

2023

Intermediate Alpine Climbing Course Handbook
The Mountaineers
Kitsap Branch



Photo Credit: Bam Mendiola

Introduction

Welcome to the 2023 Intermediate Alpine Climbing Course!

The Intermediate Alpine Climbing Course teaches the technical skills necessary to climb the rock, snow, and ice typically found in the Cascade and Olympic mountains of the Pacific Northwest. The course has a strong focus on developing leadership skills, including technical competence, interpersonal skills and good judgement. Course graduates will have the knowledge and skills to organize and lead basic level climbs and to participate in intermediate level alpine, rock and ice climbs.

The 2023 Intermediate Course

In 2023 you may take the Intermediate Course as a package or as standalone modules. Taking individual modules allows for more time to complete the course as well as early specialization into either rock or snow related activities. It also allows for students to bypass modules that teach skills they already possess. Differences between the package and the standalone modules will be called out throughout this document. If no differences are called out the text applies to both the package and the standalone modules. This also applies to references to the Intermediate *Course* (as opposed to the Package).

Intermediate Modules, Lectures and Seminars

The Intermediate Modules are stand-alone “courses” that can be taken independently. Students wanting to graduate from the Intermediate Course - both those in the Intermediate Package must attend all the modules and seminars. Students wanting to specialize in snow related activities must take AIARE 1 and the Intermediate Glacier Module so they can be rope leads on Glacier Climbs and go on Intermediate Mountaineering Climbs. Students wanting to be rope leads on Basic Rock Climbs must take Self-Rescue 1 and Leading on Rock. Self-Rescue 2 must be taken by students prior to going on Intermediate Alpine Ice Climbs, Intermediate Mountaineering Climbs or Intermediate Rock Climbs. (Waivable by the climb leader.) Please refer to the following section [Prerequisites](#) for more details.

Application Process and Sign-up

There is an application process to the Intermediate Package. Students accepted into the package need not apply for the individual modules - they can simply sign up for each module. For each module, the signup window for students in the package opens two weeks ahead of time, and students receive a discount code in email that allows them to sign up without paying for the module because they paid already for the Package.

Prerequisites

Regardless of modules or package, the order in which the modules are taken is prescribed. Successful completion of specific intermediate modules is a prerequisite for participation in subsequent modules, Basic Climbs, and Intermediate Climbs. The following matrix depicts the modules that must be completed prior to participation in these other activities. Equivalency can be granted for all modules for students coming to the program with existing skills (see section on [Equivalency](#))

| | AIARE 1 | Intermediate Glacier Travel/Winter | Teaching Leadership | Self-Rescue 1 | Leading on Rock | Alpine Ice | Self-Rescue 2 |
|-------------------------|---------|------------------------------------|---------------------|---------------|-----------------|------------|---------------|
| Snow Track | | | | | | | |
| AIARE 1 | | | | | | | |
| Intermediate Glacier | X | | | | | | |
| Rope Lead Basic Glacier | X | X | X | | | | |
| Rock Track | | | | | | | |
| Self-Rescue 1 | | | | | | | |
| Leading on Rock Module | | | | (X) | | | |
| Rope Lead Basic Rock | | | X | X | X | | |
| Self-Rescue 2 | | | | X | X | | |
| Int. Rock Climb | | | X | X | X | | (X) |
| Alpine Track | | | | | | | |
| Rope Lead Basic Alpine | X | X | X | X | X | | |
| Int. Mountaineering | X | X | X | X | X | | (X) |
| Ice Track | | | | | | | |
| Alpine Ice Module | X | X | | X | X | | |
| Alpine Ice Climb | X | X | X | X | X | X | (X) |

All students aiming to graduate from the Intermediate Course, regardless of via package or via modules, must be graduates of the Basic Alpine Climbing Course or have completed Basic Alpine Climbing Equivalency, and must have completed Wilderness First Aid or higher and as well as Navigation (or have taken the Navigation Equivalency test).

Students taking individual modules without intent to graduate from the Intermediate Package must meet the minimum prerequisites as listed below. Each module has an entry evaluation to ensure students are meeting minimum prerequisites for the respective module. These evaluations include skills taught in the Basic Alpine Climbing Course. Students taking a course with The Mountaineers for the first time should make sure they possess the prerequisite skills for their desired module.

