

# Basic Outdoor Rock Climbing School Syllabus - Session # 1: Intro, knots, rope handling

**When: 5:30 -9:30 pm, Tuesday**

**Where: North Mountain Visitor Center (12950 N. 7th Street, Phoenix AZ 85022)**

**Lead Instructor: Scott Nagy 623-271-2079**

**Equipment: You will be issued a "school pack" of climbing gear, harness and personal anchor.**

***Note: The harness and personal anchor must be turned in at the end of each class!***

Students

1. Registration
2. Introduction
3. Putting on the harness and equipment lecture
4. **Break**
5. Instructor demonstration and student practice: overhand knot, water knot
6. Instructor demonstration and student practice: figure-8 on a bight, figure-8 on a follow-through
7. Instructor demonstration and student practice: grapevine knot, stopper knot
8. Instructor demonstration and student practice: girth hitch, prusik hitch, proper coiling of prusiks
9. **ANNOUNCEMENTS** - next class
10. Instructor demonstration and student practice: rope bags, rope coiling, backpack coil
11. **Check in harness and personal anchor (club gear)** before leaving at the end of class

School guidelines:

1. Be on time for each session; have your harness on and be ready to go
2. Wear a name tag on your shirt (first two sessions) or your helmet (climbing days)
3. Use your partner's name in climbing calls
4. Do not step on ropes - these are your lifeline, and can be damaged by grinding dirt and sand into them
5. Do not use or take out knives or sharp instruments near any ropes - ropes under tension cut very easily
6. Do not smoke near the ropes or other equipment; please smoke well away from the group, downwind
7. Do not litter; pack out everything
8. Wear a helmet at all times during the weekend sessions and the climbing gym sessions
9. Always clip into an anchor when near an edge, or when an instructor asks you to
10. Stay away from cliff edges above people unless you are belaying - it is easy to knock down rocks
11. Yell "ROCK!" any time you see something coming down the cliff, no matter who else also yells or what it is
12. Do not belay unless your belay setup has been approved by an instructor and an instructor is monitoring your belaying
13. Do not rappel unless your rappel setup has been approved by an instructor and someone is able to bottom-belay you
14. Do not climb unless your climbing tie-in has been approved by an instructor
15. If you wear glasses, wear a restraining strap (e.g. Croakie) - it is easy to knock your glasses off while climbing
16. If you have long hair, tie it up or back - it is easy to get it caught in a rappel
17. Remove watches, rings and jewelry before climbing for safety and to avoid destroying them
18. No dogs or other pets - we love pets, but it makes it difficult to concentrate on learning
19. Observers are welcome but should stay well away from the class area due to potential rock fall, etc.
20. Children should be accompanied by a non-class member and should stay away from the class area
21. Try to car-pool
22. Inventory your gear at the end of the night to avoid losing it – MARK YOUR GEAR!

FAQ:

Do we always have to bring ALL our climbing gear? Yes!

Do we always have to wear HELMETS, inside the gym, close to the rocks, all around the climbing area? Yes!

**Read Chapter 3 & 4 (we discussed these topics tonight)**

**Read Chapter 2, 5, 6, & 7 for Thursday's class**

**Syllabus and AMC Rock Climbing & Self Rescue Manual:**  
[http://arizonamountaineeringclub.org/?page\\_id=1543344](http://arizonamountaineeringclub.org/?page_id=1543344)

**Animated step-by-step knot tying:**  
<http://www.animatedknots.com/>

# Basic Outdoor Rock Climbing School Syllabus - Session # 2: Belaying, Rappelling

When: 6:00-9:30 pm, Thursday

*Come early (5:30 pm) if you need to rent shoes*

Where: **North Mountain Visitor Center** (12950 N. 7<sup>th</sup> Street, Phoenix AZ 85022)

Read: **Study Outdoor Rock Climbing School Manual prior to class**

Equipment: **All climbing gear, personal harness and helmet for inspection, FOOD TO SHARE**

Shoe rental – begins at 5:30. Class starts promptly at 6:00.

