

## **Clubwide Activity Standards – Climbing**

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**Overview**

The Mountaineers offers Climbing programs ranging from introductory to advanced. Mountaineers Climbing Activity Standards are designed to establish program consistency and designate authority and process for changing or adopting new standards in a quickly evolving climbing context.

**Authority & Process**

Clubwide Activity Standards are ratified by the summit group, which includes all branches that host that activity. Upon ratification by the summit group, Clubwide Activity Standards are submitted to Branch Leadership Committee, who approve the new or revised standards on behalf of the Board of Directors, at which point they become Board Policy.

When new or revised standards are proposed to the summit group, three outcomes are possible:

1. *Consensus* - All branches (and nearly all participants at the Summit) agree on a single decision.
2. *Agreement* - While not all branches or Summit participants agree on an ideal decision, an inclusive and well-facilitated conversation singles-out the one decision that does the most good for the most people, and that causes the fewest problems for those who disagree with the decision. All branches (and nearly all participants at the Summit) agree to support the decision.
3. *Need for further information* - One or more of the following supports further investigation, and the Summit Group agrees on an appropriate period of time for the investigation, including a plan for a follow-up conversation and decision action.
  - a. Summit participants request a period of time to gather input from their constituents in their committees
  - b. A focus group is established to provide further investigation and a recommendation to the Summit Group
  - c. Specific information is requested from staff to help inform the decision

Note that “majority vote” is not a possible outcome because Summit Groups do not necessarily have equal representation by branch, nor do they have proportional representation by branch.

Climbing Activity Standards reference documentation and recommendations put forth by organization wide committees, including Climbing Curriculum Committee, Climbing Technical Advisory Committee, Climbing Leadership Development Committee, Climbing Access & Stewardship Committee, and Safety Committee. Recommendations from these committees will be adopted as appendices through the same process, but do not need to be approved by the Branch Leadership Committee.

**Definitions**

Basic Climbs are summit routes with a difficulty rating of Grade I and occasionally Grade II that involve:

- Class 3, 4, or low 5<sup>th</sup> class rock; and/or
- Steep and possibly hard snow with hazards that may require crampons & ice ax; and/or
- Glacier travel

Class refers to a rating for rock climbing difficulty using the Yosemite Decimal System as described in the most recent edition of *Mountaineering: Freedom of the Hills*. Ratings for specific routes may be found in *Cascade Alpine Guide, Volumes I, II, and III* and other climbing guidebooks.

Crag Climbs are 5<sup>th</sup> class rock climbs on routes located within a short distance from a parking area.

Grade refers to a rating of a climb's overall difficulty using the National Climbing Classification System. Ratings for specific routes may be found in *Cascade Alpine Guide, Volumes I, II, and III* and other climbing guidebooks.

Intermediate Climbs are routes with a difficulty rating of Grade II or higher, generally with a summit as the destination. Some Grade II routes may be considered Basic Climbs.

Water Ice Climbs – are technical roped climbs on seasonal ice such as frozen waterfalls, cliffs and rock slabs covered with ice refrozen from flows of water. Water Ice Climbs have approaches that range from 5 minutes to many hours, may include movement over WI2 terrain, but do not involve an alpine-style approach (a Water Ice Climb with an alpine style approach is to be considered an intermediate alpine climb)

### **Trips**

Climbing trips will be rated with these categories, and the rating must be available to participants when they sign up. Ratings are documented on The Mountaineers' website's route description, and participant prerequisite badges are assigned accordingly. Participants must have the prerequisite skills as defined by the prerequisite badges, and are responsible for signing up only for trips that are within their physical and technical capabilities, wearing suitable clothing, and carrying appropriate equipment.

#### Basic Climbs

BR (Basic Rock): The route will include one or more pitches of class 4 to low 5<sup>th</sup> class rock

BA (Basic Alpine): The route will include at least one of these challenges:

- Steep or hard snow
- Class 3-4 rock (usually with no more than one roped pitch)
- Glacier travel (less than one hour during the ascent)

BG (Basic Glacier): The route will include one hour or more of glacier travel during the ascent

#### Intermediate Climbs

IR (Int. Rock): The route will include multiple pitches of 5<sup>th</sup> class rock

II (Int. Ice): The route will include multiple pitches of alpine or waterfall ice

IM (Int. Mountaineering): The route may include rock, snow, or ice; but not enough to be rated IR or II; some basic climbs may be considered IM-rated climbs in winter conditions

### **Equipment**

Each participant must carry a UIAA-approved climbing helmet and wear it during all roped climbing in terrain with significant objective hazards.

