



EVERETT MOUNTAINEERS

2018 INTERMEDIATE CLIMBING COURSE



Our Mission:

Develop Individuals to Climb Alpine Peaks

Foster Community within Everett Branch Climbing Programs

Increase Alpine Safety



Cover: The approach to Dorado Needle. Ian Lauder photo



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Policies

Harassment

Policy Statement

It is the policy of the Mountaineers that harassment shall not be tolerated.

Application

1. The Mountaineers is committed to maintaining an environment within our organization and during our sponsored activities that is free of verbal, physical and visual forms of harassment so that everyone can enjoy our club activities in a productive, respectful and dynamic environment.

- The Mountaineers does not allow harassment of any kind by one member towards another including harassment based on gender, sexual orientation, race, color, national origin, religion, age, disability, or marital or veteran status.
- The Mountaineers does not tolerate harassment by one member towards another whether the member is a leader, volunteer, trustee, or officer.

2. Members who violate this policy may have their membership privileges restricted, up to and including expulsion.

3. The Mountaineers wants to prevent harassment from occurring and will take immediate and appropriate action when we know that harassment has occurred. To do this, however, we need the cooperation of all members at all levels as described in "Responsibilities."

4. The Mountaineers will promptly and thoroughly investigate claims of harassment.

- The Executive Director will use his or her judgment to determine how to accomplish a timely, fair and effective investigation.
- Complaints of harassment will be handled with sensitivity, discretion and confidentiality to the extent allowed by the circumstances. Generally this means that allegations of harassment are shared by the investigator with those who have a need to know (such as witnesses or members of certain board committees, such as the Executive Committee so that The Mountaineers can conduct an effective investigation and take appropriate remedial action.
- The complaining member is usually requested to provide as many details as possible, such as the dates(s), location(s), names(s) of witnesses, or information about the alleged offender(s).
- If The Mountaineers determines that a person may have helpful and relevant information, the person will be interviewed.



- During the investigation, steps may be taken, when appropriate, to minimize contact between the complaining member and the alleged offender.
- After the investigation is completed, The Mountaineers will share its findings with the complaining member, the alleged offender, and, if appropriate, others directly concerned with the incident or the investigation.

The Mountaineers Policy Manual

5. If The Mountaineers concludes that harassment occurred, prompt and effective remedial action will be taken.

- This may include limiting the membership activities of the harasser and other actions to remedy the effects of the harassment and prevent further harassment.
- If expulsion is recommended, such action will be referred to the board as described in the bylaws.

6. No action will be taken against any member, who in good faith files a complaint of harassment or assists in the investigation of such a complaint, solely because the member filed a complaint or assisted in an investigation.

- Members who believe they have been retaliated against for having reported harassment or participated in an investigation must promptly report any concerns about retaliation either to the person(s) who are conducting the investigation, or if the investigation is concluded, to the Executive Director.
- Concerns about retaliation will be investigated.
- Appropriate corrective measures will be taken if allegations of retaliation are substantiated.

Responsibilities

Each member is responsible for supporting and adhering to this policy.

- Members should never tolerate inappropriate behavior. They should make their feelings known to the offending person. In many cases if a member makes his or her feelings known to offending persons, tells them the conduct is not appropriate, and asks them to stop, this may take care of the situation.
- However, if any member is not comfortable doing this, or has tried doing this but the offending behavior has continued, then the member must promptly report any offending behavior, whether such behavior is directed towards them personally or to other member, to The Mountaineers' Executive Director. Reports of offending behavior must be made as soon as practical.



- Members are strongly encouraged to report concerns about harassment before offensive behaviors become severe or pervasive, as The Mountaineers prefers to stop harassment before it escalates. Group leaders, volunteers, board members or officers who know or receive reports or complaints of offending behavior must promptly notify the Executive Director so that appropriate action can be taken.

The Executive Director is responsible for administering this policy.

* Examples of Harassment

In general terms, harassment is a knowing and willful course of conduct directed by one member towards another that under the circumstances seriously alarms, annoys, harasses or embarrasses the person towards whom the conduct was directed. However, constructive criticism, offered appropriately during activities or courses, though it may be embarrassing, is not harassment.