1. Check out harnesses
2. Announcements & questions
3. Check personal gear – students should bring harnesses, helmets and other personal climbing gear that they intend to use in the class. Instructors will look at it.
4. Review: students will tie all seven knots
5. Discussion: Access (the Access Fund, the AMC Land Advocacy Committee, and our efforts to keep climbing areas open), climbing ethics, ratings.
6. Climbing calls
7. **Break**
8. **ANNOUNCEMENTS – Saturday’s schedule**
9. Technique demos:
  - Bottom belay top rope setup, climbing calls, and belay – using slot device and Muenster hitch
  - Top belay setup, climbing calls, and top belay using Muenster hitch
  - Rappel setup and rope throwing
  - Rappelling using belay device with extension and autoblock (tie stopper knot at ends of rappel lines)
10. Technique practice. Practice all items that were demo’d – Use all climbing calls, including the name of the climber/belayer
11. Coil ropes - backpack coil
12. **Check in harnesses and personal anchors**

**Read Chapter 9 for Saturday & Sunday**

**Read Chapter 8 for next Tuesday**

## Basic Outdoor Rock Climbing School Syllabus – Session # 3: 1<sup>st</sup> climbing day

When: 8:00 am – 5:00 pm, Saturday - **Plan to meet at 7:45 am!**

Where: **Meet at Target parking lot in shopping center located at SE corner of 101 & Frank Lloyd Wright**

Hint: If you are coming north on the 101, take the Frank Lloyd Wright exit and turn into the Target parking lot directly from the frontage road just before you hit the Frank Lloyd Wright intersection. If you miss it, just turn right at Frank Lloyd Wright Blvd and take an immediate right into the shopping center. **Park near the Radio Shack next to the Frontage Road.**

We will distribute climbing gear and carpool out to the **Tom's Thumb Trailhead** facility on the North side of the McDowells in the McDowell Sonoran Preserve. **See map on page 8.**

*Note 1: there are Restrooms but **NO WATER** at the **Tom's Thumb TH***

*Note 2: there are **very active bees** in the area. Be prepared and take personal responsibility. If you think you have an allergic reaction to bees, or don't know, please alert the Lead Instructor*

The class will be conducted near the Sven Slab climbing area. It will be about a **half mile hike** from the parking lot, so plan to **carry everything including lunch, water, climbing gear, etc. with you.** You'll want to use a medium size pack. It's not too far to carry a small ice chest also if you want.

**Read: Study Outdoor Rock Climbing School Manual prior to class**

**Equipment: All climbing gear, helmet, tape or tape gloves, hiking boots/shoes, climbing shoes, long pants, syllabus, pen**

**Food and water: Lunch and at least 3 quarts (preferably 1 gallon) of water, FOOD TO SHARE OK to bring a small ice chest and folding chair. We will be gathering for lunch.**

1. Check out harnesses and helmets
2. Announcements & questions
3. Discussion of technique and balance
4. All students will go to rappel rock to practice standard rappel and Muenster rappel , including autoblock
5. Students will divide into pairs to visit stations as described on the map that will be handed out Saturday morning
6. Noon (or thereabout) - we will gather for lunch; we will cover questions or comments at this time, before resuming the climbing practice problems
7. Think about graduation climbs after you have a feel for your ability and interest - talk to the instructors about grad climbs that interest you
- 8. Check in harnesses, personal anchors, and helmets at the end of class**
9. Last Minute Announcements for tomorrow!

**Read Chapter 9 for Sunday**

**Read Chapter 8 for next Tuesday**

## Basic Outdoor Rock Climbing School Syllabus - Session # 4: 2<sup>nd</sup> climbing day

When: 8:30 am - 5:00 pm, Sunday - *Plan to meet at 8:15 am!*

Where: Magma Garden in Queen Creek climbing area – north of Superior.

**Meet at Mesa Community College (NE corner of Southern & Dobson).**

Specifically, meet in the SW Parking Lot, nearest Dobson and 60; we will carpool from there to the “Queen Creek Mine Area” (Magma Garden) near the Oak Flat Campground north of the town of Superior

### Notes on directions to Mesa Community College:

- MCC is located on the East side of Dobson just north of US 60 & east of the 101
- From US 60, exit Dobson and turn north, then take the first right into MCC
- Traveling south on the 101, exit Broadway and proceed south to Southern. Take Southern east to Dobson, then south on Dobson to MCC on your left.

**Equipment:** All climbing gear, helmet, tape or tape gloves, hiking boots/shoes, climbing shoes, backpack to carry gear/food

**Food and water:** Lunch and at least 3 quarts (preferably 1 gallon) of water, FOOD TO SHARE

**Reminder:** Sign and print the Queen Creek Climbing waiver at <http://www.queencreekclimbing.com>  
Bring a copy with you (printed, or electronic copy on your phone).

