

# The Mountaineers

Olympia Branch

Alpine Scrambling Committee

Trip Leader's Handbook



## Introduction

The Olympia Branch Alpine Scrambling Committee has prepared this *Trip Leader's Handbook* to assist new and existing trip leaders in planning and conducting scrambling trips for the branch. The handbook attempts to gather in one place essential standards and policies as well as a collection of best practices and resources.

This handbook is divided into three sections as follows:

1. **Leader Selection Process and Guidelines:** information on becoming a scramble leader as well as Problem Resolution.
2. **Useful Information for Scramble Leaders:** best practices, trip planning lists, recommendations for experienced leaders. These are not requirements. Instead this information is intended to help you plan and conduct successful trips.
3. **Scramble Program Policies:** These are the authorities under which the scramble program operates. They consist of the Scramble section of the Olympia Branch Policy Manual, and the Mountaineers Minimum Standards for Alpine Scrambling.

Simply put, a Scramble Leader is an individual Mountaineers member who is authorized to lead Alpine Scramble trips.

A Mountaineers Alpine Scramble trip is characterized as follows:

1. A Mountaineers scramble trip is led by a recognized Mountaineer scramble leader or by a leader in training supervised by a mentoring leader. Participants are qualified Mountaineer scramblers, climbers, or Mountaineer guests.
2. The trip is listed and scheduled in advance on the Mountaineers' web site.
3. Trips shall be conducted according to club policies and standards.
4. Trips should be documented with completed Trip Reports filed on the Mountaineers web site.

The Scrambling Committee exists to serve the needs of scramblers within the club. We encourage you to contact committee and to help with the scrambling course that is taught by the committee. We appreciate your interest in leadership and your willingness to help other members enjoy our local scrambling environments.

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## SECTION 1 - Leader Selection Process and Guidelines

### **Olympia Scrambling Committee Policies on Leader Selection and Recruitment**

#### **A. *Scope***

This policy covers methods of recruiting new leaders, developing their skills, and rewarding their time and effort.

#### **B. *Leader Criteria***

1. Nominee must be a current member of the Mountaineers.
2. Nominee shall be a graduate of the Mountaineers Alpine Scrambling or Basic Alpine Climbing courses or have been granted equivalency by the committee.
3. Nominee must be, and remain, current in Mountaineer 1<sup>st</sup> Aid (MOFA) and Navigation requirements.
4. Nominee must attend a Leadership Seminar or course approved by the committee.
5. Nominee shall have scrambled or climbed for at least one year after graduation from class or granting of equivalency and completed at least three trips with the Mountaineers.
6. Nominee must be recommended by two trip leaders who have mentored the Nominee as described below.
7. Nominee must *lead two supervised* trips including pre-trip planning, sign-ups, leading the trip, dealing with group dynamics, and completing a trip report. Each trip must be done under the watchful eye of a sponsoring leader listed as a mentor. Each trip must be mentored by a different leader.
8. Nominee will be evaluated in several areas including but not limited to:
  - a. Leadership skills
  - b. People skills
  - c. Judgment
  - d. Knowledge of potential risks, including those associated with group trips such as weather, terrain hazards, avalanche risk, etc.
  - e. Trip Planning
  - f. Safety
  - g. Emergency procedures
9. Nominee must be approved by a majority vote of the committee members present at the meeting wherein the nominee's name is presented for approval.

#### **C. *Leader Recruitment***

1. The committee may invite individuals who show potential as leaders to become leaders. These individuals may be identified by committee members or by leaders with whom they have scrambled.
2. Members may request to become leaders. These requests will be addressed to the leadership coordinator.



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3. Graduates, and those granted equivalences, from Mountaineers Basic Alpine Scrambling and Climbing course are encouraged to become scramble leaders.

***D. Leader Authorities***

Once approved by the Scrambling Committee, leaders can:

1. List on the Mountaineers web site, and lead, scramble trip commensurate with their abilities and qualifications. Listed scramble trips do NOT need to be pre-approved by the Committee or Committee Chair.
2. Change, alter, or cancel their own listed trip in response to changing weather or other considerations. Scramble objectives/destinations can be changed during a trip but must remain at or below the difficulties/risks of the originally advertised trip.
3. Leading Winter Scrambles requires an additional committee approval and having taken a committee approved avalanche awareness course.

