

**Achievement Description for Climbing Program:**

Campers will participate in the levels described below. When a climber completes the objectives for their level they may sign-up for the next level during subsequent activity picks. After a climber completes the Everest (advanced) objectives they may continue to sign-up for the Everest level to work on individual goals; senior village climbers who have completed the Everest level objectives have the additional option to sign-up for the 'Shadowing Climbing' program. Completing the Base Camp (Intro) level objectives is a prerequisite to climb and/or zipline during organized free and wacky one day activities.

Progression: Base Camp (Intro), Rainer (Beginner), Kilimanjaro (Intermediate), Everest (Advanced).

Base Camp (Climbing Intro):

- **PROGRAM RULES-** Demonstrates both verbal and practical understanding of established climbing/bouldering area rules:
 - Proper dress = closed-toe shoes & no baggy clothing.
 - Red-chipped climbing zone, bouldering wall, and equipment shed are off-limits until an instructor is present and has given permission.
 - Understands the importance of keeping both feet on the ground until the "Climb on Command" has been given.
- **SAFETY CHECKS-** Demonstrates both verbal and practical understanding of the 4H's as well as the climbing commands:
 - We check our partners helmet, harness, hardware and health prior to beginning a climb.
 - Climbing commands are given in a call-and-response fashion, as follows.
 - On Belay? Belay on. Climbing? Climb on.
 - Lower? Lowering.
- **EQUIPMENT USE-** Demonstrates both verbal and practical understanding of the following climbing equipment:
 - Proper harness and helmet use
- **PRACTICAL SKILLS-** Demonstrates both verbal understanding and practical competence in the following:
 - Proper spotting technique on the bouldering wall.
 - Bent arms, cupped hands (spoons, not forks), guide climbers hips when a fall occurs.
 - Complete a climb to the top of the tower utilizing either of the obstacle courses.
 - Falls and rests are ok at this level!

**Rainier (Climbing Beginning):**

- **PROGRAM RULES-** Demonstrates both verbal and practical understanding of established climbing/bouldering area rules as established in **BASE CAMP**.
- **SAFETY CHECKS-** Demonstrates both verbal and practical understanding of the safety checks as established in **BASE CAMP**.
- **EQUIPMENT USE-** Demonstrates both verbal and practical understanding of the climbing equipment as established in **BASE CAMP**. Additionally:
 - Ability to consistently put on a helmet and harness, correctly, without assistance.
 - Demonstrates how to safely tie-in utilizing a figure-8/safety knot.
- **PRACTICAL SKILLS-** Demonstrates both verbal understanding and practical competence in the following:
 - Identify hold types and demonstrate how to utilize them effectively.
 - Sloper, jug, pinch, pocket, and crimp
 - Golden rules: climb with your legs, straight arms, body close to the wall, and 3 points of contact.
 - Proper rest position while climbing.
 - Arms straight, weight on legs, strain places on legs/bone structure.
 - Complete two separate climbs to the top of the rock face on the main tower without falling or rope reliance, using any holds and features available.
 - One 30 second “hanging rest” is allowed on each climb; the climber must call out the rest to the belayer before taking it!
 - Complete a V0 route on the bouldering wall.

**PROGRAM RULES**

Understands/Follows climbing area rules. B R K E

SAFETY CHECKS

Demonstrates verbal/practical understanding of the climbing safety checks. B R K E

EQUIPMENT USE

Proper helmet and harness use. B

Demonstrates how to safely tie-in utilizing a figure-8/safety knot. R

Ability to consistently put on a helmet and harness, correctly, without assistance. R

Properly inspect a climbing rope prior to use. K

Ability to raise and lower climbing ropes on the tower. E

Properly coiling a climbing rope for storage. E

PRACTICAL SKILLS

Demonstrate proper spotting technique on the bouldering wall. B

Complete a climb to the top of the tower utilizing either of the obstacle courses. B

Identify hold types and demonstrate how to utilize them effectively. R

Demonstrate understanding of the climbing golden rules. R

Demonstrate proper rest positioning while climbing. R

Complete two separate climbs to the top of the rock face on the main tower R

without falling or rope reliance, using any holds and features available.

