

AMC Rock Program 2010 Introduction Night

Instructor Handout March 24

ANCHORS

(Conducted in individual groups)

- Introduce the importance of a solid top rope anchor.
- Introduce the SRENE Anchor
 - Solid, Redundant, Equalized, No Extension.
- Demonstrate knots appropriate for anchor building.
 - Bowline, Girth Hitch, Figure 8 on a bite, water knot
 - Students do not have to try tying all of these

BELAYING AND CLIMBING (Class lecture and individual groups)

- Introduce tying into the rope as if to climb.
 - Demonstrate the Rewoven Figure 8 and Fisherman's Knot for the tie off.
 - Have each student practice tying in.
- Introduce the concept of belaying from both the belayer and climber perspective.
- Demonstrate belaying with an ATC.
- Demonstrate the Program preferred belaying method [AMGA recommended "Lock-Off" method]
 - Make sure the **belayer** is clipped into the anchor.
 - Via climbing Rope attached to harness (see below)
- Demonstrate clipping into the anchor two ways:
 1. Sling (Cow's Tail, Tether, etc)
Girth hitch a sling thru harness, attach to anchor with locking biner.
 2. Rope
Use a Clove Hitch or Figure 8 on a Bight, [from the climbing rope tied harness], attach to anchor with a locking biner.

Have the students use this method of clipping when they demonstrate skills of the Belayer and the Climber.

BELAYING AND CLIMBING (Continued)

- Introduce the belaying commands:

climber	belayer
On Belay	Belay On
Climbing	Climb
Off Belay	Belay Off
- Have students simulate a fall as a climber.
- Introduce climber's calls: "Falling", "Up Rope", "Tension", "Take", "Slack", "Rock".

ROPE COILING (Conducted in individual groups)

- Demonstrate Rope Coiling using the butterfly method, leaving 10 foot ends.
- Demonstrate carrying method.

At the end of the individual group instruction every student should demonstrate:

- Putting on Harness
- Tying these knots:
Rewoven Figure 8 and Fisherman's Backup Knot,
Clove Hitch, Girth Hitch
- Belaying a simulated climber for 20 ft. or so
(both saying correct commands)
- Catch a simulated fall
- Lower a simulated climber