Examples of harassment based on gender, sexual orientation, race, color, national origin, religion, age or disability can include, but are not limited to:

- Cartoons or other visual displays, like objects, pictures or posters, that depict these groups in a derogatory way; or
- Verbal conduct, including making or using derogatory comments, epithets, slurs and jokes about racial or religious groups, the disabled, or a person's ethnic or national origin

Sexual harassment is generally defined as unwelcome sexual advances, requests for sexual favors, or other visual, verbal or physical conduct of a sexual nature when:

- Submission to such conduct is made either explicitly or implicitly a term or condition of participating in a club activity;
- Submission to or rejection of such conduct affects course enrollment, graduation, on-going participation; or
- This type of conduct creates an intimidating, hostile or offensive environment for club activities.

Sexual harassment includes harassment based on another person's gender or harassment based upon pregnancy, childbirth, or related medical conditions. It also includes harassment of another member of the same gender as the harasser.

Examples of sexual harassment include, but are not limited to, the following types of behavior:

- Unwelcome sexual advances, like propositions for sexual favors;
- Excessive, one-sided, romantic attention in the form of requests for dates, love letters, telephone calls, emails or gifts;
- Making or threatening reprisals, after a member has turned down a sexual advance;



- Visual or physical conduct, like leering, making sexual gestures, or sharing pornography or other sexually suggestive objects, pictures, cartoons, calendars or posters;
- Verbal conduct, like making or using sexually derogatory comments, epithets, teasing or dirty jokes of a sexual nature;
- Graphic verbal or written comments (including emails or other electronic documents) about an individual's sex life or body;
- Sexually degrading words used to describe an individual;
- Suggestive or obscene letters, emails, notes or invitations; and
- Unwelcome physical contact, including pats, hugs, brushes, touches, shoulder rubs, assaults, or impeding or blocking movements.

Note: Members from time to time may experience other problematic behavior that is not harassment, but that nevertheless intrudes on the enjoyment or safety of others. Such problem behaviors are addressed by the board policy called "Problem Behaviors."

Problem Behaviors

Policy Statement

It is the policy of the Mountaineers to deal promptly and fairly with those rare instances of individual behavior that intrude on the safety and enjoyment of others.

Application

1. During a club activity, leaders are responsible for letting a participant know if he or she is not fulfilling reasonable participant expectations.

- Discussion should be held in private if possible
- The discussion should focus on identifying the problem, clarifying expectations, and communicating corrective actions.
- If a participant identifies problem behavior with a leader, he or she should try to resolve it in a similar manner during the activity.

2. If the problem cannot be sufficiently dealt with during an activity, or if repeated problems with the same person occur, action may be referred to the sponsoring branch, division, or committee chairperson in writing.

- The chairperson, or a designee, shall initiate a discussion with the participant about the perceived problem.
- The discussion should take place as soon as possible to prevent escalation of the problem.



- The discussion should focus on identifying the problem, corrective action, and if necessary, restrictions that may be imposed.

3. The branch, division, or committee sponsoring the activity may limit or deny further participation to any individual who has demonstrated that his or her actions jeopardize the safety or enjoyment of others.

- If restrictions are imposed, the chairperson shall document the decision in writing and send copies to the participant, division or branch chair (if applicable), the executive director, and the president.
- Restrictions shall apply as follows:
 - Committee chairpersons may impose restrictions only for their committee's activities in their branch.
 - Branch or division chairpersons may impose restrictions only for their branch or division.
 - The executive director may impose clubwide restrictions if necessary.

4. Participants may appeal restrictions in writing as follows:

- If a committee chairperson has imposed a restriction, it may be appealed only to the branch or division chairperson, whose decision is final.
- If a division or branch chair or the executive director has imposed a restriction, it may be appealed only to the club president, whose decision is final.

5. Expulsion may be considered in extreme cases, with action taken by the board as described in Article V (Membership).

Responsibilities

Branch, division, and committee chairpersons are responsible for administering this policy.

The executive director is responsible for administering restrictions using the activity sign-up system.



Contacts

2018 Intermediate Climbing Committee

Intermediate Programs Chair	Ian Lauder	ian@cyber-sea.com
LOR Coordinator	Jason Karp	jasonkarpdx@gmail.com
IGC Coordinator	Rob Holman	robert.e.holman@hotmail.com
Alpine Ice Coordinator	Scot Geoghegan	hector98034@yahoo.com
Winter/Mixed Coordinator	Alex Stewart	alexstew@mail.fresnostate.edu
Self-Rescue Coordinator	Rodica Manole	rodi.man@gmail.com

