

Basic Rock Climbing Class

Southwest Outdoor Club

Tempe, Arizona

CLASSROOM SESSION #4

Phoenix Rock Gym

Purpose: To prepare the student for the Graduation Climb. To increase the students' awareness of potential hazards of the Climbing Environment, and To provide the framework of "What to do when something goes Wrong"

- 1 Granite Mountain - Feedback from Student & Instructors 6:00
- 2 Review what we've learned so far
- 3 Navigation - Rock Climber's Orienteering both on and off the rock
- 4 The Backcountry Attitude and Rescue Techniques
 - #1 Self Reliance, Being Prepared, & Self Rescue
 - Tools & Techniques of the "Rescue Trade" - A Sample
 - Accident Response - the Seven Step Methodology
- 5 Exercise Team - "What if...you are on the mountain and...."
- 6 Rescue Organizations for Climbers - CAMRA
- 7 Climbing Ethics and Style
 - Aid Climbing vs. Free Climbing vs. Solo Climbing
 - Traditional Climbing vs. Sport Climbing, i.e. to Fall or not to Fall, that is the Question
 - Clean Climbing and the Forest Service Policy
 - The Access Fund
- 8 The Graduation Climb - (to be announced)
- 9 Course Evaluation - Questionnaire
- 10 Practice Climbing at Phoenix Rock Gym 8:30