One 30 second "hanging rest" is allowed on each climb; the climber must call out the rest to the belayer before taking it!

Complete a V0 route on the bouldering wall. R

Demonstrate the back-stepping technique. K

Previewing a route prior to climbing. K

Complete two separate rock face climbs of a 5.8 route without falling or rope reliance. K

Complete a V1 route on the bouldering wall. K

Demonstrate the smearing technique while bouldering. K

Demonstrate the heel hook technique. K

Demonstrate rear and side-flagging techniques. E

Complete a V2 route on the bouldering wall. E

Complete two separate rock face climbs of a 5.10 route without falling or rope reliance. E

* B- Base Camp, R- Rainier, K- Kilimanjaro, E- Everest



CLIMBING BASE CAMP DAY #1

Orientation & Goal-setting (15 minutes)

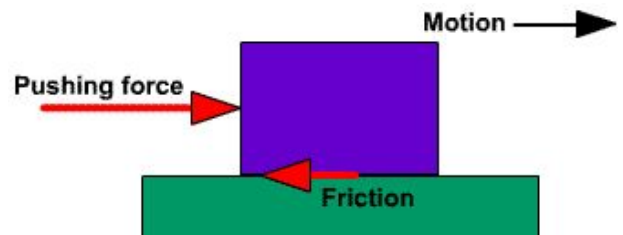
- MOTIVATION:** Develop familiarity with the climbing program objectives, physical area, equipment and safety procedures. Set goals with each participant!
- SAFETY GUIDELINES:**
- The climbing/bouldering walls require qualified supervision.
 - Everyone must be wearing closed-toed shoes.
 - Safety checks and commands will be used every climb.
 - Everyone in the “red chipped” zone wears a helmet.
- ORIENTATION:**
- Ask an instructor for permission before entering the shed. Give a tour of the shed, highlighting where/how to return equipment after use
 - Ask an instructor for permission before using the bouldering wall.
 - Give an overview of the skills that we will be practicing in Base Camp and the general progression between the climbing program levels.
 - Lead a brief goal-setting discussion with the group. What climbing program goal(s) does each individual want to accomplish by the 3rd day of the project? End of the summer?

Bouldering Theory & Safety Prep (20min)

1. Lead a discussion about friction and climbing.

WHAT IS FRICTION?

“Friction is the resistance of motion when one object rubs against another. Anytime two objects rub against each other, they cause friction. Friction works against the motion and acts in the opposite direction.”



Leading question: How can we increase friction when climbing? What if we spread our hands wide? Why does this work? (More surface area touching rock = more friction)



Fingers together = ↓ decreased friction and ↑ increased pulling power

Fingers apart = ↑ increased friction and ↓ pulling power

What about increasing friction between our feet and the rock? (Rubber soles of climbing shoes are designed to assist with this)



2. Demo properly fitting a helmet and bouldering wall spotting.

- helmet facing the correct direction with the front rim straight across forehead
- snug fit with no helmet movement when you shake your head
- chin straps form a “y-shape” around each ear; no slack between chin and strap

HAPPY TURTLES = When you place a helmet on the ground make sure the hard outer shell is facing upwards. This protects the straps/inner carriage from damage and presents less of a tripping hazard.



Leading question: What is the job of a spotter at the bouldering wall?

- To ensure that the climber's first point of contact with the ground is their feet!



SPOONS not FORKS:

Spotter keeps fingers pointing up and together. This allows them to assist a falling climber without injuring their own fingers (i.e., spread out like a fork).



TO THE BOULDERING WALL (35min)

Points to review/reinforce during this session include:

- Communication between climber and spotter (e.g., is the spotter ready?).
- Ensure that proper spotting technique is being used.
- Exploring the effects of hand placement on friction while climbing.