1. Check out harnesses & helmets
2. Technique lecture & demos
3. Students who have not rappelled will go directly to stations set up for this make-up; rappelling skills are essential for the grad climbs
4. Climbs: multiple single pitch top-ropes
5. **Think about graduation climbs & talk to Scott regarding preferences**
6. Check in harnesses & helmets
7. Carpool back to MCC

**Read Chapter 8 for next Tuesday**

# Basic Outdoor Rock Climbing School Syllabus - Session # 5: Self-rescue

**When: 6:00-9:30 pm, Tuesday – Get there early and be ready for CLASS to START at 6:00**

**Where: Phoenix Rock Gym, 1353 E. University Dr., Tempe AZ 85281 – see map on page 9**

**Read: Self-rescue chapters in the Outdoor Rock Climbing School Manual prior to class**

**Equipment: All climbing gear, helmet, gloves, and STIFF HIKING BOOTS/SHOES (preferably hightops)  
*(your feet will be stepping into prusiks and the prusik will be wrapped around your ankle)***

1. Check-in at the front desk when arriving at the gym and sign a gym waiver
2. Check out harnesses & helmets
3. Announcements
4. Review grapevine knot, make sure all three prusiks are tied and ready for use
5. Gear lecture: ropes, slings, carabiners, belay devices, pro
6. Techniques to learn:
  - Tie off and escape the belay
  - Practice putting on and taking off the chicken-hitch before you prusik
  - Prusik up and down fixed line with short prusik, tying off short
  - Prusik up fixed line tying off short, convert to rappel, rappel down
  - Prusik up fixed line past a knot tying off short, prusik down past a knot
  - Rappel down a fixed line, tying off short, convert to prusik, prusik down
- 7. *Finalize your Grad Climb assignment with Scott sometime during the evening***
8. Check in harnesses & helmets

## Key points to remember while prusiking:

1. Always carry your prusiks with you, even when sport climbing
2. Carry them properly chained for easy access
3. The small waist prusik goes on first, and comes off first
4. Always “dress” your prusik hitch
5. If prusik hitch slips, add another wrap
6. Always tie off short a minimum of 10’ - 15’
7. Plan so you always have 2 points of contact
8. Keep an eye on biners for cross loading and make sure biners are locked
9. Do not grab prusik knot (slide knot with hand either above or below prusik hitch)
10. Prusiks are not designed to catch a fall
11. When carrying prusiks off of harness, carry around one shoulder and head
12. Since you are most likely not using your prusiks often, inspect grapevine knots/condition of prusiks before using
13. Prusik cord must be smaller in diameter than that of rope to be prusiked on

## FAQs

1. YES - You can prusik up a double rope (may require more wraps of prusik hitch)
2. Ascenders - Mechanical ascending device used mostly by cavers, aid climbers, and rescue personnel
3. Prusiking with a pack - special technique required (at all times keep pack attached to anchors or yourself, some people pre-rig a loop at top of pack for hauling a pack or prusiking with a pack)
4. Top heavy climbers (special techniques for prusiking will be dealt with on an individual basis)

**Read Chapter 8 for Thursday**

## Basic Outdoor Rock Climbing School Syllabus - Session # 6: Self-rescue

**When: 6:00-9:30 pm, Thursday - Get there early and be ready for CLASS to START at 6:00**

**Read:** Self-rescue chapters in the Outdoor Rock Climbing School Manual prior to class

**Where:** Phoenix Rock Gym, 1353 E. University Dr., Tempe AZ 85281 – see map on page 9

**Equipment:** All climbing gear, HELMET, gloves, and STIFF HIKING BOOTS/SHOES  
(*your feet will be stepping into prusiks*)

1. Check-in at the front desk when arriving at the gym and sign a gym waiver if you didn't on Tuesday
2. Check out harnesses & helmets
3. Announcements
4. ***Please fill out survey and turn in prior to end of class. HOW CAN WE IMPROVE THIS CLASS?***
5. Club President speech
6. Students
  - Tie off and escape the belay (visual review only, only practice this again if time permits)
  - New technique – Prusik up and down using one prusik
  - Demo: Combination of skills – Prusik up fixed line past a knot, tying off short, convert to rappel, pass the knot on rappel
  - Remember to practice putting on and taking off the chicken-hitch before you prusik
  - Practice Auto-block safety rappel backup!
  - ***Meet your Grad Climb leader & get written directions and details for your Grad Climb***
7. Check in harnesses and helmets
  - ***Give your club gear (harness, personal anchor & helmet) to your Grad limb leader***
8. Announcements

