

The course is intended to present those with little or no mountaineering experience a foundation sufficient to enable them to participate and gain further experience and skills in the clubs regularly scheduled summer trips and camps.

Basic Climbing / Mountaineering (1) Course Co ordinator Richard Keltie

A structured introduction for new club members (novice climber/mountaineers) to the skills necessary for safe ascents of moderate climbing or mountaineering objectives involving, scrambling or climbing, as well as snow and glacier travel. The one evening and 2 weekend sessions cover basic mountaineering skills, equipment selection and trip preparation, rope handling (belays & rappelling) & knots and climbing movements, and safe mountain travel skills including terrain assessment, roped travel on snow or ice fields, ice axe and crampon use, self arrest and crevasse rescue. Basic (1) will culminate (as conditions permit) with a trip to an appropriate mountain peak in the area.

Dates & Locations

May 4 Optional Members night @ MEC 10% discount. W. Broadway (7-9pm) must register on iCal

May 21	Evening Dry School (7-9 pm)	MEC	West Broadway	Rob Brusse
May 29/30	Rope & Rock	Weekend	Smoke Bluffs	Tony Knight
June 5/6	Snow & Mountain Travel	Weekend	Mt Seymour	Ron Caves
June 12/13	Mountain Ascent	Weekend	Mt Matier area	Martin Siegert

Weather conditions can have an impact on scheduled activities, if conditions are sufficiently dire to cause an event cancellation it will be rescheduled for the following weekend. If the event does not proceed a refund will be issued.

Cost

\$75 Participants must be Vancouver Section members. Course fees do not include travel costs to venue sites. Participants are encouraged to car pool and share travel costs. Where trips are scheduled into the USA appropriate travel documents will be required and out of province insurance is strongly suggested.

Equipment (Rental)

The club has a number of ropes for group use, some leaders and participants may have and share communal equipment (tents, stoves) MEC may provide avi kits at no cost to members taking authorized avalanche courses. Personal equipment is the responsibility of participant. It is the policy of ACC –Vancouver Section to match the MEC 50% discount on rental equipment to club members who must rent equipment in order to participate in the course. Please present your rental receipt to the module leader for reimbursement.

Prerequisites

Good physical fitness, overnight backpacking experience helpful, no previous climbing experience required.

Instructors & Waivers

These outings are a regular part of the Clubs' activities and as such are organized and lead by experienced volunteers. Target Ratio 1 leader to 6 students. Maximum group 24. Participants must complete application form, agree to coordinate a section activity, be accepted into the program, pay \$75 fee course fee and sign the Club waiver in order to take part.

Curriculum

Evening Dry School **May 21st MEC (West Broadway store)** **Rob Brusse**

- Course overview
- Overview of the nature of recreational opportunities. Hiking -scrambling – sport –trad
- Where to engage in these activities
- Identification and evaluation of equipment appropriate to various excursion plans
- 10 Essentials
- Basic Equipment lists (included & modified for each planned excursion)
- The Trip Plan -leaving notification – establish turn around time. Waivers (to be reviewed & signed)

Rope and Rock **May 29/30** **Smoke Bluffs** **Tony Knight**

Day 1

- Safety gear, grading systems, climbing calls
- Ropes, Handling & Knots, Munter Biner, belay devices
- On to the Harness
- Anchor basics – securing yourself when providing belays (natural features)
- Belaying
- Basic Holds
- Moving on Rock (tripod) moving up, moving down

Day2

- Rappelling (alternate forms) Safety concerns
- More Moves -Layback Chimney Bridge Mantel
- Practice
- Self Help -Prusiking, Escaping the system
- Practice

Snow and Mountain Travel **June 5/6** **Mt Seymour (overnight)** **Ron Caves**

Day 1

- Rope types, Coils, Slings, Cordelette, Prusiks, Biners, belay devices
- Harnesses, helmet ice axe crampons fitting improvising a harness
- Knots, tying in, travelling as a team rest step
- Steeper snow, anchor, belay boot axe belay trench
- Ice axe arrest (from several positions)
- Overnight Basics

Day 2

- Knots review
- Emergency snow cave basics
- Moving on ice, ice screws for protection
- Crevasse rescue ABC's
- Practice

Mountain Ascent **June 12/13** **Mt Matier area (overnight)** **Martin Siegert**

Bringing it all together

Day 1

Drive to Duffy Lake, approach Matier area via Cerise Creek
Prepare campsite, review equipment

Day 2

Assess conditions proceed to Matier or alternative