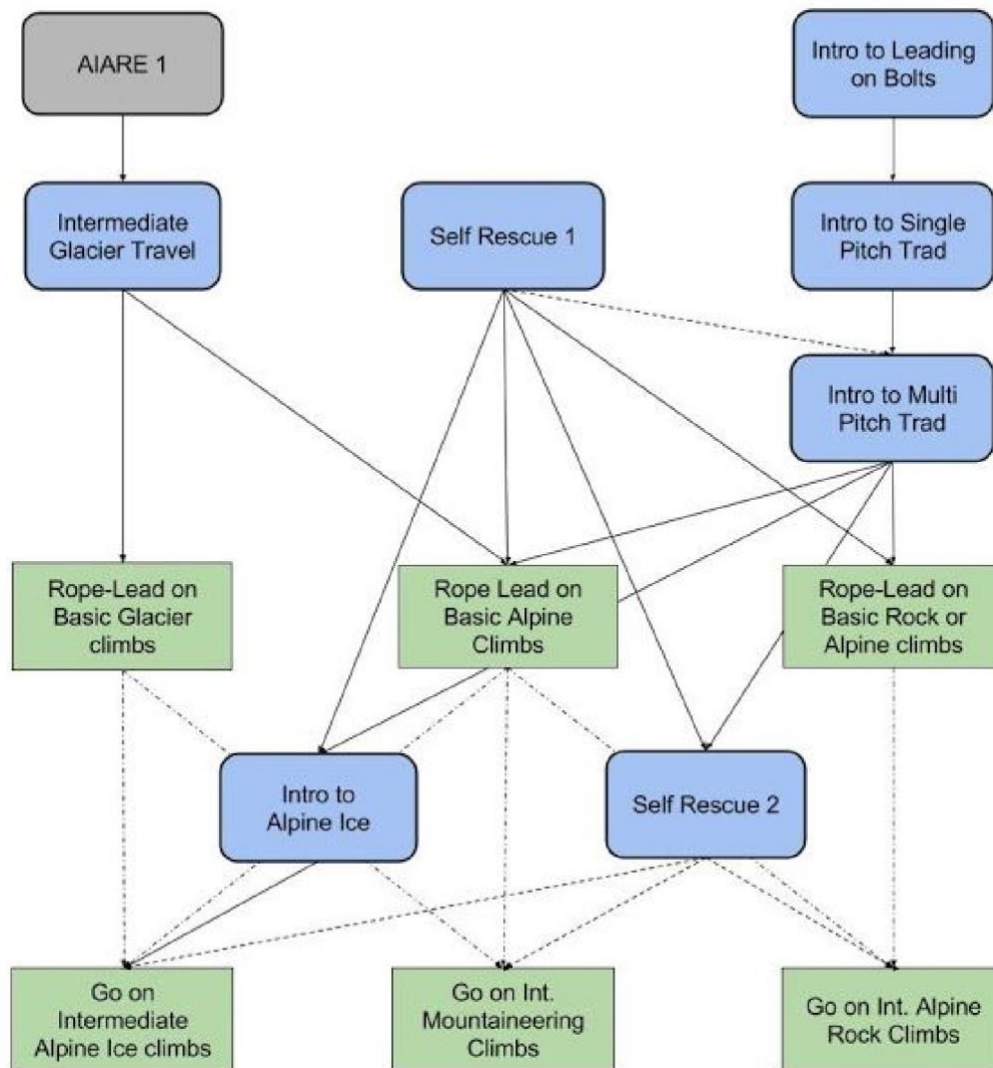
Note: Self-Rescue 1 (or equivalent) is a prerequisite for graduating from the Leading on Rock course for all students in the Intermediate Package.



Photo Credit: Jared Bowe

Course Flow

The following diagram is a different representation of the same information under [Prerequisites](#). Note that Kitsap combines Intro to Leading on Bolts, Intro to Single Pitch Trad and Intro to Multi Pitch Trad into the Leading on Rock course.



Note: Participation as rope lead on Mountaineers' Basic Climbs is strongly encouraged but not required.

The Modules

The modules represent the core instructional piece of the Intermediate Course and they are meant to prepare students to be rope leads on Basic Climbs as well as to participate as rope partners on Intermediate climbs.

- **Intermediate Glacier** teaches the skills necessary to be a rope lead on a Basic Glacier climb or to go on an Intermediate Mountaineering climb, such as trip planning, z-pulley crevasse rescue, and route finding on a glacier.
- **Self-Rescue 1** focuses on skills necessary for a high angle self-rescue on rock. The module teaches belay escape, rescue knots and hitches as well as rescuing a fallen follower with only one rescuer.
- **Intro to Leading on Rock Course** teaches fundamental crag climbing skills, placing trad gear, and leading on gear in a single pitch setting. It also teaches building anchors and swapping leads on a multi-pitch trad route.
- **Intro to Alpine Ice** teaches fundamentals of ice climbing and descending, building anchors and v-threads and swapping leads on 40–70-degree alpine ice.
- **Self-Rescue 2** builds on the skills acquired in Self-Rescue 1 and teaches rescuing a fallen second/leader with no external support.

Teaching and Leadership Seminar

Students in the Package and those taking modules must attend the Teaching and Leadership Seminar to be a rope lead on Basic climbs.