2018 Everett Climbing Committee

Climbing Committee Chair	Ian Williams	icwilliams@yahoo.com
Basic Coordinator	Nick Mayo	nicholas.e.mayo@gmail.com
Intermediate Coordinator	Ian Lauder	ian@cyber-sea.com
Leadership Development	Jenni Schwegler	jennischwegler@gmail.com
Records Keeper	Laura Clark	lbunker@gmail.com
Safety Chair	Adam Clark	aclark20@gmail.com



Introduction

Welcome to the Everett Intermediate Climbing Program. The Everett Branch offers five individual modules that comprise our Intermediate Climbing Course (ICC). They are as follows

- Introduction to Leading on Rock (LOR)
- Intermediate Glacier Climbing (IGC)
- Introduction to Alpine Ice (Ice)
- Introduction to Winter and Mixed Climbing (Winter/Mixed)
- Self-Rescue Methods (Self-Rescue)

The ICC Handbook will outline an overview of the Intermediate Climbing Course, requirements to graduate, and a description of related programs.

Objectives of the Intermediate Climbing Program

The following objectives guide our programs, our selection criteria, and the material we cover.

- Develop Individuals to Climb Alpine Peaks
- Grow and Retain Everett Branch Climbing Membership and Foster Community
- Increase Alpine Safety

It is my hope that LOR or IGC is your first step towards progressing onwards through the Everett Intermediate Climbing Course. Much thought has gone into this course over the years, and we have adjusted and fine-tuned it along the way. We feel our program is of the highest quality and that it not only achieves the objectives above, but provides a solid foundation for a well-rounded climber. Graduates of our program will be prepared to enjoy the backcountry safely and branch out in whatever direction they choose. The sky is literally the limit!

Warm regards,

Ian Lauder
Intermediate Climbing Coordinator
Everett Mountaineers



2018 Calendar Schedule

The dates and locations below are tentative and subject to change. It is incumbent upon you to register for each module through the Mountaineers website or through the module coordinators. **Dates posted on the Mountaineers web site supersede any posted below.**

Instructor Review

Skill review	January 20	Mountaineers Program Center
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Leading on Rock Module

Practical	March 31	Mountaineers Program Center
Field Trip 1	April 14-15	Leavenworth
Field Trip 2	May 5-6	Vantage
Field Trip 3	May 19-20	Tieton
Field Trip 4	June 9-10	Squamish

Intermediate Glacier Module

Lecture 1	June 5	Mountaineers Program Center, Seattle
Practical	June 19	Mountaineers Program Center, Seattle
Field Trip	June 23-24	Easton Glacier, Mt. Baker
Experience Climb	TBD	Student-planned climb, date picked by students

Alpine Ice Module

Lecture	July 24	Mountaineers Program Center
Field Trip	Aug 4-5	Coleman Glacier, Mt. Baker

Winter and Mixed Climbing Module

Lecture	Jan 23	Mountaineers Program Center
Field Trip	Jan 27-28	Icicle Creek, Leavenworth

Self-Rescue Course

SRC1, Practical 1	Sep 20	Mountaineers Programs Center, Seattle
SRC1, Practical 2	Sep 22-23	Mountaineers Programs Center, Seattle
SRC1, Practical 3	Oct 6	Mountaineers Programs Center, Seattle
SRC2, Practical 1	Nov 8	Mountaineers Programs Center, Seattle
SRC2, Practical 2	Nov 10	Lord Hill Park & Program Center, Seattle
SRC2, Practical 3	March 10, 2019	Mountaineers Programs Center



The Intermediate Climbing Course Student Lifecycle

Everett's intermediate climbing course (ICC) consists of two tracks: one focuses on rock climbing and the other focuses on glacier, ice, and mixed climbing. The two tracks can be started and completed separately, or modules of each track may be alternated. It is up to each student to identify what modules she wishes to complete and in what sequence. To graduate the intermediate course, however, a student must complete all modules in both tracks.

Rock Track

The rock track consists of the Introduction to Leading on Rock and Self-Rescue courses. Students pay a one-time fee for both courses up front. It is not required that a student complete both courses in a single year. In fact, we encourage students to get a full season of climbing in after LOR before taking the Self-Rescue course to be better prepared to succeed in SRC. The Self-Rescue course demands that students have mastered anchors, knots, and rope management fundamentals. It is up to the discretion of the Self-Rescue course coordinator to decide whether a student is ready to take the course, irrespective of the pre-payment.