***E. Committee Authorities***

1. The Committee Chair and/or Committee has the authority to grant or withdraw Scramble Leader badges.
2. The Committee Chair and/or Committee can waive some or all of these leader requirements based on unusual or exception circumstances when considered to be in the best interests of the Mountaineers.

**Olympia Scrambling Committee Policies on Problem Resolution**

***A. Problem Resolution***

1. The Scrambling Committee Chair will initially handle all complaints and attempt informal resolution by discussions with the involved parties as soon as possible, but in no case later than two (2) weeks after the problem is brought to Committee Chair's attention.
2. If the problem cannot be resolved informally, the Committee Chair will request the complainant to write a dated and signed letter to the committee describing the problem and stating the desired resolution and inform the complainant that the letter will be shared with the involved parties, the committee and other Mountaineer officers and staff.
3. All complaints will be discussed by the committee at its next meeting.  
If warranted, the parties allegedly causing the problem will be notified verbally and/or in writing and given a chance to respond.
4. If the problem cannot be resolved in a manner that is agreeable to the committee, the committee may:
  - a. In the case of a leader, remove that person from the active leaders list
  - b. In the case of a participant, bar that person from participation in future trips

***B. Removal From Leaders List***

Persons may be removed from the leaders list based on:

1. Personal request of that individual
2. Not leading a trip for three years

3. For “Just Cause” as determined by the Climbing Committee.

**Just Cause Procedures:**

1. A complaint is received by the appropriate course chair concerning the behavior of a climb leader. The committee chair decides if it is an emergency or not, and either calls a meeting or deals with it at the next committee meeting.
2. The course chair assembles facts pertinent to the complaint.
3. The course committee meets and decides complaint to be:
  - a. Unfounded or insufficiently serious.
  - b. Substantive and serious.
  - c. Requiring further study.
4. The course committee will respond by:
  - a. Dropping issue.
  - b. Reporting its findings to the Climbing Committee for action.
  - c. Continuing review of the complaint.
5. The Climbing Committee will:
  - a. Review the facts involved in the complaint. Prior to the review, the leader(s) involved will be advised in writing of the issue to be discussed and will be invited to respond if they so desire.
  - b. By a simple majority vote, the committee decides to:
    - i. Drop the issue.
    - ii. Remove the leader from the leader list. Written notice will be given to leader.
    - iii. Place the leader on probation and continue to monitor the situation. Written notice will be given to leader, including terms of probation, expectations of the Climbing Committee for improvement and requirements for removal from probationary status.

***C. Removal From Participation***

1. If the person in question is a member of the Olympia Branch, the eligibility of that person to participate in Olympia Branch Trips may be removed by a majority vote of the committee members present at the meeting wherein the person’s name is presented for removal.
2. Persons no longer eligible to participate in Olympia Branch trips will be notified in writing of the action and the reason why.
3. The Committee Chair shall also notify the Mountaineers Program Center of the Committee’s action.

## SECTION 2 – Useful Information for Scramble Leaders

### **Recommended Best Practices for Trips and Trip Planning**

#### ***A. General Information on Planning and Conducting Trips***

##### **Advance Preparation**

1. Select a trip that suits your skills and comfort level: physical fitness, organizational skills, party size, scrambling and rescue skills.
  - Review the difficulty ratings for peaks to pick the appropriate classification for the trip. You should be comfortable scrambling, leading and conducting rescues in conditions at least one level above the trip you are planning.
  - Consider the overall trip length and the expected time necessary to complete the trip.
  - Investigate local and seasonal weather patterns for the area you will be traveling
  - Consider possible weather conditions and alternatives if the weather changes.
2. Scout the trip if possible/appropriate, especially the longer or higher skill level trips.
  - Check roads and trailhead conditions, including required fees or permits and restroom facilities.
  - Check possible break and lunch stops.
  - Identify potential safety considerations or hazards. - Identify possible turn around points.
  - Have a bailout plan.
3. Determine if you will require any special or extra equipment beyond that required as a minimum.
  - This might include, helmets, micro spikes, ice ax, snowshoes, etc.
4. Scramble leaders are required to carry a suitable static line and anchor materiel in case of an emergency or an unavoidable fixed line is needed.

