoven Figure Tie-In, Bowline, Prusik, Coil Rope, Munter, Mule Tie-Off, Overhand, Figure-8, Double Fisherman's, Butterfly, Clove Hitch, Girth Hitch, Double Overhand, Rappel Auto-Block, Belay Escape
- Demonstrate and practice basic 3 piece belay anchor using a cordelette and also with just the rope.
- Demonstrate Belaying a second off the anchor, off the harness, and harness redirected
- Demonstrate swapping leads with emphases on where the second needs to clip into the anchor, the need for early first placement, and Fall Factor
- While in a hanging belay, on a sport anchor. Belay a second off the anchor, off the harness, and harness redirected. Setup 3:1 raising system off both anchor and redirected belay. Convert belay to a rappel and rappel. Demonstrate belay Escape.

Crag Class

Lecture for Field Trips 2 & 3:

Reading: *Rock Climbing Anchors* by Craig Luebben (supplied on first night)

Outline of Lecture:

1. Clipping
 - Choosing correct sling length
 - Proper clipping
 - Back clipping and Z-Clipping
 - Z Clipping
2. Placing Gear
 - Selecting rock suitable for placement
 - Zippering
 - Fall Factor and First placement
 - Nylon vs Dyneema/Spectra runners and cord characteristics
 - Nuts & Hexes-maximize contact
 - Horizontal Cracks, Tri-Cams, Chocks in opposition
 - Cams under & over camming, walking
3. Building Anchors
 - Re-emphasize ERNEST
 - Must withhold up & downward force for multi-pitch
 - Equalized cordelette, top shelf and Master Point
 - Equalette
 - Clove Hitch rope to two pieces and personal tether to another
4. Belay methods
 - 2 Followers
 - Direct and Indirect belay
 - Top Rope Belay vs Base Belay
 - Pinch and Slide vs Pbus
5. Leading
 - On top rope lead up a second rope and clip gear
 - On tope rope lead up a second rope and place gear-placement is critiqued
 - Lead using pre-placed gear
 - Lead using pre-placed gear and place gear-placement is critiqued
 - Lead, follower critiques
 - Self-Rescue: 3:1, 5:1, Lowering
6. Rappelling
 - Extended Rappel and auto block setup (see <https://vimeo.com/113362076>)
 - Saddle Bags
(<http://blog.alpineinstitute.com/2010/06/saddlebags-for-rappelling.html>)
 - Safety Knots in Rappel Ropes

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Field Trips 2 Placing Protection and Leading:

Required Equipment: Ten essential systems, rock climbing gear

Objectives: Practice on knowledge and skill gained during leading on rock lecture and Rock 1 Field Trip plus additional advanced topics to become more efficient on multi-pitch rock climbs.

Practice:

- Clipping
- Place Gear
- Build Anchors
- Belay Methods
- Leading
- Rappelling

Discussion and Demonstration of more Advanced Techniques and Practice of some of these:

- Advanced anchors and determining how to select
- Placing pieces in opposition
- Additional useful knots such as: garta hitch, klimheist hitch, Yosemite finish
- Discussion of aid and French technique
- Climbing using different rope scenarios, coils, double, half
- Pitch transitions- swapping leads and block climbing, simul-climbing

Field Trip 3 Efficient Rock Climbing:

Required Equipment: Ten essential systems, rock climbing gear

Outline:

Saturday: Practice:

- Simulclimbing
- Cow's Tail and other various belay techniques
- Advanced anchors and determining how to select
- Additional useful knots such as: garta hitch, klimheist, Yosemite finish
- Discussion of aid and French technique
- Climbing using different rope scenarios, coils, double, half etc
- Pitch transitions- swapping leads and block climbing

Sunday:

- Multi pitch Climb