Each participant must carry an ice ax and use it for self-belay on snow slopes. For trips that will not encounter snow, such as crag climbs and snow-free routes, the leader may determine that ice axes do not need to be carried.

Leaders will advise participants about required climbing equipment for the trip, such as snow anchors, rock protection, crampons, ice tools, etc.

**Leaders**

Leaders must be approved to lead climbs by the sponsoring committee, and must be vetted according to the standards set by the Climbing Leadership Development Committee (appendix B).

Leaders are expected to lead climbs within their ability, to maintain their leadership and technical skills through regular practice and training, and to be up to date in current climbing skills & techniques taught by The Mountaineers.

**Participants**

Participants are responsible for signing up only for trips that are within their physical and technical capabilities, wearing suitable clothing, and carrying appropriate equipment including the ten essential systems.

**Basic Climbs**

The following prerequisites apply to all participants on basic climbs:

- Graduation (or Equivalency) from the Basic Climbing Course, or
- Student-status in the Basic Climbing Course or
- a Basic-level course module (upon satisfactory demonstration at field trips of the rock, snow, and glacier climbing skills needed for the trip)
- Demonstrated ability to travel 3 miles in 2 hours, gaining an average of 800'/mile, carrying at least 30 lbs.

The following prerequisites apply to rope leaders on basic climbs:

- Graduation (or Equivalency) from the Intermediate Climbing Course, or
- Student-status in the Intermediate Climbing Course with satisfactory completion of the rescue methods field trip (and the rock climbing field trips for BR-rated climbs) or
- Graduation (or have Equivalency) from both a Trad Rock Climbing Course and the Basic Climbing Course.
- Demonstrated ability to travel 3 miles in 2 hours, gaining an average of 800'/mile, carrying at least 30 lbs.

Exception: With leader permission a Basic Graduate or Basic Equivalent can be a rope leader.

**Intermediate Climbs**

The following prerequisites apply to participants on intermediate climbs:

- Graduation (or Equivalency) from the Intermediate Climbing Course, or
- Student-status in the Intermediate Climbing Course (upon satisfactory demonstration at field trips of rescue methods and the rock, snow, and/or ice climbing skills needed for the trip)

**Crag Climbs**

The following prerequisites apply to all rope leaders on crag climbs:

- Graduation (or Equivalency) from a relevant course or
- Student-status in the a relevant course upon satisfactory demonstration at field trips of the rock climbing skills needed for the trip

The following prerequisites apply to participants on crag climbs who belay and climb top-roped, but do not lead:

- Graduation (or Equivalency) from the Basic Climbing Course, or
- Student-status in the Basic Climbing Course (upon satisfactory demonstration at field trips of the rock climbing skills), or
- Graduation from an introductory rock climbing course and with leader permission

**Courses**

Activity committees may offer climbing courses teaching a range of climbing skills that fall within the Climbing Technical Advisory Committees' recommendations. Established courses, curriculum framework and educational outcomes are outlined in Appendix A. Content explanations may be found in the most recent edition of *Mountaineering: Freedom of the Hills*.

- Course curriculum will follow recommendations by the Climbing Curriculum Committee, as published in Appendix A.
- New courses must have stated educational outcomes and a written curriculum framework that is informed by a pilot course

**Other activities**

The Mountaineers may offer ad-hoc climbing clinic and practice sessions, and host presentations about climbing. These enrichment activities must be aligned with Climbing Activity Standards even if they do not have a formal, regular curriculum.

**Safety**

Mountaineers Climbing Programs will adhere to recommendations from the Organization-wide Safety Committee, provided those recommendations have been vetted through the Branch Leadership Committee. Safety Committee Recommendations are found in Appendix C of this document.

**Party Size**

Climbing trips and field trips will have a maximum party size, including Climb Leader and Assistant Leaders, that is determined by the [Outdoor Ethics Policy](#). The Climbing Access and Stewardship Committee may recommend a reduced maximum party size on popular climbs. Once approved by the Climbing Summit Group, these recommendations can be found in Appendix D of this document.