Leadership development and teamwork is a strong focus of the Intermediate Course. In order for students to be effective teachers and good role models for less experienced climbers it is essential that they learn about teaching and leadership. The seminar is a graduation requirement and should be taken as early as possible by all Intermediate Students so they become better teachers, leaders and team members.

Dates and Locations

Students intending to complete the Intermediate package must take all modules below. Completion in the same year is not required.

| Module | Location | Dates | Leader |
|------------------------------------|--|--|-------------------------|
| Intermediate Glacier Module | Lecture and Practice at Program Center | February 16, 2023 | Jerry Logan, Tom Finley |
| | FT at Mount Ellinor | February 18-19, 2023 | |
| Intro to Leading on Rock | Classroom session | Thurs. March 10, 2023 | Ryan Vancil |
| | Spire Rock – ropes & anchors | Sat. March 12, 2023 | Ryan Vancil |
| | Vantage – leading on bolts | Sat-Sun, March 25-26, 2023 | Ryan Vancil |
| | Tieton – trad leading | Sat-Sun April 22-23, 2023 | Ryan Vancil |
| | Leavenworth – multipitch (Attend one) | Sat, June 3, 2023 Sun, June 4, 2023 | Ryan Vancil |

| | | | |
|--------------------------------|--|--|----------------------------|
| Self-Rescue 1 | Evening practical at the PC | Thurs, May 18 & August 10, 2023 | Jerry Logan |
| | School Rock FT | Sat, May 21 & August 12, 2023 | |
| Teaching and Leadership | 2 Seminars at the Program Center –Zoom option | Thursdays, January 12 & 19, 2023 | Jerry Logan, Gretchen Ta |
| Intro to Alpine Ice | Evening Classroom at the Program Center | Thurs, Aug 17, 2023 | Jordan Kott Jerry Logan |
| | Two-day FT Lower Coleman Glacier at Mount Baker | Sat-Sun, September 2-3, 2023 | Jerry Logan |
| | Climb of Observation Rock at Mount Rainier | Sat-Sun, September 23-24, 2023 | Jerry Logan |
| Self-Rescue 2 | 2 Classroom sessions at the PC | Wed October 18, Thurs October 19, 2023 | Jerry Logan Tom Finley |
| | Field Trip | School Rock – Sat, October 21, 2023 | Jerry Logan Tom Finley |

For questions regarding specific modules please contact the leader for that module. For general questions regarding Intermediate modules, please contact the course administrator listed on the Mountaineers website.

Note: Events beyond our control may require change of dates, locations or leaders. Any changes will be announced at the relevant lecture, by e-mail and on the Kitsap Climbing Basecamp page.

Course Tracking

A student's progress will be tracked on the website via skills badges. For each completed module, students receive skills badges that allow the student to participate in subsequent activities such as higher-level modules or club climbs. The Mountaineers is transitioning from course badges to skills badges and some issues may occur where you are not permitted by website rules to sign up for an activity. You should be able to resolve this by contacting the activity leader, who can add you to the activity; or the Mountaineers' Info Desk at:

info@mountaineers.org.

In addition, all students should keep detailed personal records of their activities. Certificates for courses taken outside of the Mountaineers should be submitted to Mountaineers staff at info@mountaineers.org with a request that the corresponding badge be granted as this makes tracking of activities and requirements easier.

Activity Make-Up Policy

Students must attend all required lectures and field trips for each module. Students taking the Intermediate Package can potentially make up activities with one of the Intermediate mentors. This does not apply to any activity that includes an evaluation. If a student misses a module and no opportunity for a makeup can be arranged the student has to wait till the next time the same module is offered which in many cases will be the following year. Since the modules build on each other this may mean that there are other modules that also will wait till the next year. Furthermore, the student will not get first dibs in the signup process the following year - first dibs is only for first year intermediate students.

Students taking the modules generally cannot make up activities but have to wait till the next time the same module is offered. For questions, please contact the course administrator listed on the Mountaineers website.

Ongoing Course Requirements

Students in the Intermediate Package have five years to complete all course requirements; for this course year that goes until 12/31/2027. Students taking individual modules may take as long as they like as long as they remain *active* both as climbers and instructors with The Mountaineers.

In order to be considered *active* Intermediate Students, the following requirements must be met:

- Students in the Intermediate Package must participate in at least one (1) instructional activity per year after their first year until their intermediate student status expires after five years (see [Course Extension](#) for information regarding requirements five years).
- Students taking the modules and package students who require an extension past five years must participate in at least three (3) activities per year that are sponsored by the Kitsap Climbing Committee, at least one of which needs to be an instructional activity. Activities include participating in climbs, instructing at field trips, or attending a climbing related seminar or course as a student.
- All students must remain current in Wilderness First Aid (renew every 3 years).
- For students accepted conditionally into the package based upon not yet having fully completed, or being current, in core Basic Alpine Climbing Course requirements, we will review and support progress to complete Basic Equivalency as soon as practical to allow completing these intermediate modules.