**Reminder:** Please return any borrowed practice ropes so that they are available for the next class. Thanks!

# Basic Outdoor Rock Climbing School Syllabus - Session # 7: Grad Climbs and Party

**When: Saturday – all day** - see grad climb leader THURSDAY NIGHT for details for your grad climb

**Where:** Grad climbs per sign up; **Grad party details and directions are on the last page in this syllabus.**

**Equipment:** All climbing gear, helmet, tape or tape gloves, hiking boots/shoes, climbing shoes. Contact your leader and reference written grad climb description regarding other needed gear

**Food and water:** Lunch and **at least 3 quarts (preferably 1 gallon) of water**

Not all grad climbs may be offered every class. Missed grad climbs can be made up on a Club Outing later. Due to space limitations, not everyone may get to go on his/her first choice of climbs. Every attempt will be made to match students with their first or second choice.

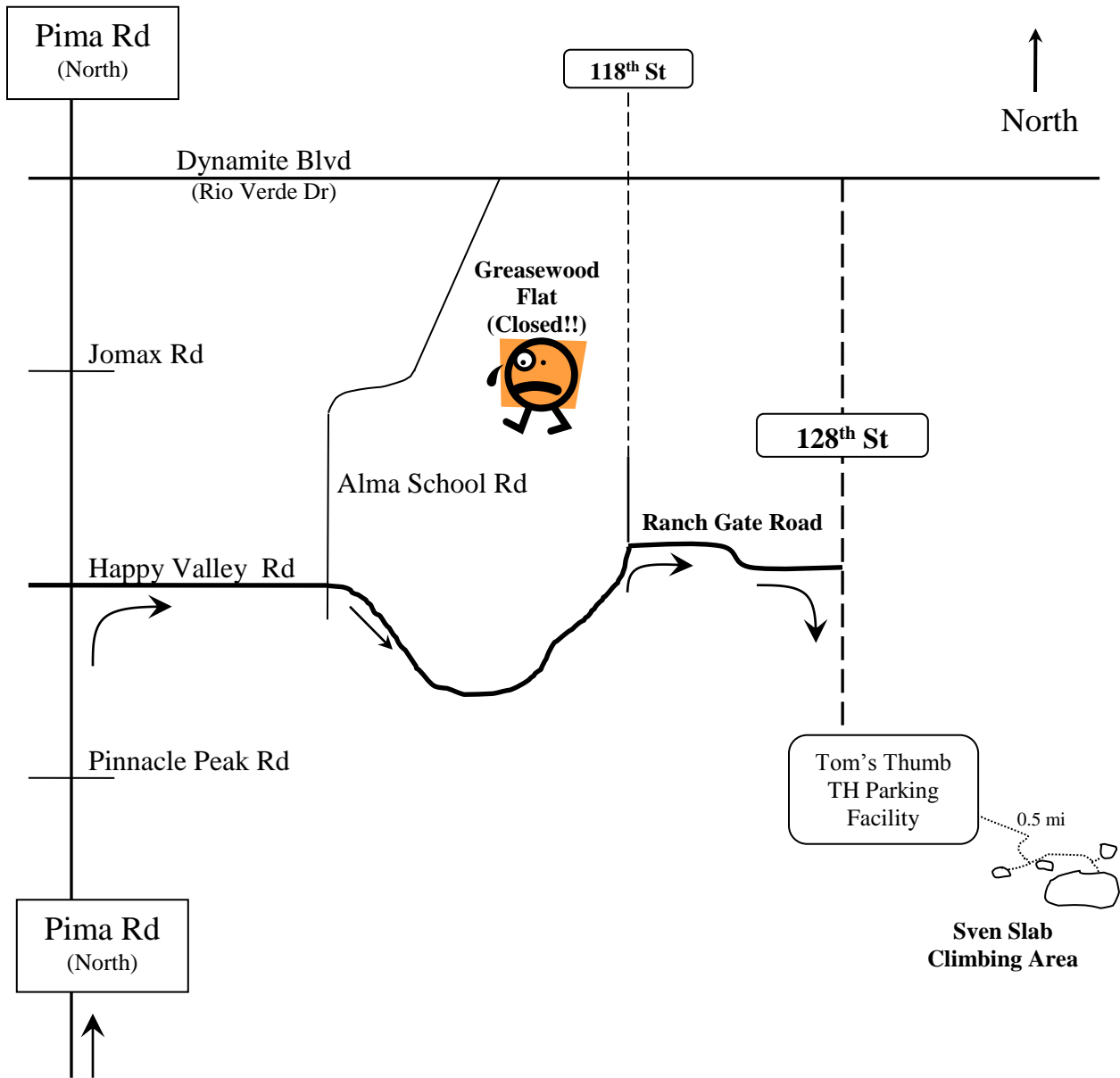
1. **\*\*The Hand, Superstitions** (5.6) - 3-pitch rhyolite pinnacle. 60 min approach. \*Free-hanging rappel. Limit 4.
  - Leader – Frank Vers
2. **Praying Monk, Camelback** (5.3, 5.7 alt) - Two 1-pitch climbs. 15 min approach. \*Free-hanging rappel. Limit 4.
  - Leader – Chris Adams
3. **Hanging Gardens, McDowells** (5.6) - 2-pitch crack and face climb. 45 min approach. 2 rappels. Limit 3.
  - Leader – Tom Seeley
4. **Sven Tower III, McDowells** (5.5) - 3-pitch face climb. 25 min approach. 1 short rappel & walk off. Limit 4.
  - Leader – David Anderson
5. **Pinnacle Peak, South Crack** (5.3) - 2-pitch climb to the peak. 30 min approach. Limit 4.
  - Leader – David Sampson
6. **Timezone Wall** (5.4 – 5.7) - 1-pitch sport climbing. 30 – 40 min approach. No rappel. No Limit.
  - Leader – Curtis Stone
7. **Half & Half Wall** (5.3 – 5.8) - 1-pitch sport climbing. 30 – 40 min approach. Optional rappel. No Limit.
  - Leader – Scott Nagy

