



Introduction to Rock Climbing
Summer 2019
Essential Information

Dear Parents,

The Colorado Mountain Club's Youth Education Program is looking forward to spending next week with your child. We have an action-packed program planned. Please review this information, and make sure your child brings the necessary items with them each day.

OVERALL GOALS:

- To instruct the fundamental skills of rock climbing including— knot tying, belaying, back-up belaying, lowering and rappelling.
- To introduce the concepts and use of technical gear used in climbing systems.
- To explore local outdoor climbing areas and demonstrate various climbing styles and techniques used in top rope climbing.
- To build group cohesion through hands-on activities that encourage group communication, support, and trust.
- To instill confidence, leadership, and decision-making among participants.

RECOMMENDED GEAR LIST:

- Comfortable climbing clothing (i.e., loose fitting pants or shorts, T-shirts)
- Closed-toe, sturdy hiking shoes— NO SANDALS, please!
- BACKPACK- Properly fit and large enough to carry all personal essentials
- RAIN JACKET
- Sweater and/or warm layer
- WATER—minimum 2 Liters
- Brimmed hat and/or sunglasses
- Sunscreen
- Lunch and snacks

*****Cell phones, gaming devices, tablets, and iPods are NOT allowed on this course. YEP staff will collect electronics at the beginning of the day, and return at the end of the day.***

Please be certain to complete the three required online waivers for the week (CMC's outdoor waiver, AMC's climbing waiver, and Movement Climbing Gym). Your child will not be able to participate without these waivers in hand.

Equipment provided by YEP:

- Harness
- Helmet
- Climbing shoes
- Locking carabiners and belay devices
- *Additional outdoor gear/apparel available for loan: backpacks, water bottles, raincoats, and fleece jackets.

Potential Outdoor Climbing Sites (weather-dependent):

- Eldorado Canyon State Park—south of Boulder
- Maxwell Falls—US Forest Service, outside of Evergreen
- Clear Creek Canyon—Golden
- Lookout Mountain—Golden
- Camp Eden Crag—Camp Eden, NW of Golden
- *Rainy days may be spent at the American Mountaineering Center or Movement climbing gym



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INSTRUCTOR - PARTICIPANT RATIO:

YEP Adventure Courses requires at least **ONE** instructor per **FOUR** participants. To ensure a hands-on experience, Intro to Rock Climbing sessions will be limited to 12 participants.

RESPECT: A positive experience, and even survival in the outdoors, depends on people's attitudes and the ability to work together for the common goal. We reinforce the concept of a "**triangle of respect**" including **self-respect, respect for others, and respect for environment/surroundings**. We ask families to discuss and determine that each participant's intent is to cooperate with others.

SAFETY INSTRUCTIONS: YEP instructors will review any safety procedures at the beginning of each class. Participants are expected to follow all safety guidelines provided by instructors. If a participant is not willing to follow these guidelines, or appears to be endangering others, parents will be called and asked to pick-up their child.

YEP Instructors are certified in Wilderness First Aid/CPR, and are equipped with First Aid Kits. In the event of an emergency, 911 will be contacted in addition to the emergency contacts provided.

RESTROOMS: Outdoor restrooms vary in their availability, from flush toilets, to pit latrines, to using the privacy of a bush when away from modern conveniences at climbing sites. Instructors are fully trained in outdoor ethics and will advise participants on maintaining health and hygiene. Participants are encouraged to bring a personal toilet paper stash and a Ziploc baggie each day (provided by YEP). Instructors will require all participants to pack out all trash.

We look forward to the week ahead!

Please feel free to reach out with any questions or concerns.

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TENTATIVE Course Itinerary

DAY 1: Supremacy, Eldorado Canyon State Park

- Welcome! Icebreakers & Teambuilding.
- Fundamentals of Rock Climbing— basic climbing equipment, proper communication, and understanding the safety of climbing systems.
- Introduce/practice figure-8 re-trace and double fisherman knots.
- Introduce/practice how to belay, back-up belay, and rappel.

DAY 2: Alderfer Three Sisters

- Introduce outdoor crag site management, hazard awareness.
- Learn climbing terminology and practice various climbing techniques.
- Participate in games focusing on communication and trust.
- Continue to refine belay skills.

DAY 3: Cat Slab, Clear Creek Canyon

- Introduce/practice techniques for 'slab' climbing.
- Introduce 'fixed protection' and 'sport climbing' concepts and equipment.

DAY 4: Upper Maxwell Falls, Evergreen

- Hike to climbing area and rappel into the base of the crag (with instructor assistance).
- Learn about 'crag etiquette.'
- Discuss *Leave No Trace* ethics and perform 'Crag Clean-up.'

DAY 5: Camp Eden

- Enjoy the incredible alpine views, climbing and picnicking at Camp Eden
- Final review of various climbing techniques and basic skills.
- Wrap-up and course debrief— discuss challenges and successes throughout the course.

**** Outdoor climbing sites are subject to change due to weather, wildlife closures, etc.**