

INSTRUCTOR HANDOUT

OPTIONAL WEEKEND

Weekend Goal:

- This weekend is designed to get opportunity to climb.

Every Student Should:

- Have opportunity to second a leader.
- Have opportunity to set-up to top ropes and climb/belay.
- Have opportunity to learn different climbing techniques such as crack, layback, stemming, etc. on different types of rock.
- Have opportunity to practice 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).
- Have opportunity to make-up missed instruction sessions – please refer to the appropriate instructor handout sheet.

Equipment:

- One gear bag per instructor
- Harness(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, assistants 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, especially the body belays.
- 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 - & why).
- Remember to sign students "Green Books" after they have successfully completed the skills.

Leadable, protectable routes – Rattlesnake Rocks

- 5.3 Outlook – Monday Morning Slabs, 3 parallel lines that can be led simultaneously
- 5.4 Outlook – Practice Slab, 1-2 parallel lines that can be led simultaneously
- Ship's Prow – Ship's Prow Starboard
- 5.5 Ship's Prow – White
- Ship's Prow – Simple Stuff
- 5.6 Ship's Prow – Double Chimney
- 5.7 Ship's Prow – Ship's Prow
- Outlook – One Step Beyond (protect with a #5 C4)

