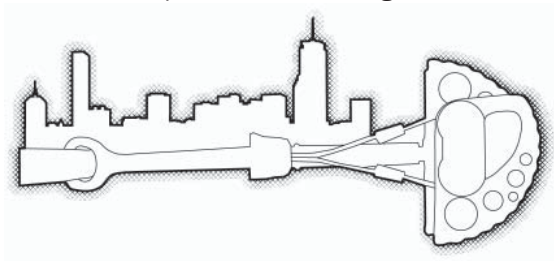


Name: _____

Date: _____

AMC

Boston Chapter Mountaineering Committee



Rock Climbing Program Green Book

Revised March 2010

Students are required to attempt at least 4 top roped climbs **anytime during the first three weekends. Climbs must be attempted prior to exam weekend.**

1) Name of Climb Attempted _____ Instructor's or Assistant's Signature
2) Name of Climb Attempted _____ Instructor's or Assistant's Signature
3) Name of Climb Attempted _____ Instructor's or Assistant's Signature
4) Name of Climb Attempted _____ Instructor's or Assistant's Signature
Extra Credit Climb Names _____ _____

2 Subliminal Message: Climbing is Awesome!

Students are required to belay and catch 3 falls (**top roped**) anytime during the **Belay Weekend.**

1) Name of Belayed Climb _____ Instructor's Signature
2) Name of Belayed Climb _____ Instructor's Signature
3) Name of Belayed Climb _____ Instructor's Signature

Students are required to Belay a Leader and remove gear **twice during the program.**

1) Name of Belayed Climb _____ Instructor's Signature
2) Name of Belayed Climb _____ Instructor's Signature

Subliminal Message: Thank Your Instructor and Assistant 3

Saturday - Belay Weekend

Instructor's Signiture Required for Each Item

Set Up a SRENE Top Rope Anchor
Knots Learned: Rewoven Figure 8, Fisherman Backup, Water Knot, Figure 8 on a Bight, Girth Hitch, Clove Hitch
Device Belay from Bottom of Cliff - Caught a Fall
Device Belay from Top of Cliff - Caught a Fall
Lowered a Climber with Device
Caught at LEAST 3 Falls with Device List climbs on page 3
Practiced Climbing and Falling
Coiled a Rope
Advanced Skill (Optional): Belayed with a Re-Direct from Harness through Anchor

4 Subliminal Message: Climbing is Awesome!

Saturday - Belay Weekend

Please circle appropriate day rating:

1 not so good

5 AWESOME!

1

2

3

4

5

What was cool about today?

How could we have done better?

Subliminal Message: Thank Your Instructor and Assistant 5

Sunday - Belay Weekend

Instructor's Signiture Required for Each Item

Set Up a SRENE Top Rope Anchor
Knots Learned: Munter Hitch
Knots Practiced: Rewoven Figure 8, Fisherman Back-up, Water Knot, Figure 8 on a Bight, Girth Hitch, Clove Hitch
Munter Belay from Bottom of the Cliff - Caught a Fall
Body Belay from Bottom of the Cliff - Caught a Fall
Practiced Climbing and Falling
Reviewed Different Types of Trad Gear
Reviewed How to Clean and Re-Rack Trad Gear While Following a Leader
Belayed a Simulated Leader (or a Leader if time permits)
Belayed a Leader and Removed Gear
List climb on page 3 (does not have to be completed today)

6 Subliminal Message: Climbing is Awesome!

Sunday - Belay Weekend

Please circle appropriate day rating:

1 not so good

5 AWESOME!

1

2

3

4

5

What was cool about today?

How could we have done better?

Subliminal Message: Thank Your Instructor and Assistant 7

Ascend Weekend

Instructor's Signiture Required for Each Item

Set Up a SRENE Top Rope Anchor
Knots Learned: Klemheist, Bachmann, Prusik
Knots Practiced: Rewoven Figure 8, Fisherman Back-up, Waterknot, Figure 8 on a Bight, Girth Hitch, Clove Hitch, Munter Hitch, Auto Block, Bowline, Double Fisherman, Overhand (EDK)
Ascended Using Klemheist and Bachmann Knots
Caught the Bucket with Belay Device
Complete items above before moving to advanced skills
Advanced Skill (Optional): Prusik
Advanced Skill (Optional): Jumar
Advanced Skill (Optional): Rappel-Ascend
(Remember to add attempted climbs to Page 2 and Leader Belays to page 3)

10 Subliminal Message: Climbing is Awesome!

Ascend Weekend

Please circle appropriate weekend rating:

1 not so good

5 AWESOME!

1

2

3

4

5

What was cool about today?

How could we have done better?

Subliminal Message: Thank Your Instructor and Assistant 11

Graduation Weekend

Instructor's Signiture Required for Each Item

Did a Multi Pitch Rappel		
Knots Tied:		
Rewoven Figure 8	Clove Hitch	Bachmann
Figure 8 on a Bight	Munter Hitch	Prusik
Fisherman Backup	Auto Block	Klemheist
Double Fisherman	Water Knot	Overhand
Bowline	Girth Hitch	
Belayed a Leader		
Practiced 'Seconding' a pitch		
Set up a SRENE Top Rope Anchor		
Complete items above before moving to advanced skills		
Advanced Skill (Optional): Reviewed Sport Anchors and Clipping		
Advanced Skill (Optional): Reviewed Belaying with GriGri		
(Remember to add attempted climbs to Page 2 and Leader Belays to page 3)		

12 Subliminal Message: Climbing is Awesome!

Graduation Weekend

Please circle appropriate weekend rating:

1 not so good

5 AWESOME!

1

2

3

4

5

What was cool today?

How could we have done better?

Subliminal Message: Thank Your Instructor and Assistant 13

Rock Program Evaluation

Plase take a moment to fill out this form *at the end of the course*. Your feedback helps us make each year better!

Circle the Appropriate Rating:

1 not so good

5 AWESOME!

Written Materials, Handouts, etc?

1 2 3 4 5

Info Night Presentation/ Slideshow, etc?

1 2 3 4 5

Introduction to Climbing Night?

1 2 3 4 5

Instructors?

1 2 3 4 5

Overall Rating of the Course?

1 2 3 4 5

14 Subliminal Message: Climbing is Awesome!

Rock Program Evaluation

What was your objective in taking this course?

What was the coolest thing you learned?

What was your least favorite part of the course, why?

Subliminal Message: Thank Your Instructor and Assistant 15

Rock Program Evaluation

How can the course be improved?

General Comments:

Now that you have completed the course, do you plan to continue climbing?

- Yes, I plan to climb routinely
- Yes, I will climb occasionally
- No
- Not Sure

Would you like to be added to the Climbers Mailing List?

- Yes
- No

16 Subliminal Message: Climbing is Awesome!