##### **Listing the Trip**

1. List the trip on the Mountaineers web site.
  - Determine all the basic information required by the trip listing, including destination, technical and strenuousness difficulty, distance, pace, maps, and permits.
  - Establish a meeting time.
  - List your contact information phone number and/or e-mail address.
  - Establish a cutoff date and time for trip sign ups. (*See Chapter 9 – Trip Creation and Reporting Screens and the Club website, [www.mountaineers.org/volunteers/volunteertools.cfm](http://www.mountaineers.org/volunteers/volunteertools.cfm) .)*
  - Add any special requirements for equipment or skills that are essential to participation.
  - The Committee Trip Coordinator can help with this or list the trip for you, given the basic trip information.

##### **Register Participants**

1. Potential participants will contact you for permission to go on the trip.



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2. If you are familiar with the participant and their abilities, you can sign them up or advise them why this trip is not appropriate for them.
3. If you are not familiar with the participant, interview them to determine if the trip is appropriate. The Participant Interview Guidelines contained in the next section can serve as an outline for this interview. You as the leader have the final call on this, as you will have to deal with them if they come. The committee and the club will support your decision.
4. If you accept the individual on the trip, register them for the trip on the Mountaineers web site.
  - The site will not allow you to do this if they are not a qualified Mountaineer Alpine Scrambler or student, or their dues or waiver are not current. If this happens, contact them to try to resolve the problem.
  - When they are registered, the web site will send them a registration confirmation e-mail.

## **Changes and Cancellations**

1. Sometimes changes in published trips are necessary. You must notify your participants and all other parties involved ASAP about changes.
2. If you cannot lead the trip and cannot find a substitute, please notify all parties involved as soon as possible so that they have a chance to find another trip and/or cancel their boat-rental reservations.
3. If participants cancel, cancel them on your web site roster and add folks from the wait list if appropriate. The web site will send them a cancellation confirmation.

## **Before the Trip**

1. Leave details of your trip with a responsible person.
2. Have with you the telephone number of the Mountaineers Emergency Contact, county sheriff, nearest appropriate authority. (*See pages 31-33*) Make sure you have a full charge on your cell phone.
3. Check the weather report, preferably NOAA, as close to your departure time as possible.
4. Check your gear.

## **Beginning of the Trip**

1. Introduce yourself and have all participants introduce themselves.
2. Ask those with health problems or other issues that can affect their participation to speak with you privately.
3. Check if anyone has schedule issues after the trip that might be affected by trip delay or time extension.
4. Select a lead person, sweep and a first aid person. Identify those with medical or first aid experience (MOFA, WFR). You might rotate lead and sweep responsibilities around during the trip but make sure they are always defined and understood.
5. Briefly outline the trip: use a map; distances, and stopping points. Point out and discuss any difficult areas or potential hazards. Mention possible options or plan changes in response to contingencies.
6. Share your expectations for the trip. Emphasize good followership within the group.
7. Consider and discuss the weather forecast.
8. Discuss safety procedures – signals used, capsizes and rescues, group separation, etc.
9. Answer questions and address any concerns.
10. Scan the group for lack of equipment or preparation.

11. If someone is unprepared, will cause problems or endanger the group, you may leave them behind. The committee and the club will support your decision. Talk to the individual privately to avoid embarrassment. If the individual refuses to comply, get witnesses.
12. Before you leave the trailhead check that all vehicles are properly parked, have the appropriate permits displayed or fees paid, are locked and participants have their keys secured.
13. Don't leave any equipment behind.

### Trip Safety Issues

1. Be prepared to abort or revise the trip if it becomes dangerous or the skill level exceeds that advertised. Remember that many participants do not have your skills or stamina. Do not increase the skill level or length beyond that advertised, even if the group wants to vote on it - peer pressure is dangerous.
2. Do not permit group separation. Do not leave people behind or allow them to get way out in front. In exceptional circumstances, it may be necessary to split the group, but have a firm plan to maintain communication and regroup.
3. The group must travel at the speed of the slowest paddler to stay together. If someone is having difficulty keeping up, consider options. Take a group break and snack. Coach technique. Check for equipment issues. Consider a change in route or course to ease paddling requirements.
4. Keep an eye on the clock. Check that you are on schedule and can finish the trip as planned.
5. Keep an eye on the weather. Review any changes that might affect the remainder of the trip.
6. Keep an eye on participants. Check in with folks to see if they are doing okay. Make sure you take enough breaks for water, snacks, lunch and relief stops. Fix little things **before** they become big problems.
7. Turn around or abort the trip **while** you and everyone in the group still have adequate reserve to finish the trip safely.
8. If conditions change so that individuals are having trouble staying with the group or with directional control, consider slowing down the group as a whole.

