

INSTRUCTOR HANDOUT

GRADUATION WEEKEND

Weekend Goal:

- Students will be quizzed and evaluated for their ability to...
 - ...second a leader on a short multi-pitch climb (including flaking the rope, lead belaying, seconding, multi-pitch rappel, pulling the rope and coiling it again).
 - ... set up a SRENE top rope anchor without the active guidance of an instructor or assistant.
 - ...tie all knots they have learned during the class **and** explain what they are used for.

Every Student Should:

- Belay a leader.
- Second a leader.
- Do a multi-pitch rappel (separate station).
- Set up a SRENE top rope anchor without the guidance of an instructor or assistant. Anchors need to be checked by an instructor.
- Tie all knots they have learned during the class **and** explain what they are used for. Students either need to get it right first try or have to be able to tie it correctly at least twice.
Knots: Rewoven Figure 8, Fisherman's Backup, Water Knot, Figure 8 on a Bight, Girth Hitch, Clove Hitch, Munter Hitch, Bowline, Auto-Block, Bachmann, Klemheist, Prusik, Overhand (EDK).

Extra Credit:

- Review sport anchors – How to set them up and break them down again.
- Top rope belaying with a GriGri. Please note that the GriGri is not an auto-locking device.

Equipment:

- One gear bag per instructor
- Harness/helmet (1/person)
- Shoes (optional, 1 pair/student)

Guidelines:

- Wear Helmets. **First-Aid Kit and stretcher** are in the Weekend Leader's car near the cliff.
- No instructor/assistant/student soloing.
- Instructors and students should be anchored on top of the cliff whenever near the edge.
- Students should be anchored whenever belaying. They may be anchored by standing/sitting in a loop in the rope or by clipping into a locking biner. Never use the back loop to anchor in; in front, next to their belay device is OK.
- All belays should be backed up by instructor/assistant until the students become proficient.
- Reinforce safety checks. Students should check each other's knots and harnesses.
- Use full set of calls all the time.
- Emphasize importance of rope care and handling (e.g. not stepping on rope, proper coiling/flaking and why).
- Remember to sign students "Green Books" after they have successfully completed the skills.

Student Check Out:

- Students have to check out with the weekend leaders.
- The "Green Books" will be collected by the weekend leaders.
- Students have to return their club harnesses, helmets and practice ropes to the weekend leader.
- Students will receive an invitation to the Crow Hill Climb/BBQ and the legendary New Seconds Weekend only when they
 - ...have returned all of the club gear
 - ...have all mandatory skills signed off and
 - ...have returned their "Green Books" with comments.

Leadable, protectable routes – Quincy Quarries

- 5.2 R Wall, “Gary’s rock scramble”
E Wall, far right, improvised rock scramble – very good protection
B Wall, Pink Face Left (not sure about the protection though)
- 5.3 C Wall, Flake in the right side
G Wall, Boardwalk
- 5.4 E Wall, Double Traverse
J Wall, Right of Layback
D Wall, Sharks Tooth (feels like 5.6)
G Wall, Little Inch
G Wall, left of Fallout
- 5.5 D Wall, Cave route
S Wall (Knights Wall), Black Knight
- 5.6 S Wall (Knights Wall), White Knight
J Wall, Layback, there will be a multi-pitch rappel station in the morning tho
D Wall, Drill Holes
G Wall, Fallout
- 5.8 K Wall, Outside Corner
- 5.15d Q Wall, Thank you Scott