****Utilizing a bouldering wall-specific game (or other team-building activity) at the end of the session is a good way to transition into the daily wrap-up/conclusion.****

Conclusion (5min)

SUMMARY:

- (0) Put away equipment and “circle up.”
- (1) What are some climbing wall rules/expectations?
- (2) How can we use friction to our advantage while climbing?
- (3) Teach me how to spot at the bouldering wall!
- (4) Any thoughts/comments/questions after bouldering today?
- (5) Preview what we will work on tomorrow.
 - how a belay works, harnesses, climbing commands, and climbing up the obstacle course



CLIMBING BASE CAMP DAY #2

Introduction & Review Goals (10 minutes)

****We are climbing today! Have a staff member set up a rope on the obstacle course while you begin the introduction/goal review****

MOTIVATION: Continued comfort with the climbing program objectives and area.
Review and continued learning of equipment/safety procedures.
Comfort and confidence to climb the obstacle course today!

SAFETY GUIDELINES:

- The climbing/bouldering walls require qualified supervision.
- Everyone must be wearing closed-toed shoes.
- Safety checks and commands will be used every climb.
- Everyone in the “red chipped” zone wears a helmet.

REVIEW GOALS:

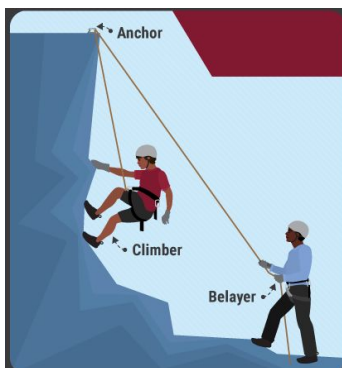
- Ask if anyone will share what progress they’ve made.
- What are you looking forward to practicing today?
- Thoughts on the obstacle wall? Excitement? Questions?

****This is a good time to take note of any nervousness and address any concerns in a positive, encouraging way. ****

Belay Theory & Climbing Wall Safety (25min)

1. Lead a discussion about belaying and top rope climbing.

In **top rope climbing** an anchor is fixed at the top of the route. The rope attaches to the climber’s harness, runs up the route, through the anchor, and back down to the belayer.



How does the belayer handle the weight of the climber in the case of a rest or a fall? (BELAY DEVICE)

****Pass around atc/grigri belay devices and locking carabiners.**

How does a belay device help the belayer to effectively “brake”/stop the rope? (FRICTION)



How is this different from lead climbing?

In **lead climbing**, the climber attaches to anchors as they continue up the route.

****Introduce the concept of fall factor if there is time****



2. Model proper fitting of a climbing harness.

Lay out the harness on the floor making sure that there are no twists in the leg loops or waist belt. Step through the leg loops making sure that the waist belt buckle is in the front. Pull up the harness, tightening the waist belt above your hips. Tighten leg loops leaving about 1-2 finger's width of space between the loops and your legs.

Tip: Cross your legs and pull down on the harness waist belt to check if it is secure.

Point out the difference between soft gear (ropes/tethers) and hard gear (carabiner) loops.

EMPHASIZE: That equipment loops are NOT weight-bearing!!

****Ask for a volunteer to put on a harness and help as you teach the safety checks. Everyone else will have the chance to work with the harnesses while waiting to climb the obstacle course.****

3. Climbing wall safety checks and climbing commands

We use the 4-H's system to check the climber and belayer before starting a climb.

Helmet-	Are our helmets properly fitted and secure?
Harness-	Are our harnesses properly fitted and secure?
Hardware-	Are our carabiners and belay devices properly secured? Is the rope and any climbing knot(s) correctly set-up?
Human-	How are we both feeling? What are our goals this climb?

****The climber and belayer should work through these checks on each other!**



We use the following climbing commands at the wall:

Climber asks-	"On belay?"
Belayer performs check and replies-	"Belay on."
Climber asks-	"Climbing?"
Belayer replies when all is ready-	"Climb on."

****Climber waits to touch the wall until the belayer has given the "Climb on" command.****

A few other commands we use to communicate during a climb:

When climber wants a break, relying on the rope, they ask-	"Take?"
Belayer will take in any remaining slack in the rope before replying-	"Taken."

When the climber wants to come down from the wall they ask-	"Lower?"
Belayer will prepare before replying-	"Lowering."

After the climber has descended they ask-	"Off Belay?"
The belayer can now remove themselves from the system and reply-	"Belay off."

TO THE WALLS (30min)

****Organize a quick [horsengoggle](#) or other game to determine climbing order****

This is the time for the belaying staff member to provide one-on-one instruction to each climber about the safety checks and climbing commands. Other staff should assist campers in selecting/fitting appropriate climbing harnesses. Depending on the class size the bouldering wall may also be utilized as a supplementary activity.