### In Case of Emergency

1. Assess the situation. If you are going to need outside medical or rescue assistance, initiate contact as soon as possible.
2. Follow the MOFA 7 steps
  1. Take Charge
  2. Approach Safely
  3. Urgent 1<sup>st</sup> Aid/ Emergency Rescue
  4. Protect and treat for shock
  5. Head to Toe Exam with documentation
  6. Develop a plan
  7. Carry out the plan
3. Consider assistance response time. Sheriff or Rangers may not be rapid.
4. As appropriate, be prepared to provide your location and plan for meeting the responders.
5. Review the Mountaineers Emergency Contact Procedures included in Appendix VII (*see page 31*) and follow required steps.
6. If outside assistance is not required, recover the group and make and carry out your plan.

### At the Trip End

1. Nobody leaves until all participants and their equipment are out.

## **Trip Creation and Reporting Screens – Mountaineers Web Site**

Mountaineer Scramble trips are now listed on the Mountaineers.org web site. Understanding the process to create and list trips, manage rosters, and close trips is an essential skill for any Mountaineer leader. Because the web site is an evolving publication, we do not provide detailed instructions in this handbook. Extensive help pages are available under the Volunteer tab, although it is best to receive training from an experience leader. In general, all Mountaineer activities/trips begin with a Location. Once an existing location is selected, the option to list a trip for this location should be available on the location's web page. The Program Center staff are also available to help you with this process.

## **Participant Interview Guidelines**

The outline below can serve as a guide and checklist for interviewing potential trip participants who you do not know, or checking for details about which you are not certain. As a leader, you are able to check a potential participant's profile on the club website to see what trips they have done recently. Feel free to ask for references from past trip leaders, especially ones you might know. Call the references to help understand the participant's background and skills. Make yourself a worksheet to help you remember questions, answers and notes from the interview.

### ***A. Participant History / Equipment Review – Possible Questions***

1. Are you a member of the Mountaineers?
2. Have you completed the Basic Climbing or Scrambling Course (when?) or have you been granted equivalency?
3. How much hiking/climbing/scrambling have you done lately? Where? Weather conditions?
4. What kind of equipment will you be bringing with you? Do you have all essential gear/clothing?
5. What other skills do you have?
6. What other mountaineering or related courses have you completed? (other organizations, MOFA, etc.)
7. Can you provide a reference of someone who is familiar with your mountain skills and experience?
8. Do you have any physical or health limitations that will affect your participation or could impact the safety of the group?
9. Do you have any special health issues that we should be aware of?
10. Is there anything special you would like to gain from the trip?
11. Do you have any pressing engagements immediately after the trip?

### ***B. Trip Description and Requirements - Provide This Information***

1. Meeting place and time (include "in-the-water" time)
2. Required equipment:
  - Ten Essentials plus additional required equipment



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- Food, drink
  - For overnights include any camping requirements
  - Any additional equipment you are requiring as trip leader
3. General trip description:
    - Breaks and lunch
    - Miles and elevation to cover
    - Return time
    - Anticipated weather and/or terrain hazards
    - Difficulty rating and why
    - Any special skills or experience required for the trip
  3. Anticipated number of participants
  4. Permits or fees
  5. Maps

*If you feel this person is not qualified, refer them to a more suitable trip, or recommend an appropriate class or clinic for their skill development.*

*When you attempt to register a person for a trip on the Mountaineers web site, the site checks their qualifications as well as checking for current dues payment and waiver.*

## Mountaineers Emergency Contacts

### Mountaineers Emergency Contact Procedures and Call Tree

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 a Search and Rescue (SAR).
- 2) Second notify the club by calling the Mountaineers Emergency

Line: **206-521-6030**

This will bring the services of the Mountaineers organization to bear. The club representative can provide advice on managing through the incident, notify emergency contacts and relevant committee/club leadership, and serve as spokesperson for external organizations such as the media.