Course Extension

Students in the package may submit a request for a one-year extension beyond the allotted five years to graduate may be granted upon approval of the course administrator. Requests should list the course requirements that have been completed as well as the requirements have not been completed yet. Extensions for 6 years and beyond can be applied for in the same way.

Just like students taking the modules, students taking the Package who need more than five years to graduate must remain *active*. This means they must participate in at least three (3) activities per year that are sponsored by a Mountaineers Climbing Committee, at least one of which needs to be instructional (see [Ongoing Course Requirements](#) for details.)

Equivalency

Students who already have experience and skills in a particular area can receive equivalency. In most cases this means students have to demonstrate their skills in a test and they will be required to instruct for the respective module for which they would like to receive Equivalency. For example, students wanting to receive equivalency

for their trad climbing skills in a single pitch setting will be asked to instruct at a Leading on Rock field trip. Equivalency is particularly relevant for students taking the modules as it will save them having to pay the fee for the modules they do not need. Students in the Intermediate Package can receive equivalency as well but there is no discount for students in the Intermediate Package as the package is already offered at a discounted price.

Refund Policy

To receive a full refund, students must notify the Intermediate Alpine Climbing Chair prior to the first session of the Intermediate Glacier Module (February 17, 2023). Refunds will be prorated after that time. To request a refund, contact the course administrator listed on the Mountaineers website.

Other Requirements

In addition to participation in the modules - the core instructional piece of the Intermediate Course - students intending to graduate from the Intermediate Course Package and in some cases all students taking more than one module are required to meet additional requirements.

Volunteering

The Mountaineers is a volunteer driven organization, and all instruction is done through volunteers. Thus, to function as an educational organization, we must ask all our students to instruct at least in proportion to the amount of education they receive. However, instruction should not be viewed as chore or a requirement. Most of our instructors do so because they love the outdoors and they are passionate about passing on their love to the next generation. Most of our instructors are enthusiastic about teaching climbing. Furthermore, instructing is one of the main avenues for developing leadership skills. Teaching enhances the grasp of concepts and techniques as well as the interpersonal skills in working with less confident climbers.

Instructional Requirements

Students are required to teach at least one full day for each module they are taking per year. Multi-day activities count as one activity. Evening sessions at the Program Center count as $\frac{1}{3}$ of a day. This applies to both students in the Intermediate Alpine Package and students taking the modules. In short, **anybody wanting to take more than one module needs to instruct.** No credit is given for instructing at the same activity more than once per year. For example, a student teaching at the Basic Knots FT (an evening activity) three times in 2023 will receive $\frac{1}{3}$ credit.

After their first year, students in the package must instruct at least at once per year to be considered active in the Intermediate Program.

Although intermediate students are not expected to be expert, they should be comfortably familiar with the techniques they are teaching. No credit will be given if students show up unprepared for instructional activities.

Students receiving equivalency for a module are required to instruct at the respective module. They receive credit for one day towards their volunteer requirement for each module they instruct at.

Guidelines for Receiving Credit

First year Intermediate Students receive credit for instructing at activities related to the following courses and modules:

- Basic Alpine Climbing Course

Intermediate students past their first year (or after haven taken all Intermediate Modules) can also instruct at Intermediate Modules:

- Intermediate Glacier Travel Course
- Self-Rescue 1
- Leading on Rock Course
- Intro to Alpine Ice
- Self-Rescue 2

Students taking the modules and who are specializing in either rock climbing or mountaineering should focus their volunteer activities on the subcategory in which they are specializing. For example, a student specializing in glacier climbs should volunteer for the snow field trips of the Basic Alpine Climbing Course, the Intermediate Glacier Travel Course, or the Alpine Ice Course. General guidelines for instructional activities include:

- The event must be instructional in nature.
- The event's core components are related to climbing (navigation and first aid related activities do not count).
- The event must be an official Mountaineers activity and listed on The Mountaineers' website, and the student must be registered for the event.

The following activities do not count:

- Club climbs;
- Activities not sponsored by a Kitsap branch Climbing Committee or the Climbing Committee of a different branch;
- Non-Mountaineers climbing activities;

For questions regarding receiving credit for volunteer activities, please contact the course administrator listed on the Mountaineers website.

Physical Fitness

All Intermediate students in the package or taking the modules are expected to maintain a minimum level of physical fitness. Being fast and efficient in the alpine is matter of safety. As a guideline, students should strive to be able to hike Mount Walker (to the North Summit) with a 35lbs pack in under 1 hour, or Mount Rose to the top in under 2 hours. For students weighing less than 130 lbs. the weight requirement is reduced to 30 lbs. The students in the Package are tested on this requirement by their mentors. Students taking the modules should strive on their own to meet this requirement.