Glacier, Ice, and Mixed Track

This track consists of the Intermediate Glacier course, Introduction to Alpine Ice, and Introduction to Winter and Mixed climbing courses. It is not required that a student complete all these courses in a single year. Indeed, many students will split them over the course of at least two years. It is up to the discretion of each course coordinator to decide whether a student is ready to take a module, irrespective of pre-payment. IGC is highly-recommended to take before Alpine Ice, and Alpine Ice is a highly-recommended to take before Winter/Mixed. However, since most students only top-rope in Winter-Mixed, some exceptions may be made. Acceptance is at the discretion of the module leader.

Timeliness and Student Extensions

Each intermediate student has five years to complete all course requirements. If a student has not done so within five years her standing will lapse. Students may extend their status by instructing at three intermediate field trips every two years - one in the Rock Track, one in the Glacier/Alpine Ice/Winter-Mixed track, and a third of the student's choice. Students that lead an intermediate field trip get double-credit for that field trip when applying for an extension. To receive an extension, the student must petition the Intermediate Climbing Committee, listing the three courses she instructed at in the previous two years. Petitions are reviewed, and extensions are granted annually.

Certificate Courses

Two modules in the intermediate program are standalone certificate courses: LOR and IGC. Upon completion of these courses, a student will receive a certificate. In the case of LOR, a student must augment the course work with three experience climbs and a stewardship project. The experience climbs do not have to be official Mountaineers climbs, nor must they be alpine climbs. Students will be provided with an LOR certificate petition at the end of the LOR coursework which they may pursue or not. It is recommended that even if a student intends on graduating the entire intermediate program, she should fulfil the certificate requirements. Overlapping requirements between the LOR certificate and the Intermediate course may be "double counted".

Self-Rescue (SRC1 and SRC2), when combined with IGC, is also a certificate course. IGC, combined with self-rescue, affords the student with an SRC certificate.



ICC Graduation Requirements

The graduation requirements for the Intermediate Climbing Course can be grouped into a few areas: coursework, instruction, first aid training, stewardship, and experience climbs. The specific requirements for each area are covered in the subsections below. Use the worksheet at the end of this document to track your progress in fulfilling these requirements. To graduate, students must complete the following:

Coursework

Students must complete all lectures, practicals, and field trips for each of the following intermediate modules: Introduction to Leading on Rock, Intermediate Glacier Course, Introduction to Alpine Ice, Introduction to Winter and Mixed Climbing, and Self-Rescue. In addition, students must complete an AIARE Level 1 avalanche course.

Instruction

Students must instruct at every Basic Climbing Course field trip at least once, at a navigation course field trip at least once, and also instruct at no less than two intermediate course field trips (any module).

First Aid Training

Students must have taken a wilderness first aid course (MOFA, WFR, WFA) at least once.

Stewardship

Students must participate in a trail maintenance project, lookout restoration, crag cleanup project, or other environmentally-oriented stewardship activity. One full day of volunteer work is required.

Experience Climbs

There are two components to experience climbs: Basic Experience climbs and Intermediate Experience Climbs. For Basic Climbs, Intermediate Students must either lead the climbs as a climb leader or serve as a rope lead. For Intermediate Climbs, Intermediate Students must either lead the climbs as a climb leader or participate in the climbs, swapping leads with the person she is tied-in with.

The requirement for Basic Experience climbs is to complete a total of five climbs, including two Basic Rock climbs, and two Basic Glacier climbs. The fifth climb may be a Basic Rock, Basic Glacier, or Basic Alpine climb.

The requirement for Intermediate Experience climbs is to complete a total of seven climbs, including two Intermediate Ice climbs, two Intermediate Rock climbs, and two winter climbs. One winter climb must be an overnigher and the two winter climbs must be done on different trips. A student may not double count a winter ice climb as both. The seventh climb may be an Intermediate Rock climb, Intermediate Ice climb, winter climb, or Intermediate Mountaineering climb. Any Basic or Intermediate climb counts as a winter climb if done between Thanksgiving and the spring equinox.



Timeliness

Students have five years from admittance into LOR or IGC to complete all the requirements above. Students may apply for extensions if they complete the continuing student requirements described previously in this document.

Leadership

The Intermediate Climbing Course has some leadership components - students learn to lead trad routes in LOR, plan and lead climbs in the IGC, instruct, participate as a rope lead on Basic Climbs, and so forth. However, the course does not by itself prepare a student to become a Climb Leader. Students interested in pursuing this path should consult the Leadership Development Coordinator for information on how to become a Climb Leader – whether at the Basic or Intermediate level.