They will hear a message that says: *“You have reached the Mountaineers Emergency line. If you are involved in a trip emergency, call 911. If you have already done this, please press ‘1’. You will be connected to the club representative on-call who can provide further assistance. If you have tried that person and they are not available, press ‘2’, if they are not available press ‘3’.*

Cut out the following and carry it in your 10 Essentials package

#### **Mountaineers Emergency Line**

First call **911**, and ask to be transferred to the Sheriff of the county you are in (or National Park Service for Rainier, Olympics & North Cascades) for a Search and Rescue (SAR)

Then call the club: **206-521-6030**

## **The Climbing Code**

When was the last time you read the Climbing Code?

It was written a long time ago, and is sometimes seen as being a bit antiquated, but when looked at and thought about, it really does hold a lot of wisdom.

It says:

1. A climbing party of three is the minimum, unless adequate prearranged support is available. On glaciers, a minimum of two rope teams is recommended.
2. Rope up on all exposed places and for all glacier travel. Anchor all belays.
3. Keep the party together, and obey the leader or majority rule.
4. Never climb beyond your ability and knowledge.
5. Never let judgment be overruled by desire when choosing the route or deciding whether to turn back.
6. Carry the necessary clothing, food, and equipment at all times.
7. Leave the trip schedule with a responsible person.
8. Follow the precepts of sound mountaineering as set forth in textbooks of recognized merit.
9. Behave at all times in a manner that reflects favorably upon mountaineering.

## Yosemite Grade System

The system was initially developed as the [Sierra Club grading system](#) in the 1930s to classify hikes and climbs in the [Sierra Nevada](#). Previously, these were described relative to others. For example, Z is harder than X but easier than Y. This primitive system was difficult to learn for those who did not yet have experience of X or Y. The club adapted a numerical system of classification that was easy to learn and which seemed practical in its application.

The system was later refined into its modern, well-known form by climbers at [Tahquitz Peak](#) in [Southern California](#). The intention was that the classes would be subdivided decimally, so that a class 4.5 route would be a climb halfway between 4 and 5. Class 5 was subdivided in the 1950s. Initially it was based on ten climbs in the region, and ranged from the "Trough" at 5.0, a relatively modest technical climb, to the "[Open Book](#)" at 5.9, considered at the time the most difficult unaided climb humanly possible. This system was developed by members of the Rock Climbing Section of the Angeles Chapter of the [Sierra Club](#).<sup>[2]</sup>

The system now divides all hikes and climbs into five classes:<sup>[3]</sup> The exact definition of the classes is somewhat controversial,<sup>[4]</sup> and updated versions of these classifications have been proposed.<sup>[5]</sup>

- Class 1: Walking with a low chance of injury, hiking boots a good idea.
- Class 2: Simple scrambling, with the possibility of occasional use of the hands. Little potential danger is encountered. Hiking Boots highly recommended.
- Class 3: Scrambling with increased exposure. Handholds are necessary. A rope should be available for learning climbers, or if you just choose to use one that day, but is usually not required. Falls could easily be fatal.
- Class 4: Simple climbing, with exposure. A rope is often used. Natural protection can be easily found. Falls may well be fatal.
- Class 5: Is considered technical roped free (without hanging on the rope, pulling on, or stepping on anchors) climbing; belaying, and other protection hardware is used for safety. Un-roped falls can result in severe injury or death.
  - Class 5.0 to 5.15c<sup>[6]</sup> is used to define progressively more difficult free moves

## **SECTION 3 - Olympia Scrambling Program Documentation:**

### **Mountaineers Minimum Alpine Scrambling Standards**

Alpine Scrambling (BLC Approval 1-18-2017)

#### **Application**

This standard applies to club-sponsored trips with summit destinations and off-trail travel, known in the club as Alpine Scrambles. These trips may involve travel on steep snow and rock routes, or travel on steep natural surfaces, but alpine scramble routes are chosen so participants who meet the prerequisites for the trip will not normally need to use roped climbing techniques. This standard applies to any committee sponsoring an alpine scramble, including, but not limited to Alpine Scrambling Committees.

#### **Trips**

Alpine Scrambling trips will be rated with these categories, and the rating must be available to participants when they sign up.

R (Rock): S (Snow):

SR (Snow and Rock) O (Other):

WS (Winter Scramble)

The route will include rock

The route travels on snow slopes

The route includes travel on both snow slopes and rock. The route has sections of steep off-trail terrain that is not easily categorized (such as scree, dirt, heather, etc.)