Rope Leaders on Basic Climbs

Intermediate Students are required to act as rope leads on at least six (6) Basic Climbs, three (3) of which are to be Basic Rock climbs, and two (2) Basic Glacier climbs. Students must have completed AIARE Level 1 and the Intermediate Glacier module to be rope leads on Basic Glacier climbs, and they must have completed Self-Rescue 1 and Leading on Rock to be rope leads on Basic Rock climbs. Basic Alpine climbs require all of the above, since they involve both rock and snow.

As a rope leader on Basic Climbs students are expected to:

- Demonstrate technical competence, interpersonal skills and good judgement.

- Show up prepared *as if they were leading the climb*. This includes having all the gear needed for the climb, detailed knowledge of the climbing route as well as the descent, ability to navigate on and off trail, knowledge of potential hazards and how to mitigate them, and more.
- Be courteous, patient and humble and generally display good expedition behavior.
- Assist the climb leader in organizing and managing the climbing party, route finding, setting up rappels, accounting for whereabouts of students, resolving conflicts, etc.
- ***Students must complete the entire trip in a safe and competent manner in order to receive credit. The climb leader has the option of denying credit for the climb if the student did not meet these requirements, even if the summit was reached.***

Intermediate Climbs

Students wanting to graduate from the Intermediate Course are required to participate in a total of five (5) climbs at the intermediate level. Two of those climbs must be ice climbs, and two must be intermediate rock climbs. Please see [Prerequisites](#) and [Course Flow](#) for more information on which modules must be completed prior to participating in Intermediate Climbs. ***It is recommended that students successfully serve as rope lead on at least one Basic Climb before they participate in Intermediate Climbs.***

Intermediate Rock climbs are typically rated Grade II or III, 5.6 to 5.8, with a few climbs being longer or harder. These climbs often include unroped pitches of 3rd and 4th class scrambling. The technical sections of Intermediate Ice climbs generally consist of hard snow or glacial ice at angles of 40 to 70 degrees for 500 to several thousand feet in length. Thus, Intermediate climbs are of varying difficulty and students should make sure they only sign up for climbs that match their current level of ability and confidence.

Prerequisites for Participation

Prerequisites to participating in Intermediate Climbs and receiving climb credit are:

- Students must meet the prerequisites listed in the matrix above to sign up.
- Students are expected to lead at least half of the pitches, which may include the crux. *Students should not sign up for a climb in hopes of leading only the easy pitches.*
- All climbs must be conducted in a manner consistent with the Climbing Code. Climbers must carry a helmet, the Ten Essentials, as well as food, clothing and equipment appropriate to the climb.
- ***Students must complete the entire trip in a safe and competent manner in order to receive credit. The climb leader has the option of denying credit for the climb if the student did not meet these requirements, even if the summit was reached.***

Leadership

Leadership development is a strong focus of the Intermediate Course, and a requirement for graduation. Leadership is essential for being self-sufficient and safe in the mountains. Leadership skills are comprised of technical competence, interpersonal skills and the ability to make sound decisions. Among those, technical competence is usually the skill easiest acquired, since this is what is explicitly being taught in the Intermediate Course.

Interpersonal skills include self-awareness, self-leadership, clear, open and honest communication with the climbing party, being patient and considerate, the ability to gain the trust and followership of the climbing party, as well as humility and a sense of humor. Students must be self-directed and interested in becoming better

leaders to improve their interpersonal skills. Teaching at beginner level field trips and acting as a rope lead on basic climbs are activities that foster the development of these skills.

Good judgement comes with experience, and experience takes time. Going into the mountains frequently and for extended times helps with gaining experience. Often it is close calls or near misses that provide the learning environment. It is also possible to learn from the bad experiences of other climbers. Accidents in North American Climbing is a yearly publication by the American Alpine Club depicting actual climbing accidents that is intended exactly for this purpose.

Private Climbs

Students sufficiently experienced are encouraged to organize and lead basic or intermediate level climbs with their friends or fellow students. It is expected that a number of private climbs are listed on any application for graduation as they provide invaluable opportunities for learning and honing leadership skills. However, private climbs do not count towards the required number of club climbs.

Level 1 Avalanche Training

Level 1 Avalanche Training certified by the American Institute for Avalanche Research and Education (AIARE) is required for all snow related activities. This training is completed independent of the Intermediate Course. Students typically take their AIARE-certified training from organizations outside the Mountaineers. AIARE Level I equivalent certification such as from the Canadian Avalanche Association (CAA) or National Ski Patrol (NSP) is accepted.

AIARE Level 1 is required for all snow and ice related modules and must be taken before going on the Intermediate Glacier Field Trip (it is not required for the lecture). Rock related modules do not require AIARE 1.