NOTE: Grad climbs offered will depend on availability of grad climb leaders, student needs, and any current access issues.

\*All free-hanging rappels involve exposure. Anyone still bothered by heights should select a single-pitch grad climb.

\*\* These climbs have the potential to be long days. If you have plans Saturday night besides the grad party, we would advise you to not go on these climbs. Since you may be coming down in the dark, you should take the following extra equipment: flashlight/headlamp with batteries, windbreaker, and any other special gear your Grad Climb Leader may specify.

# Map for Saturday Climbing Session in the McDowells



Everyone meet at the NW corner of the Target parking lot (next to Radio Shack).

The Target shopping center is located on the SE corner of the 101 and Frank Lloyd Wright Blvd.

We will carpool from there to the climbing area as indicated on this map.

— Paved road  
 - - - Dirt road

Note: Map Not to Scale



# Phoenix Rock Gym

The Phoenix Rock Gym is Located At

1353 E. University Dr.  
Tempe, AZ 85281

480.921.8322

Interactive Map

Printer Friendly  
Directions

Location

**From Phoenix** | Take the 202 Freeway east to the Scottsdale/Rural Rd exit. Turn right onto Rural then left onto University. **Then...**

**From Scottsdale** | Take Hayden south to University. Turn right. **Then...**  
or Take the Pima Freeway (101) south to the Rio Salado/University Exit. Follow the frontage road 1/2 mile to University. Turn right. **Then...**

**From Mesa** | Take Hwy-60 (Superstition Frwy) west to the Pima Freeway (101). Drive north on the 101 to Broadway. Exit and drive west to McClintock. Turn right onto McClintock. Turn left on University. **Then...**

**Then...** We are located in Aztech Court on the southeast corner of University & Dorsey (halfway between Rural & McClintock). We are in the huge building behind the Quality Inn.

**Or...** Take the **Light Rail** to the **Dorsey and Apache Blvd. Station** and walk .5 miles north to Aztech Court.

# AMC Basic Outdoor Rock Climbing School Graduation Party

When: 6:00 pm Saturday, March 25

Where: Marilyn Geninatti  
5502 E Palo Verde Dr  
Paradise Valley AZ 85253-5160  
Phone: 602-803 -0302

## Directions:

- Take McDonald Drive east from Tatum Blvd or west from Scottsdale Rd (Watch the Speed Limit – **Photo Radar Enforced!!!**)
  - Take 54<sup>th</sup> St. south from McDonald
  - Turn left (east) at Palo Verde and proceed to 5502
  - **Do NOT park on the street**
  - Park on the property – go through the painted gate past the garage and park in the back yard

## What to Bring:

- Yourself, cleaned up or “as is” from your climb. If you decide to grab a shower and change clothes before coming over, be careful not to get carried away or your climbing partners might not recognize you.
- Spouse, significant other, friends...
- Food to eat and food to share.
- Something to grill, if you want. A Barbeque will be available.
- Beverage of your choice – BYOB
- Folding chair, if you want to guarantee you have the chair of your choice

\*\*AMC will provide soft drinks, cups, plates, utensils, napkins, etc.