Note that if you do become a climb leader prior to graduating the intermediate program you can apply climbs that you lead to the experience climbs requirement for the intermediate course.

Module Overviews

The Intermediate Climbing Course is comprised of the following five ICC modules. The courses are currently bundled for payment purposes in two tracks. The first track is LOR and SRC. The second track consists of the Intermediate Glacier, Alpine Ice, and Winter/Mixed courses. LOR and IGC can be taken as standalone courses, but full payment is required for either track in advance.

The modules of each track build on the foundation skills as the track progresses. Progression from one module to another in a track is not guaranteed, irrespective of the payment in advance. A student must master the skills from a previous module before progressing, and it is up to the discretion of the module coordinator to make that determination for any student. Often a student will need to wait a year between modules to gain the experience and practice necessary to progress to the next module.

Equipment listed below is not comprehensive and only calls out incremental items that will need to be acquired. Upon acceptance into the next module, more detailed equipment and reading lists will be issued. Optional but suggested reading is denoted with an asterisk. If you have any questions about equipment or reading lists, please wait until the first course lecture. By the way, often times you will be able to borrow or share equipment. This is recommended because it will help you determine which brand or style of equipment works best for you.



Introduction to Leading on Rock (LOR)

The introduction to Leading on Rock Course is designed to build on fundamental skills developed in the Basic Climbing Course. This course will teach techniques that will enable you to lead climb safely at most of the rock climbing areas around the United States. A solid foundation in anchor system fundamentals will be covered. You will learn about technical rock climbing equipment including rock shoes, ropes, harnesses, and natural and artificial protection. The techniques you will learn include gear anchors, climbing on rock, leading, multi-pitch transitions, and rappelling.

Course Description:

Leading on Rock prepares students to safely lead multi-pitch trad routes.

Course Outcomes:

- place effective rock protection
- build rock anchors
- swap leads mid-pitch in a hanging belay
- swap leads on multi-pitch routes

Skills Taught to Meet Course Outcomes:

- placement of active protection
- placement of passive protection
- placement of omni-directional protection
- using natural protection
- protection spacing strategies
- placement of a “Jesus Nut”
- building rock anchors
- swinging leads at a hanging belay
- swinging leads at a ledge
- putting a belayer out of harm’s way
- rappelling using a munter hitch

Prerequisites

- Basic Climbing Course graduate or equivalency
- Basic Instructor status

Required Equipment

- Rock shoes
- Basic rock climbing gear including passive pro, active pro, slings, carabiners, and a cordelette

Reading

- Mountaineering: The Freedom of the Hills, 7th Edition or greater
- How to Rock Climb!, 4th Ed., John Long, a Falcon Guide
- Climbing Anchors, 2nd Ed., John Long, a Falcon Guide
- Accidents in North American Mountaineering, any year*



Intermediate Glacier Climbing

The Intermediate Glacier Climbing module will introduce you to steeper snow and glacier routes, and provide the skills for planning and executing an intermediate-level glacier climb. In addition, the course covers the basics of small party (two-person rope team) self-rescue on glacier climbs.

Course Description:

The Intermediate Glacier Course prepares students to plan and execute an intermediate-level glacier climb

Course Outcomes:

- apply the AIARE decision making framework
- move efficiently and confidently on moderate to steep snow
- build snow anchors
- perform 2-person crevasse rescue
- plan and execute an intermediate glacier climb

Skills Taught to Meet Course Outcomes:

- how to plan an intermediate glacier climb
 - team selection
 - gear selection
 - weather
 - route planning (online tools, getting route beta, topo software)
 - emergency plan
 - alternate destinations
 - how to write a trip plan
- 2-person crevasse rescue (5:1 and 6:1 mechanical advantages)
- Skills for executing the planned climb
 - Travel on steeper snow and ice (crampon techniques)
 - Running belays
 - Use of pickets and ice screws
 - Use of multiple tools
 - Use of wands

Prerequisites

- Basic Climbing Course graduate or equivalency
- Basic Instructor status

Required Equipment

- Standard glacier travel gear
- Mountaineering boots

Optional Equipment

- Technical Ice axe (BD Venom, Camp) or an ice tool
- 1 or 2 Ice screws (at least one 22 cm for making v-threads)

Reading

- Mountaineering: The Freedom of the Hills, 7th Edition or greater
- Accidents in North American Mountaineering, any year
- Northwest Mountain Weather, Jeff Renner*
- Glacier Travel and Crevasse Rescue, Andy Selters*



Introduction to Alpine Ice

The Alpine Ice module will introduce you to ice climbing. This module provides a structured learning environment to apply lead skills and anchor fundamentals to varied alpine terrain where steep snow and ice may be the obstacle. This module and the required ice climbs will provide the foundation and confidence to climb intermediate alpine ice routes.