Conclusion (10min)

SUMMARY:

- (0) Put away equipment and "circle up."
- (1) Can someone teach me the 4-H's?
- (2) Any thoughts/comments/questions after climbing today?
- (3) Preview what we will work on tomorrow.
 - more obstacle course climbing, learn hold types, and bouldering wall challenge



CLIMBING BASE CAMP DAY #3

Introduction & Review Goals (10 minutes)

MOTIVATION: Confidence with the climbing program objectives and area.
Thorough knowledge of safety checks and climbing commands.
Confidence to reach the top of the obstacle course.
Excitement for the rock climbing wall used in Rainier (Beginning).

SAFETY GUIDELINES:

- The climbing/bouldering walls require qualified supervision.
- Everyone must be wearing closed-toed shoes.
- Safety checks and commands will be used every climb.
- Everyone in the “red chipped” zone wears a helmet.

REVIEW GOALS:

- Ask if anyone will share what progress they’ve made.
- What are you looking forward to practicing today?
- Thoughts on the obstacle wall? Excitement? Questions?

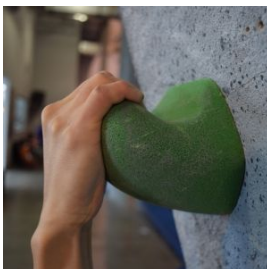
Review the skills that we are working to master in order to complete the Climbing Base Camp (Introduction) level. Discuss how each camper will know when they have met the required skill masteries and can sign-up for the Rainier (Beginning) level.

****This communication system MUST be consistent across the climbing staff!!****

TEACHING HOLD TYPES (10min)

1. Identify the following hold types on the bouldering wall.

Jug



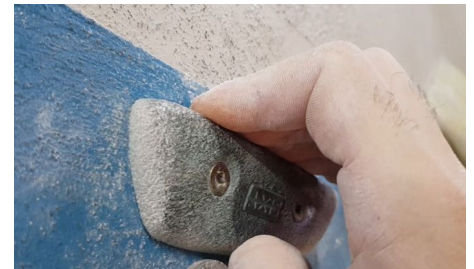
Sloper



Pinch



Crimp



Pocket



****Facilitate a discussion about the different ways climbers have been using these holds on the bouldering wall.****



TO THE WALLS (40min)

****Campers who have not yet had an opportunity to climb the obstacle course should go first today. Afterwards, those who tried the course yesterday but did not make it to the top.**

Impose time limits as necessary to ensure many campers have the opportunity to climb.

1. Bouldering Wall Challenge

A bouldering wall challenge where climbers must traverse the wall horizontally using only the hold type(s) specified by the instructor is a good way to practice the holds we just learned.

2. Team-building Challenges

Other quick team-building challenges are perfect towards the end of this climbing session if everyone has had enough bouldering for the day. (For example, human knot, moving tennis ball as a group, tarp island).

CONCLUSION (15min)

SUMMARY:

- (0) Put away equipment and “circle up.”
- (1) Any personal climbing goal updates?
- (2) Communicate the progress campers have made. Skills learned?
- (3) Campers that have completed the Base Camp skills can sign-up for ziplining/climbing during organized free and the Rainier (Beginning) level during the next activity-pick.
- (4) Preview the Rainier (Beginning) level.
 - climb the rock wall face, learn tips for different holds, complete a bouldering route, and learn the figure-8 climbing knot

CLIMBING RAINIER DAY #1



Orientation & Goal-setting (15 minutes)

MOTIVATION: Build on the best practices for safety and personal responsibility introduced within the Base Camp level. Develop familiarity with basic rock climbing terminology and best practices/techniques. Set goals with each participant!