Wilderness First Aid

A current Wilderness First Aid certification is required for participation in all field trips and climbs as well as graduation from the Intermediate Alpine Climbing Course. *All students must maintain their Wilderness First Aid certification throughout the course to be considered active.* There are multiple ways to meet this requirement: Wilderness First Aid (WFA) and Mountaineering-Oriented First Aid (MOFA) are offered through the Mountaineers; Wilderness First Responder (WFR), Wilderness EMT (WEMT) and Remote Medicine for Advanced Practitioners (RMAP) are nationally recognized certifications available from independent training organizations that go above and beyond basic first aid training for those who want it. The Climbing Committee accepts these five certifications (WFA, MOFA, WFR, WEMT, RMAP) to fulfill the first aid requirement. Other backcountry or remote medicine certifications may be accepted; contact the Intermediate Climbing admin listed on the Mountaineers website for more information.

Note: Students both in the Intermediate Package and those taking the modules must maintain Wilderness First Aid certification throughout the course in order to be considered active. *Students who let their WFA requirement lapse will not be allowed to participate in activities related to the Intermediate Course, including club climbs and instructional activities until they have renewed their WFA.*

Note: At this time, the Red Cross Wilderness and Remote First Aid (WRFA) is not accepted for credit.

Front-country medical professionals are required to take the Wilderness First Aid course to familiarize themselves with the basics of wilderness medicine and the standard curriculum taken by most climbing

students, or the more advanced Remote Medicine for Advanced Practitioners (RMAP), to complete the first aid requirement. Front-country medical certifications do not provide sufficient training to handle remote medical emergencies.

Graduating from the Intermediate Course

Graduation from the Intermediate Course is a major accomplishment. The Intermediate Badge is an indicator of technical competence on rock, snow, and ice as well as leadership.

The following requirements must be met to graduate from the Intermediate Alpine Climbing Course:

- Attend in a safe and competent manner *all Intermediate Modules, including lectures and field trips*.
- Pass all evaluations at all modules.
- Complete AIARE *Level 1 Avalanche Training*.
- Complete all volunteer requirements. This includes the initial volunteer requirements during the first year as Intermediate Students or until all Intermediate Modules are completed for students taking the modules, plus the ongoing volunteer requirement to instruct at least once per year in order to be considered active.
- Complete six (6) basic climbs as a rope leader or climb leader in a safe and competent manner, including at least three (3) rock and two (2) glacier climbs. Each climb must be of a separate and distinct route.
- Complete five (5) intermediate climbs in a safe and competent manner, including at least two (2) alpine ice and two (2) alpine rock climbs. Each climb must be posted on the Mountaineers website before the event takes place, the student must have been registered for the climb and each climb must be a separate and distinct route.
- Demonstrate *leadership* and technical competence to the satisfaction of the Climbing Committee.
- Maintain Wilderness First Aid certification or higher during while in the Intermediate Course.
- Students taking the Intermediate Alpine Climbing Package must either meet the graduation requirements established for the year that they started the Intermediate Alpine Climbing Package or the most recent requirements at the time they apply for graduation. For students taking the individual modules the most recent graduation requirements apply.
- Students taking the Intermediate Alpine Climbing Package should submit a *graduation application* to the Climbing Committee within *five years* of the date that they began the Intermediate Alpine Climbing Course (see next section for extension). The application must present the dates, leaders and events that fulfill the above intermediate package requirements. To submit a complete application for graduation, students should maintain a detailed record of their climbing activities as a student. Applications are checked by the Intermediate Climbing Committee and voted upon by the Intermediate Climbing Committee.

Note: At this point the Kitsap Climbing Committee is not offering an equivalent badge for students who specialize in either rock or snow. Depending on demand, this might change sometime in the future.

Application for Graduation

Students should fill out the [Intermediate Graduation Application Form](#). The preferred method for submitting the application form is to send email with the form as an attached file to the course leader as indicated on the Mountaineers' website.

Students should keep a personal record of their ongoing activities that they can refer to when filling out the application. Mountaineers climbs and instructional activities must be recorded in the Mountaineers activity database in order to be counted for credit for graduation. Students must be current on Wilderness First Aid (WFA or above) at the time of their application. For supportive courses like WFA or AIARE that can be taken with an external organization other than The Mountaineers, *it is the students' responsibility to ensure that their activity has been recorded on The Mountaineers' website to receive credit.*

Becoming a Climb or Crag Leader

Becoming a climb or crag leader is not a necessary step in order to graduate from the Intermediate Course. While we encourage students to consider this as a great option to give back to The Mountaineers, it is a personal choice. Taking less experienced climbers into the mountains is a great responsibility and we want our leaders to make a deliberate decision to do so.

Graduation from the Intermediate Course is not a requirement for becoming a Climb or Crag Leader.