Course Description

Alpine Ice prepares students to travel safely on moderate to steep alpine ice.

Course Outcomes

- evaluate ice conditions
- move efficiently and confidently
- place effective protection
- build ice anchors
- strategize and adapt leading safely based on terrain

Skills Taught to Meet Course Outcomes

- recognizing the unique characteristics of alpine ice vs. water ice
- recognizing the inherent hazards of ice climbing
- how to “read ice”
- traveling on low angle ice using French and German techniques
- effective ice tool swing
- effective cramponing on steeper terrain
- efficient movement
- X style vs. Y style
- placement of ice screws
- building v-threads
- building anchors
- rappelling off ice anchors
- use of the auto-block
- swinging leads
- putting a belay out of harm’s way

Prerequisites

- IGC Graduate (highly recommended)
- Basic Instructor status

Required Equipment

- Mountaineering boots
- 12 point crampons
- Technical Ice axe or Ice tool, a matched pair is nice to have, but you can get away with a single tool
- 3 or 4 Ice screws (at least one 22 cm for making v-threads)

Reading

- Mountaineering: The Freedom of the Hills, 7th Edition or greater
- How To Ice Climb, Craig Luebben
- Accidents in North American Mountaineering, any year
- Glacier Travel and Crevasse Rescue, Andy Selters*



Introduction to Winter and Mixed Climbing

The Winter and Mixed Climbing module will introduce you to climbing in winter and to climbing on mixed (rock and snow/ice) terrain. This module provides a structured learning environment to apply lead skills and anchor fundamentals from rock climbing to varied alpine terrain where steep snow and ice may be the obstacle. This module and the required winter climbs will provide the foundation and confidence to travel on more challenging routes in the mountains throughout the year. In the winter environment, you may need to transition between steep, hard snow, to verglas-covered rock, to ice.

Course Description

Winter-Mixed introduces students to mixed terrain climbing techniques and prepares students for an unplanned bivy scenario.

Course Outcomes

- practice dry-tooling techniques
- climb mixed terrain on top rope
- place and remove pitons
- practice an unplanned winter bivy scenario

Skills Taught to Meet Course Outcomes

- evaluating a mixed route
- using an ice tool effectively in a dry tool environment
- crampon techniques on mixed terrain
- placing gear on mixed terrain with ice tools
- pro placement on mixed terrain, including pitons, passive, and active protection
- surviving the night outdoors using gear for a day trip in the winter

Prerequisites

- Basic Climbing Course graduate or equivalency
- Basic Instructor status
- Completion of an AIARE Level 1 compliant avalanche course to participate in winter climbs

Required Equipment

- Mountaineering boots
- 12 point crampons
- Ice tool, a matched pair is nice to have, but you can get away with a single tool
- 3 or 4 pitons (a couple knife blades are most useful)

Reading

- Mountaineering: The Freedom of the Hills, 7th Edition or greater
- Ice & Mixed Climbing – Modern Technique, Will Gadd
- Accidents in North American Mountaineering, any year
- Staying Alive in Avalanche Terrain, Bruce Tremper*



Self-Rescue (SRC1 and SRC2)

SRC is a two-part Self Rescue Course. It covers the fundamental techniques of load transfer in a variety of scenarios. It will build on your knowledge developed around anchor systems, knots and hazard awareness and mitigation. This is an advanced climbing class and is not suited for a novice climber. You should have at least a full year of active lead climbing under your belt before you move onto this module. While strong first-year climbers may be granted approval by the coordinator, this should be an exception, not the norm.

Course Description

The self-rescue course teaches small party rescue techniques which can be applied in an emergency situation while climbing.