SAFETY GUIDELINES:

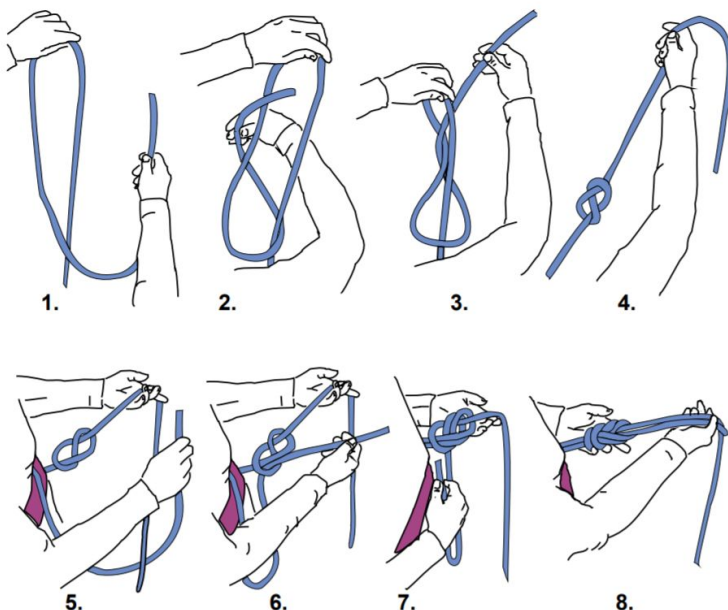
- The climbing/bouldering walls require qualified supervision.
- Everyone must be wearing closed-toed shoes.
- Safety checks and commands will be used every climb.
- Everyone in the “red chipped” zone wears a helmet.

ORIENTATION:

- Ask an instructor for permission before entering the shed. Give a quick reminder of where/how to return equipment after use
- Ask an instructor for permission before using the bouldering wall.
- Give an overview of the skills that we will be practicing in Rainier (Beginning) and the general progression between the climbing program levels.
- Lead a brief goal-setting discussion with the group. What climbing program goal(s) does each individual want to accomplish by the 3rd day of the project? End of the summer?

Figure 8 Follow-Through Knot (20min)

1. Demonstrate properly tying the figure 8 follow through, including the stopper knot.



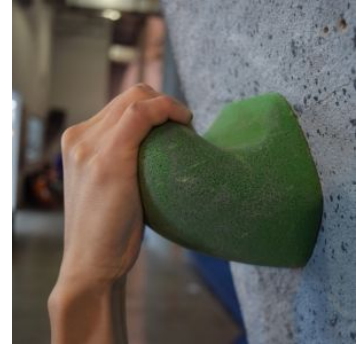


****Staff should work one-on-one to assist campers as they practice this skill.****

Hold Types (10min)

1. Hold types were briefly introduced in Climbing Intro. Lead a discussion about different grips that work best with each of the following:

- a) **Jugs:** large lip allowing for an easy grip. Adjusting grip on jugs can generate a great deal of friction, resulting in sore, scraped hands. If your grip is good, leave it!



- b) **Slopers:** rounded without a lip/edge for your fingers. Use an open handed-grip (friction!) with straight arms for maximum leverage; centering your gravity beneath a sloper helps a lot!



- c) **Pinches:** every time you use a pinch you should try to get your thumb involved. This maximizes surface contact (friction!) and adds the opposing force of your thumb squeeze.



****Leave discussion of pockets and crimps for tomorrow!****

TO THE WALLS (25min)

Hold type strategies and figure 8 follow through skills can continue to be practiced during this time. One staff member should be facilitating this through games/challenges (e.g., on the bouldering wall) while the other is belaying the climbing wall.



Conclusion (5min)

SUMMARY:

- (0) Put away equipment and “circle up.”
- (1) What grip(s) have you tried with sloper holds?
- (2) Any thoughts/comments/questions after climbing today?
- (3) How comfortable are we with the figure 8 follow through knot?
- (5) Preview what we will work on tomorrow.
 - more climbing time, golden rules, rest positions, figure 8 practice, and two more hold types



CLIMBING RAINIER DAY #2

Introduction & Review Goals (10 minutes)

MOTIVATION: Build on previous discussions involving hold types and grip strategies. Review and continued learning of climbing practices (e.g., figure 8 knot/golden rules). Continued confidence as we tackle the rock wall!

SAFETY GUIDELINES:

- The climbing/bouldering walls require qualified supervision.
- Everyone must be wearing closed-toed shoes.
- Safety checks and commands will be used every climb.
- Everyone in the “red chipped” zone wears a helmet.