## Appendix A Curriculum

## Mountaineers Basic Alpine Climbing Course

*Students who graduate the Mountaineers Basic Alpine Climbing Course will have the skills to participate as a competent team member in a Mountaineers Basic Alpine Climb, and to engage in non-technical mountaineering outings within the context of a private party.*

### Goals and Objectives

The Basic Alpine Climbing Course is a critical component of the Mountaineers' outdoor educational program. These Goals and Objectives will provide a structure for the core mission and outcome for the program to ensure it is delivered with consistency and quality across the organization.

The Mountaineers as an organization recognizes that each branch must have the freedom to create its own structure for delivering the course in a way that serves its members, volunteers, and students most effectively. For example, differences by branch in class size and available facilities may warrant different approaches. It also recognizes that the course content must contain the necessary core curricula of skills and competencies to ensure that the program can produce capable and safe climbers.

*During the course, students of the Mountaineers Basic Alpine Climbing Course will demonstrate the following:*

- **Proficiency and safety in the required skills and competencies** associated with the basic alpine climbing course (see list of "Basic Climbing - Necessary Skills and Competencies")
- **Effective teamwork** while working and climbing with their fellow students, instructors, and climb leaders
- A sufficient, accurate, and **honest level of self-assessment** to properly determine their ability to successfully participate in basic alpine climbs. Their self-assessment would include, but not be limited, to an accurate evaluation in the following:
  - Proficiency with the basic alpine climbing curricula of skills and competencies
  - A necessary level of conditioning and fitness
  - A level of comfort with exposure
  - Ability to match their skill and fitness level to selected activities

*At course completion, successful graduates of the Mountaineers Basic Alpine Climbing Course will be able to demonstrate the following:*

- Successful participation in a Mountaineers (or equivalently led) basic alpine climb(s) as a **competent team member**
- The necessary judgment and skills to **plan and engage in a non-technical mountaineering activity** within the context of a private party
- A sufficient understanding of **group dynamics and fundamental decision making** skills in the backcountry
- An **awareness of hazards and good safety habits** to manage risk in the backcountry
- A mindfulness for **environmental stewardship and respect for other parties**

## Mountaineers Basic Alpine Climbing Course

### Curriculum

Based on the goals and objectives of the Basic Alpine Climbing Course, the curriculum will include a set of skills and concepts taught at all branches as well as some skills that may optionally be taught *in addition* to the mandatory skills:

- **General:** Equipment and Clothing; Packing Wisely; Ten Essentials; Mountain Weather, including lightning; Etiquette & ethics on crowded climbs; Decision Making Skills; Teamwork; Risk Management & Mitigation
- **Knots:** Overhand, Water Knot, Girth Hitch, Figure 8 on a Bight, Rewoven Figure 8, Bowline, Modified Device Mule knot, Butterfly, Clove Hitch, Munter Hitch, Flat Overhand Bend, Double Fishermans, Prusik Hitch, Munter-Mule-Overhand (MMO) , Butterfly coil knot, Mule Knot, Autoblock knot, Creating texas prusiks
- **Optional knots:** Klemheist
- **Anchor systems:** Rigging of simple belay anchors (i.e.: using a cordelette or webbing to sling existing natural anchors like trees and boulders or 2 or more bolt hangers) ; Basic evaluation and management of anchors, including, recognizing power points, connecting to the anchor with a clove hitch, and pull-testing; Placing snow anchors including pickets, bollards & deadman/T-Slot; Running belays on snow; mid-clip vertical picket anchor
- **Belaying:** Toprope belay with PBUS on a device; Lead belay with a device and effective management of slack using PBUS; Belaying a follower including body belay with SSS (Slip, Slap, Slide) and munter belay off an anchor
- **Belay Escape:** Tie off using a modified device mule, transfer the load using a prusik and figure eight overhand (making it non-releasable system) escape the system, create a backup using another figure eight.
- **Related Belay Skills:** Following a leader including cleaning pro, Climbing Commands in the alpine
- **Optional Belay Techniques:** Belaying a follower using a device and a redirect; Lead Belaying with a Munter using SSS
- **Rappelling:** Double strand extended rappel on an ATC (or similar device); Sit & Spin Rappel; use of an autoblock; Fireman's Belay
- **Optional Rappelling Techniques:** ATC Double Strand (non-extended); Arm Rappel (recommended); Leg Wrap
- **Rock Skills:** Strategies for avoiding party-caused rock fall; Rock Climbing Techniques
- **Snow Skills:** Avalanche Awareness; Snow Emergency Shelter Construction; Ice Ax Self-Belay; Snow Travel and assessing runout; Self Arrest using feet (with a discussion of scenarios where using feet could be dangerous); Snow Camping
- **Glacier Travel:** Roped glacier travel and rope management while walking; rope shortening/lengthening and storage;; seat harness prusik belay
- **Responding to a Crevasse Fall:** Students should understand the concept of crevasse rescue, including the ability to identify hazards and manage further risk. A student should be competent in the following: holding the fall; scene and risk awareness, anchoring the rope including backups; communication between rope team; safe approach of the crevasse; assessment of and communication with fallen teammate; making a plan based on factors; executing a raising system