Course Outcomes

- Evaluate an accident and determine the best course of action
- Tie load-releasing hitches in a variety of scenarios
- Build and use a system to move an injured climber to a safer location
- Combine individual rescue techniques in various scenarios using limited gear and without a scripted set of steps

Skills Taught to Meet Course Outcomes

- Rappelling past a knot
- Tandem rappels
- Assisted lower
- Ascending a rope
- Hauling using a mechanical advantage
- Rescuing an injured follower
- Rescuing an injured leader
- Evacuating a victim
- Evaluating self-rescue versus seeking rescue assistance
- Solo climbing with a rope
- Aid-climbing techniques

Prerequisites

- Completion of the LOR module
- Mastery of anchors and rope management through multi-pitch (trad) experience climbs

Required Equipment

- Standard rock-climbing gear

Reading

- Self-Rescue, 2nd Edition, David J. Fasulo
- Climbing Self-Rescue, Andy Tyson and Molly Loomis*
- Accidents in North American Mountaineering, any year*



Related Courses

While not directly a part of the Intermediate Climbing Programs, the following are a few Everett Branch courses worth considering. Note that to graduate the Intermediate Course, you must take an AIARE Level 1 course – it just doesn't have to be through the Everett Mountaineers.

AIARE Level 1 – Decision Making in Avalanche Terrain¹

The Everett Mountaineers offers an AIARE Level 1 Avalanche course. Generally, this course begins in late November and culminates in an overnight field trip in January. The course is oriented towards backcountry skiers, snowboarders, and climbers. It offers instruction in avalanche awareness and avoidance, hazard evaluation, traveling techniques in avalanche terrain, and partner rescue. The emphasis will revolve around decision making. A similar framework of risk assessment and decision making may be applied to alpine travel and climbing.

There are three lectures held in Everett and a weekend field trip generally held at the Mt Baker Lodge. The field trip involves cold and wet weather and elevation gain up to 1,000 feet. Students in the Backcountry Ski and Snowboard Course and the Ski and Snowboard Mountaineering Course are automatically enrolled in the Avalanche Safety course. Equipment will be discussed at the first lecture. Shovels, probes, avalanche transceivers (457 kHz only), and either skis or snowshoes are required for the field trip.

Suggested Reading

- Staying Alive in Avalanche Terrain, Bruce Tremper
- Northwest Mountain Weather, Jeff Renner

Backcountry Ski and Snowboard Course and Ski Mountaineering Course

Approaching winter climbs on skis or split board can make life a lot easier, especially on the descent. In addition to faster travel, it's just plain fun... post holing up to your thighs is not fun. These two courses are for telemark skiers, alpine touring (randonee) skiers, and snowboarders of intermediate level or better who want to learn techniques for safe backcountry travel.

The Backcountry Ski course and the Ski Mountaineering course are modular, run sequentially and are taught in conjunction with the AIARE Level 1 Avalanche course.

The Backcountry Ski course (includes AIARE Level 1) cover avalanche awareness, transceiver searches, winter camping, route selection, and tour planning. Lectures and field trips begin in late November and continue through February.

The Ski Mountaineering module follows the Backcountry course and teaches rope management and crevasse rescue for those whose ambition involves skiing glaciers. Students can take just the Backcountry Course, or both. You must take the Backcountry Course to take the Ski Mountaineering module. An AIARE Level 1 Avalanche Course is included and fulfills the avalanche training to participate on M-level trips. Lectures and field trips begin in March and run thru April.

¹ Note: ICC Students are not automatically enrolled, and you will need to enroll separately. Completion of an AIARE Level 1 course is a requirement for ICC graduation and a prerequisite to winter climbs. Some local guide services in the area also offer AIARE Level 1 training.



ICC Graduation Requirements Worksheet

Use this form to track your completion of ICC Graduation Requirements. Petition the Climbing Committee via the Intermediate Climbing Programs Chair or Records Keeper when all requirements have been completed. Submit your petition in an email. All Intermediate Climbing Course Petitions received by October 1st will be considered for graduation in that calendar year. All requirements must be completed within five years of beginning LOR or IGC unless a petition to extend is submitted to, and accepted by, the Intermediate Climbing Committee.

Intermediate Coursework

For each of the following, "completion" is defined as having attended and satisfactorily performed at all lectures, practicals, and field trips for the module.

Leading on Rock module	Date Completed: ___/___/___
Intermediate Glacier module	Date Completed: ___/___/___
Alpine Ice module	Date Completed: ___/___/___
Winter and Mixed module	Date Completed: ___/___/___
Self-Rescue module (SCR1 and SRC2)	Date Completed: ___/___/___

AIARE Level1 Training

Date Completed	Sponsoring Organization/ Instructor
___/___/___	_____

First Aid Training

First aid course taken (MOFA, WFR, WFA, WEMT, etc). Include the most recently completed course only. Include a scanned copy of your certification card, if available.