REVIEW GOALS:

- Ask if anyone will share what progress they’ve made.
- What are you looking forward to practicing today?
- Thoughts on the rock wall? Questions?

Golden Rules & Proper Rest Position (5 minutes)

1. Lead a discussion about the golden rules of climbing.

Think about your feet first: support weight with your legs, not arms.

Keep your arms straight: this helps to conserve energy and prevent fatigue.

Be mindful of your center of gravity: keep your body close to the wall.

2. What are some key things to remember when resting along a route?

Communicate with the belayer when planning a rest.

Find a handhold where you can straighten your arm(s) and shake-out.

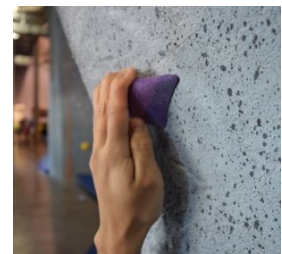
Body weight on your legs and close to the wall.

More Hold Types (5 minutes)

1. Lead a discussion about different grips that work best with each of the following:

- a) **Crimps:** small edges large enough only for fingertips.

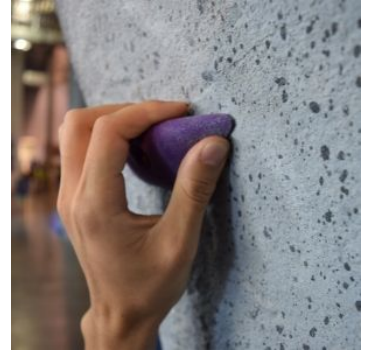
To **open crimp**, place finger pads on the edge, extending your knuckles as far as possible. This is the weakest crimp grip, but the healthiest for your fingers.





To **half crimp** place finger pads on the edge, bending 90 degrees at your middle knuckles. This grip places more stress on your hands, but provides more strength.

Full crimping involves wrapping your thumb over the top and pressing your palm towards the hold. There is real risk of harming your hands with this grip position!



- b) **Pockets:** use your ring and middle fingers in small pockets; avoid single-finger pockets (they're hard on your hands!) Center your gravity beneath the hold and pull straight down to maximize grip strength.



TO THE WALLS (45min)

Continue working on the Rainier skills, both at the bouldering and rock walls. Staff members who are not belaying should assist the group as they work to boulder a V0 route. This is also a good time to continue practicing the figure 8 knot if needed.

Conclusion (10min)

SUMMARY:

- (0) Put away equipment and "circle up."
- (1) What are the golden rules of climbing we talked about today?
- (2) What do we think about crimps and pockets?
- (3) Any thoughts/comments/questions after climbing?
- (4) Preview what we will work on tomorrow.
 - more time on the walls, review Rainier skills, and bouldering challenge



CLIMBING RAINIER DAY #3

Introduction & Review Goals (10 minutes)

MOTIVATION: Competence with the figure 8 follow through and stopper knots.
Confidence to reach the top of the rock wall.
Continued exploration of strategies to approach different hold types.

SAFETY GUIDELINES: -The climbing/bouldering walls require qualified supervision.
-Everyone must be wearing closed-toed shoes.
-Safety checks and commands will be used every climb.
-Everyone in the “red chipped” zone wears a helmet.

REVIEW GOALS: -Ask if anyone will share what progress they’ve made.
-What are you looking forward to practicing today?
-Thoughts? Questions?

Review the skills that we are working to master in order to complete the Climbing Rainier (Beginner) level. Discuss how each camper will know when they have met the required skill masteries and can sign-up for the Kilimanjaro (Intermediate) level.

Optional Review (5min)

****If a majority of the group needs a review/refresher of any particular skills or procedures do it now.****

TO THE WALL (45min)

1. Continue to support climbers as they work to complete the Rainier skills.
2. Introduce and facilitate a bouldering wall challenge, particularly for those who have already completed the Rainier skills and need an additional activity.

CONCLUSION (15min)

SUMMARY: (0) Put away equipment and “circle up.”
(1) Any personal climbing goal updates?
(2) Communicate the progress campers have made. Skills learned?
(4) Preview the Kilimanjaro (Intermediate) level.