- **Crevasse Rescue Raising Systems:** Students will be taught both 3:1 Z-pulley and 2:1 drop-loop C-pulley. Students will demonstrate proficiency in at least one raising system.
- **Optional Introductory Alpine Ice Skills:** High Dagger; Step Cutting; Chopping Steps; Front Pointing; French crampon & ice ax techniques; German crampon & ice ax techniques; Effective ice tool swing; Effective cramponing on steep terrain; Placing Ice screws; building v-thread anchors; building multipoint ice anchors; Rappelling off of ice anchors; using an autoblock on ice rappels; Ice bollards; Descending walking forward

## Mountaineers Basic Alpine Climbing Course

### Graduation Requirements

Graduation will be granted to students who:

- Demonstrate proficiency in all required skills
- Complete a Mountaineers Navigation Course
- Complete a Wilderness First Aid Course (or show current certification)
- Complete a day of Stewardship
- Participate in two Mountaineers Climbs, including: one successful Basic Rock Climb and one successful Basic Glacier Climb

### Equivalency

Committees may grant course equivalency for applicants that:

- Submit a resume of their climbing experience that shows that they have mountaineering training and experience that meets or exceeds the requirements for course graduation, and
- Demonstrate through a practical examination, and through in-field demonstration, proficiency in the required skills for Basic Alpine Climbing Graduates, and
- Participate in at least one Basic Rock Climb and one Basic Glacier Climb to demonstrate competency in the mountains

Committees should follow a standard equivalency process as published on The Mountaineers website.

## Mountaineers Intermediate Alpine Climbing Course

*Updated November 2017*

### Curriculum

(Prerequisite: Graduation or equivalency from the Basic Climbing Course)

- Rescue methods, including construction of rescue anchors, raising systems, and lowering systems
- Rock climbing, leading and swinging leads on mid-5<sup>th</sup> class rock, including:
  - Constructing belay anchors using SRENE principles
  - Placing passive and active protection so it will hold a fall

- Using natural anchors such as trees, horns, rocks, and other features
- Constructing multidirectional anchors
- Using slings to manage rope drag and minimize movement of protection devices
- Ice climbing, leading and swinging leads on alpine ice up to 45 degrees, including:
  - Flat-footing and front-pointing crampon technique
  - Using ice tools
  - Placement of ice protection, including pickets and ice screws
  - Construction and use of ice anchors for belaying
  - Construction and use of ice anchors for rappelling, including the v-thread anchor
  - Running belays on low angle ice and hard snow
- Winter mountaineering, including:
  - Winter camping
  - Application of climbing skills in winter conditions
  - Emergency winter shelters
- Level I avalanche training
- Mountaineering Oriented First Aid (Graduation from a MOFA course or equivalency)
- Group Leadership, including trip planning and group dynamics

## Graduation Requirements

Intermediate Course graduates must demonstrate competence in the course contents and satisfactorily complete the following climbs:

- At least six basic climbs as a rope leader, including two BR-rated climbs and two BG-rated climbs, and
- At least five intermediate climbs, swinging leads as applicable, including two IR-rated climbs and two II-rated climbs.