Date Completed	First Aid Course Title	Organization/Instructor
___/___/___	_____	_____



Stewardship

Trail maintenance project, lookout restoration, lodge work party, crag cleanup project other environmentally oriented activity:

Date	Project / Leader
___/___/___	_____

Basic Course Instruction

Assist in teaching at one each of the Everett Basic Climbing Course field trips and a navigation course:

	Field Trip Date		Field Trip Date
Conditioner	___/___/___	Snow I	___/___/___
Fundamentals	___/___/___	Snow II	___/___/___
Rock I	___/___/___	Navigation	___/___/___
Rock II	___/___/___		

Intermediate Course Instruction

Instruct at or lead two Everett Intermediate Climbing Course field trips (any module.)

	Date	Module / Field Trip	Leader
I.	___/___/___	_____	_____
II.	___/___/___	_____	_____



Basic Experience Climbs

Lead or serve as a rope lead on five Basic Climbs, all posted by Mountaineers climb leaders.

	Date	Peak/Route	Pitches Lead	Leader /Partner
Rock	__/__/__	_____	_____	_____
Rock	__/__/__	_____	_____	_____
Glacier	__/__/__	_____	_____	_____
Glacier	__/__/__	_____	_____	_____
Other²	__/__/__	_____	_____	_____

Intermediate Experience Climbs

Lead or serve as a participant swapping leads on seven Intermediate Climbs, all posted by Mountaineers climb leaders. The IGC experience field trip cannot count towards one of these climbs.

For ice climbs, a completed alpine ice climb is defined as reaching the top of the route, not necessarily the summit. Students must swing leads to receive credit.

Note that for the intermediate winter climbs, one must be an overnight trip and the two climbs must be done on different trips. Any Basic or Intermediate climb done in the winter qualifies as a winter climb, where winter begins Thanksgiving weekend and ends on the spring equinox.

	Date	Peak/Route	Pitches Lead	Leader/Partner
Rock	__/__/__	_____	_____	_____
Rock	__/__/__	_____	_____	_____
Ice	__/__/__	_____	_____	_____
Ice	__/__/__	_____	_____	_____
Winter Overnight	__/__/__	_____	_____	_____
Winter	__/__/__	_____	_____	_____
Other³	__/__/__	_____	_____	_____

² The fifth climb may be a Basic Rock, a Basic Glacier, or a Basic Alpine climb.

³ The seventh climb may be an Intermediate Rock, Intermediate Glacier, Winter, or Intermediate Mountaineering climb.



ICC Stand-Alone Certificates Worksheet

Use this form to track your completion of Stand-Alone Certificate Requirements. Petition the Climbing Committee via the Intermediate Climbing Programs Chair or Records Keeper when all requirements have been completed for any given certificate. Submit your petition in an email. For the IGC and LOR certificate, students have until October 1st of the year the course was taken to complete the requirements. For the Self-Rescue Certificate, students have five years from admittance into LOR or IGC.

Leading on Rock Certificate

Coursework

Leading on Rock module

Date Completed: ___/___/___

Experience Climbs

Students must complete three experience climbs. Two of the three climbs must be multi-pitch trad climbs (alpine or crag) consisting of at least three enchainned fifth-class pitches. The student must have led at least one of the pitches. The third climb may be a Basic Rock climb or a sports route. None of the climbs are required to be official Mountaineers climbs. Multiples routes done on the same day may count as separate climbs.

	Date	Peak/Route	Pitches Lead	Partner
I	___/___/___	_____	_____	_____
II	___/___/___	_____	_____	_____
III	___/___/___	_____	_____	_____

Intermediate Glacier Course Certificate

Coursework

Intermediate Glacier Course module

Date Completed: ___/___/___

Experience Climb

Students must plan and execute a climb as a part of this course. A successful summit is not required however participation in the planning and attempt is required.

Date	Peak/Route	Pitches Lead	Leader/Partner
___/___/___	_____	_____	_____



Self-Rescue Certificate

Coursework

Intermediate Glacier Course module

Date Completed: __/__/__

Self-Rescue module (SRC1 and SRC2)

Date Completed: __/__/__

Experience Climb

Students must plan and execute a climb as a part of the Intermediate Glacier Course. A successful summit is not required however participation in the planning and attempt is required.

Date	Peak/Route	Pitches Lead	Leader/Partner
__/__/__	_____	_____	_____