

Field Trip #1: Intermediate Evaluation

- Date: Sunday, January 26
Time: 8:00am - 2:00pm
Location: Gold Creek Trailhead Bring Your Discovery Pass
Sign-up: Sign up at [the Mountaineers website](#).
Reading: *Freedom of the Hills, 9th Edition*, chapters as needed to review.
Basic Climbing Course handout, crevasse rescuer
Equipment: Please bring a pack, helmet, belay device, slings, carabineers, rappel device, belay gloves, harness, prusiks, ice axe, compass, 7.5 minute USGS map, ten essentials. Come dressed and prepared for a one-day rock climb crossing a glacier (crampons not required).

This evaluation is for you to refresh your basic climbing skills, and to determine where you need to focus to build the requisite skills to complete the Intermediate Alpine Climbing-1/Self-Rescue-1 course. You will be complete all of the items listed on the grade card without prompting to the maximum extent possible.

Agenda

- *Introduction*. Introduction of the instructors, and a brief summary of the days' activities and expectations.
- *Skills Review*. The grade card (following pages) is set-up according to the evaluation stations at the program center. Please review them all, and practice before the evaluation as necessary. The evaluator at each station is there primarily to evaluate. You should be able to competently complete this evaluation noting the areas where you feel you are more and less proficient.

Please come prepared to demonstrate all skills without prompting as much as possible. In the spirit of teamwork, we will assist where needed and note where you are doing well and need to put additional focus to master the skill.

Summary Card

Name: _____

Student: Please turn in to the trip leader at the end of the evaluation.

Evaluator: Initial the **Yes** box only if the candidate demonstrates the skill safely, competently, and without prompting. Otherwise, initial the **No** box, and please comment on why you did so in the comments section.*Area 1: Z-Pulley & Ice Axe Arrest*

Ice Axe Arrest	Evaluator:	Y	N
Positions of axe: self-arrest, self-belay, etc.			
Walking in balance with ice axe: self-belay, ascending traverse, descending traverse, rest step			
Proper arrest technique: face down, face up, head first, feet first			
Glissading: proper ice axe position			
Overall knowledge (comments):			
Crevasse Rescue	Evaluator:	Y	N
Tie into rope with team of three for glacier travel			
3-to-1 mechanical advantage raise (Z-pulley): end and middle person			
Prusik (self-belay) up and down rope during crevasse rescue			
Climber attached to rope and/or anchor at all times with minimal slack			
Overall knowledge (comments):			

Area 2: Prusik

Prusik	Evaluator:	Y	N
Prusik: set up harness prusik and Texas prusik on rope and ascend/descend rope minimum of 20 vertical feet			
Prusik: drop pack (attach to rope) and put back on when instructed to do so			
Overall knowledge (comments):			

Area 3: Navigation

Navigation	Evaluator:	Y	N
Take bearing between two points on map			
Take bearing in the field			
Follow bearing in the field			
Plot bearing on a map			
Overall knowledge (comments):			

Name: _____ Phone: _____

Area 4: Knots, Belay and Equipment Check

Knots	Evaluator:	Y	N
Overhand knot			
Water knot			
Slip knot, loop			
Clove hitch			
Münter hitch			
Girth hitch			
Double fisherman's knot			
Prusik knot			
Figure 8 knot on a bight			
Figure 8 knot, rewoven. end person tie-in			
Butterfly knot			
Bowline, single, around anchor			
Rope coil: butterfly			
Belay technique (two methods)	Evaluator:	Y	N
Anchor setup (two point)			
Belay device setup and braking			
Münter hitch setup and braking			
Rope handling and management.			
Commands			
Fallen climber tie-off and get out of system (Münter-mule and device-mule)			
Equipment List	Evaluator:	Y	N
Belay device			
Belay gloves			
Carabineers			
Climbing Harness			
Ice axe			
Helmet			
Mountaineering boots			
Pack			
Texas prusik, harness prusik, and chest harness			
Rescue pulley			
Slings			
Ten essentials			
Overall knowledge (comments):			

Name: _____ Phone: _____

Area 5: Climbing and Rappelling

Climbing	Evaluator:	Y	N
Basic climbing skills: climb one route on top rope			
Climbing commands (on belay, off belay, etc.)			
Belaying skills: set up anchors at ground level, belaying partner			
Overall knowledge (comments):			
Rappelling	Evaluator:	Y	N
Rappel device			
Carabiner brake			
Rappel device with autoblock			
Overall knowledge (comments):			

Additional Evaluator Comments: (evaluators: please *print* your name by any comments that you write)