## Mountaineers Crag Climbing Course

*Revised November 2017*

### Curriculum

(Prerequisite: Mid-5<sup>th</sup> class rock climbing skill on top rope)

- Rock climbing, leading and swinging leads on mid-5<sup>th</sup> class rock, including:
  - Constructing belay anchors using SRENE principles, including hanging belays
  - Placing passive and active protection so it will hold a fall
  - Constructing multidirectional anchors
  - Using slings to manage rope drag and minimize movement of protection devices
  - Rappelling using a device and a rappelling using a carabiner brake system, including self belay using an autoblock
- Mountaineering Oriented First Aid (Graduation from a MOFA course or equivalency)

Crag Course graduates must demonstrate competence in the course contents and satisfactorily complete at least three crag climbs; at least one of the climbs must be multi-pitch.

## Appendix B

### Leaders

## Leaders

*Revised January 2018*

Leaders must be approved to lead climbs by the sponsoring committee.

Leaders are expected to lead climbs within their ability, to maintain their leadership and technical skills through regular practice and training, and to be up to date in current climbing skills & techniques taught by The Mountaineers.

### Basic and Intermediate Climbs

Sponsoring committees must be satisfied that leaders of basic and intermediate climbs have competence in:

- Rock, snow, and glacier climbing (Graduation from the Basic Climbing Course or Equivalency)
- Leading on mid-5th class rock Leading on alpine ice routes up to 45 degrees (required only for leaders of II-rated climbs)
- Group leadership
- Use of topographical maps, compass, and altimeter
- Mountain safety, including identification of hazards such as exposure, rockfall, avalanches, and changing weather; and actions to minimize risk
- Wilderness First Aid or equivalent experience
- Emergency preparedness (including rescue methods, emergency bivouacs, and how to summon help should it be needed)

### Crag Climbs

Sponsoring committees must be satisfied that leaders of crag climbs have competence in:

- Leading on mid-5th class rock (Graduation from a relevant course or two years of demonstrated experience leading multi-pitch 5th class rock climbs of difficulty up to 5.8)
- Group leadership
- Mountain safety, including identification of hazards such as exposure, rockfall, and changing weather; and actions to minimize risk
- Wilderness First Aid or equivalent experience
- Emergency preparedness (including rescue methods and how to summon help should it be needed)

### Water Ice Climbs

Sponsoring committees must be satisfied that leaders of water ice climbs have competence in:

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- Leading on vertical ice (Graduation from a relevant course or two years of demonstrated experience leading multi-pitch technical ice climbs of difficulty up to WI3)
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- Group leadership
- Mountain safety, including identification of hazards such as exposure, rockfall, avalanches (AIARE I or better), and changing weather; and actions to minimize risk
- Wilderness First Aid or equivalent experience
- Emergency preparedness (including rescue methods, emergency bivouacs, and how to summon help should it be needed)

## Appendix C

# Mountaineers Safety Committee Recommendations

## Rappel Operations Protocol for Mountaineers Training Activities

Purpose – The following outlines operational standards rappel stations at Mountaineers field trips and training activities

Goal – To reduce rappel incidents on Mountaineers field trips and activities

### Metrics

- Rappel incidents and near misses on field trips per field trip activity days
- Compliance surveys

### Protocol for Mountaineers field trips and activities involving rappel

- Dedicated Rappel stations
  - o Designate specific routes, anchors, rope and equipment as designated rappel stations for field trips
  - o If a new rappel route is added midway, apply the same operational procedures that follow
- Clear Roles and Responsibilities
  - o Assign a dedicated Instructor as the ACCOUNTABLE party for Safety across station routes
    - Ensures that there is a RESPONSIBLE party to oversee rappel station management – Setup, inspection, maintenance through the day and general oversight
    - Ensures that there is direct supervision of students in scenarios where rappelling is being introduced (e.g. Basic Climbing Course, Introduction to Alpine Rock, introductory clinics on rappelling...)
- Operational Protocol for Rappel stations
  - o Required – All participants in exposed areas be secured to prevent from falling
  - o Required – Positive verification that the rappel system is closed (e.g. rope strands touch ground, and/or rope is centered with knots in ends)
  - o Recommended – Backup method (e.g. Autoblock or Fireman’s belay)

### **Version History**

- 1.0 Approved by Safety Committee 3/27/2018 for recommendation to and adoption by the Climbing Summit. The authoritative version of this document will live in the Climbing Summit Basecamp until incorporated into the Climbing Standards document
- 2.0 Edits based on Climbing Summit feedback thru 4/10