Mentored Lead on Basic or Intermediate Climbs

A minimum of two (2) mentored leads is a prerequisite for applying to become a climb leader. This program is for experienced intermediate students who have completed the majority of their requirements for graduation, and who want to prepare themselves for becoming a climb leader. It is preferable that mentored leads are done on Basic climbs, as one important aspect is the mentored leader's ability to lead and take care of less experienced climbers in the mountains. Students should act as assistant leader on a few climbs before acting as mentored leader. Any active climb leader in good standing can act as mentor. Climbs done as assistant or mentored leader can also count toward the requirements for graduation from the Intermediate Course.

As a mentored leader, students are expected to

- Organize and plan the activity. This does not include setting up the activity on The Mountaineers' website since most students do not have the necessary permissions to do so. However, the mentor should list the mentored leader as such and make them the point of contact for the activity.
- Make all the pre-climb arrangements, such as informing the climbing party about gear requirements, providing directions to the trailhead, checking the weather and trail conditions, checking with the ranger station to see if permits are needed, etc.
- Conduct the trailhead briefing and assign roles such as the first aid leader.
- Make trail/route decisions, set the pace and lead the climbing party.
- Ensure the well-being of the climbing party, including making sure that everybody is eating and drinking, is dressed appropriately, gets sufficient rest, etc.

Barring an emergency, the mentor acts like any other climber during the climb, although the mentor is still ultimately responsible for the climb. Students are encouraged to consult with the mentor if they have questions, and the mentor may provide input or feedback at any time or resume the full leadership role if necessary. After the climb, the mentor will provide feedback to the student.

Outdoor Leadership Seminar

The Mountaineers offer a one-day Outdoor Leadership Seminar at least once per year. Participation in the seminar is a requirement for those applying to become a climb leader. ***The seminar is highly recommended for developing outdoor leadership skills for all intermediate students.*** Please see The Mountaineers' website for current course offerings.

Applying to be a Crag or Climb Leader

[Applications for Climb Leader](#) must be emailed to along with a copy of the WFA or MOFA card and AIARE 1 certification. Be sure to include "Application for Climb Leader" (or Crag) in the subject heading. Applicants must submit a list of references which must be climb leaders with The Mountaineers in good standing along with their application.

All Kitsap Branch Climb and Crag Leader applicants are required to have completed the Outdoor Leadership Seminar or other leadership training provided by The Mountaineers. Other leadership training may satisfy this requirement at the discretion of the Climbing Committee.

Climb Leader Minimum Requirements

1. Must be at least 18 years of age.
2. Must be a current member in The Mountaineers.
3. Must have attended a Mountaineers' Leadership Seminar.
4. Must be a graduate of the Basic Course or someone holding Basic Equivalency status and have participated in three or more successful Basic, Intermediate, or Club climbs or equivalent experience.
5. Must have successfully summited at least two climbs offered through The Mountaineers where the applicant acts in a leadership role (mentored leader).
6. Participation in three or more successful Basic or Intermediate Climbs or equivalent experience.
7. Current Wilderness First Aid, MOFA, MOFA Instructor, Wilderness First Aid, Wilderness First Responder, Wilderness EMT, or equivalent wilderness medicine certification.
8. AIARE Level 1 Avalanche Certification.
9. Climbing resumé that includes dates and routes of climbs completed including the name of the climb leader. Training received by the applicant should be listed with dates and the names of the sponsoring organizations.
10. At least three references from Mountaineers' climb leaders in good standing who can attest to the applicant's climbing and leadership skills.

Crag Leader Minimum Requirements

1. Must be at least 18 years of age.
2. Must be a current member in The Mountaineers.
3. Must have attended a Mountaineers climbing-sponsored Leadership Seminar.

4. Must be a graduate of the Multi Pitch Rock Module and have two years of experience swinging leads on multi-pitch rock climbs, or an Intermediate graduate or an Intermediate Student who has two years of experience swinging leads on multi-pitch rock climb.
5. Must have successfully completed at least three multi-pitch rock climbs offered through The Mountaineers where the applicant acts in a leadership role (rope leader, assistant leader or mentored leader).
6. Current Wilderness First Aid, MOFA, MOFA Instructor, Wilderness First Aid, Wilderness First Responder, Wilderness EMT, or equivalent wilderness medicine certification.
7. Successful completion of Self Rescue 1 & 2 Modules.
8. Presentation of a climbing résumé that includes dates and routes of climbs completed. Training received by the applicant should be listed with dates and the names of the sponsoring organizations.
9. Must provide at least three references from within The Mountaineers who are either crag or climb leaders in good standing and who can attest to the applicant's climbing and leadership skills.

Review Process

1. The [Climb Leader Application Form](#) must be submitted to Kitsap Branch Climbing Chair.
2. The Leadership Subcommittee announces the application via email to the members of the Climbing Committee.
3. The application is validated against club records and reviewed by the Climbing Committee.
4. The contacts referenced in the application are contacted for verification.
5. If all the feedback is in support of adding the member to the climb leader list, the Climbing Chair will add the candidate to the list and announce its decision to the Climbing Committee. If the application is not approved or if there are additional questions that require discussion, the application be reviewed at the next Climbing Committee meeting. In this case, the people present at the meeting will vote on the application. If the application is not approved, the Climbing Chair will recommend steps the applicant should take for their application to be approved.