# Climbing Anchors School

Arizona Mountaineering Club  
Spring 2017

The AMC Climbing Anchors School teaches participants how to design and set climbing anchors for top-roping. This course is the logical next step for AMC Basic Climbing School graduates. These skills are also an essential prerequisite for the AMC Lead Climbing School which is focused on trad climbing.

## Class curriculum:

Tuesday: Learn anchor components, anchor types, knots and hitches.  
Thursday: Learn anchor system characteristics and construction.  
Saturday: Gain experience setting anchors by practicing “hands-on” scenarios under instructor supervision.  
Sunday: Apply newly learned skills setting real anchors on an optional climbing day. This session is a climbing outing where students set the anchors under instructor supervision and then spend the day climbing.

## Class schedule:

|       |          |                 |  |
|-------|----------|-----------------|--|
| Apr 4 | Tuesday  | 5:30 pm–9:30 pm | *Phoenix – North Mountain Visitor Center             |
| Apr 6 | Thursday | 6:00 pm–9:30 pm | Phoenix – North Mountain Visitor Center              |
| Apr 8 | Saturday | 8:00 am–4:00 pm | Sullivan’s Canyon, Chino Valley (weather permitting) |
| Apr 9 | Sunday   | 8:00 am–5:00 pm | Promised Land, Chino Valley                          |

\* North Mountain Visitor Center is located south of Thunderbird Rd on the west side of 7<sup>th</sup> St (12950 N 7th St, Phx AZ 85029)

**Experience required:** AMC Basic School graduate or equivalent, which must include knowledge of how to belay, rappel, prusik, tie a figure-8-on-a-bight and figure-8-on-a-follow-through, munter hitch, grapevine, and stopper knot.

**Cost: \$125** plus membership if not already a member (\$40 for an individual and \$50 for a family). Membership is good through December 2017 if paying for a full year.. Register by the Paypal link on the website ([http://arizonamountaineeringclub.org/?page\\_id=254](http://arizonamountaineeringclub.org/?page_id=254)) or if you need to send a check you can contact Scott Kuchman at [amcanchorsschool@gmail.com](mailto:amcanchorsschool@gmail.com) for the address. The registration fee is fully refundable if you cancel. Contact Scott Kuchman by email: [amcanchorsschool@gmail.com](mailto:amcanchorsschool@gmail.com) for more info. The number of students will be limited to a maximum of 36.

## Equipment required for the class:

2 non-locking "D" or oval carabiners (at least 2, bring more if you have them)  
3 locking carabiners (at least 3, one of which should be a parabiner)  
1 rappel/belay device (tube device such as Trango Jaws or Black Diamond ATC)  
1 climbing harness  
1 ea 4', 6', 10' 6mm prusiks (untied length)  
1 20' 7mm accessory cord (cordelette)  
1 ea 10', 20' slings (1" tubular webbing, untied length, AKA runners)  
1 personal anchor slings (commercial PAS or 4' sewn nylon runners or equivalent)  
1 double length (48") sewn nylon sling (typically 11/16" wide)  
1 helmet—**required for Saturday and Sunday sessions**, helmets are available if you do not have one.  
(The 20' sling, 7mm cordelette, and harness are the only additional equipment needed over the Basic School requirements)

This class is designed to teach you how to set top-rope anchors. In order to become independent and set your own anchors, you should start acquiring anchor gear. These purchases will be limited by how much money you want/have to spend and how much interest you have in climbing independently. The following gear is not required for Anchors School, but if you have some, you will be able to practice setting it in class. All of the gear recommended below can be used for Lead School, and none of it will be wasted if you intend to set your own anchors. All gear should be marked prior to bringing it to class to prevent confusion between it and other people’s gear. If you don’t know how to mark gear, check with an instructor before doing so to avoid weakening equipment due to improper marking.

Other gear you may want to bring:

- Any pro you may have (hexes, nuts, camming devices, Tri-cams, etc.)
- Extra biners (regular D’s, ovals, and lockers—stay away from specialty biners at this time)
- Extra slings (perhaps four 24” “shoulder length” runners)

**For more information:** Visit the Arizona Mountaineering Club website at [www.arizonamountaineeringclub.org](http://www.arizonamountaineeringclub.org).