Appendix

Recommended Readings

Assigned readings will be drawn from:

- *Mountaineering: The Freedom of the Hills, 9th Edition*, The Mountaineers
- *Staying Alive in Avalanche Terrain, 2nd Edition*, Bruce Tremper, ISBN 1594850844
- *Self-Rescue, 2nd edition*, David Fasulo, ISBN 0762755334
- *High Angle Rescue Techniques*, Tom Vines and Steve Hudson, ISBN 0323019145
- *Rock Climbing: Mastering Basic Skills, 2nd Edition*, Craig Luebben, ISBN 978-1-59485-862-8
- *Climbing Anchors, 2nd Edition*, John Long and Bob Gaines, ISBN 0762723262
- *AMC Guide to Outdoor Leadership: Trip Planning, Group Dynamics, Decision Making*, Alex Kosseff

The following additional references are recommended:

- *Extreme Alpinism*, Mark Twight, ISBN 0898866545
- *Alpine Climbing: Techniques to Take You Higher*, Houston and Cosley, ISBN 0898867495
- *Accidents in North American Climbing, all recent editions*
- *Snow Sense*, J. Fredston and D. Fester, ISBN 0964399407
- *Rock Climbing Anchors: A Comprehensive Guide*, Craig Leubben, ISBN 1594850062
- *Ice and Mixed Climbing: Modern Technique*, Will Gadd, ISBN 089886769X

The Climbing Code

Participants on all Mountaineers sponsored climbs must adhere to the climbing code:

- A climbing party of three is the minimum, unless adequate prearranged support is available. On crevassed glaciers, two rope teams are recommended.
- Carry the necessary clothing, food, and equipment.
- Rope up on all exposed places and for all glacier travel. Anchor all belays.
- Keep the party together and obey the leader or majority rule.
- Never climb beyond your ability and knowledge.
- Never let judgment be overruled by desire when choosing the route or turning back.
- Leave the trip schedule with a responsible person.
- Follow the precepts of sound mountaineering as set forth in textbooks of recognized merit.
- Behave at all times in a manner that will reflect favorably upon mountaineering and The Mountaineers.

Emergency Procedures

On occasion, a party may be late returning home. The climbers may be forced to bivouac for an additional night and be unable to return on schedule. *This is not necessarily an indicator of an emergency situation.* It is

imperative that students advise their relatives, close friends, co-workers or boss of their plans and the proper procedure for reporting an overdue climber. *Do not promise to return by a certain time of day.* people have been known to panic when a climber fails to return on time.

In the event of an emergency requiring rescue, the *first* call should be to rescue providers. Members of all branches/committees with a trip emergency should:

1. First call **911** and ask to be transferred to the Sheriff of the county they are in (or National Park Service for Rainier, Olympics, & North Cascades) for Search and Rescue (SAR) assistance.
2. Second notify the club by calling the Mountaineers Emergency Line: **206-521-6030**

If a climber has not returned or telephoned by *noon* of the day following a scheduled climb, family or friends should first call 911 and then contact *The Mountaineers Emergency Line above.*

Contacts

Questions regarding the Intermediate Course should be directed to me at cjtjlogan@gmail.com or rvancil68@gmail.com. For questions about specific events, please contact the event leader.

General questions about the climbing courses offering with the Kitsap branch can be directed to the climbing chair at ralphwessels@comcast.net. Further information about climbing courses offered through the Mountaineers can be found at its website:

<https://www.mountaineers.org/learn/course-overviews/climbing/alpine-climbing-courses>

| Name | Questions regarding... | Email |
|---|--|--|
| Jerry Logan | Intermediate Climbing Intro to Alpine Ice Module Intermediate Glacier Module | cjtjlogan@gmail.com |
| Ralph Wessels | Kitsap Climbing Committee | ralphwessels@comcast.net |
| Jerry Logan | Self-Rescue Modules | cjtjlogan@gmail.com |
| Ryan Vancil Mark Goodro Mike Harlow | Rock Modules | rvancil68@gmail.com markgoodro@hotmail.com harlowmb@comcast.net |
| Jordan Kott | Kitsap Navigation Committee | jordaroo@gmail.com |
| Jerry Logan | Avalanche Safety Committee | cjtjlogan@gmail.com |

| | | |
|----------------------------|--------------------------------|--|
| Gretchen Ta | Wilderness First Aid Committee | Gretchen.ta@gmail.com |
| Jerry Logan Gretchen Ta | Outdoor Leadership Committee | citjlogan@gmail.com Gretchen.ta@gmail.com |