The route is scheduled in winter conditions

Trips should also be rated using a 1-5 scale for both strenuousness and technical difficulty, with a rating of 5 representing the most strenuous or most technically difficult routes.

Participants are expected to adhere to the Climbing Code, as described in *Mountaineering: Freedom of the Hills*, current edition, as it applies to alpine scrambling terrain.

#### **Equipment**

Each participant must carry an ice ax and use it on snow slopes. For trips that will not encounter snow the leader may determine that ice axes do not need to be carried.

Leaders are expected to bring a rope and use it to assist participants if necessary on challenging terrain.

Leaders may require additional safety equipment such as helmets, crampons, or snowshoes.

## **Leaders**

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

Sponsoring committees must be satisfied that leaders of alpine scrambles have competence in:

- Rock and snow scrambling with training in rope and anchor techniques that might be used on scrambling terrain
- Group leadership, including trip planning and group dynamics
- 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
- An accredited course in Wilderness or Remote First Aid
- Emergency preparedness (including emergency bivouacs and how to summon help should it be needed)

Competence may be demonstrated by participation in courses or seminars, experience, instructing at alpine scrambling field trips, leading a trip with a mentor, or other means acceptable to the committee.

In addition to the above requirements, leaders of winter scrambles must:

- Have competence in winter travel using crampons and snowshoes, and
- Be graduates of a Level I Avalanche Course compliant with the American Avalanche Association standards

Leaders must demonstrate skill maintenance by satisfactorily leading at least one trip every three years for the committee(s) for which they are approved as leaders.

## **Participants**

The following prerequisites apply to participants on alpine scrambles:

- Graduation (or Equivalency) from the Alpine Scrambling or Basic Climbing Course, or

- Student-status in the Alpine Scrambling Course or Basic Climbing Course upon satisfactory demonstration at field trips of climbing skills needed for the trip

Leaders may require additional prerequisites on WS-rated trips.

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

## **Courses**

The content of an Alpine Scrambling Course shall include:

- Equipment and clothing selection, including the ten essentials
- Mountain safety, including identification of hazards such as exposure, rockfall, avalanches, and changing weather; and actions to minimize risk
- Use of topographical maps and compass (Navigation)
- Travel on steep snow, including step-kicking, plunge stepping, self-belay and self arrest
- Rock scrambling on non-technical terrain
- Diaper harness and emergency downclimbing
- An accredited course in Wilderness or Remote First Aid
- Emergency preparedness (including emergency bivouacs and how to summon help should it be needed)
- Avalanche Awareness
- “Leave no trace” principles

Alpine Scrambling Course graduates must demonstrate competence in the course content and satisfactorily complete at least three alpine scrambles, including at least one S-rated trip and one R-rated trip.

Committees may grant course equivalency for applicants who:

- Submit a resume of their alpine scrambling experience that shows that they have training and experience that exceeds the requirements for course graduation, and
- Demonstrate through a practical examination that they can perform the skills required for course graduation

## **Instructors**

Instructor qualifications are:

- Graduation (or equivalency) from the Alpine Scrambling Course or Basic Climbing Course, or
- Approved Alpine Scrambling leaders, or
- Approval from the sponsoring Alpine Scrambling Committee to instruct



### **Related Minimum Club wide Standards**

- General Standards for All Club Activities, under development

### **Comparable Standard**

UIAA Standards for Voluntary Leaders and Instructors, October 2006

- Activity Standard 1: Mountain Walking and Trekking (Summer)
- Activity Standard 2: Winter Mountain Walking and Snowshoeing

## **Olympia Policy Manual - Alpine Scrambling Committee**

### **A. Purpose, Responsibilities and Membership**

- a. The purpose and primary responsibility of the Alpine Scrambling Committee is to - . oversee and administer all aspects of the Alpine Scrambling Course and other activities at the Scrambling level within the branch.
- b. Specifically, the Alpine Scrambling Committee is responsible for developing and establishing the following key elements of the Alpine Scrambling Course: eligibility requirements for students, graduation requirements, course size parameters, requirements for successful completion of course field trips and climbs, and approval of course field trip leaders and instructors.
- c. The Alpine Scrambling Committee is responsible for approving Scrambles, ensuring an adequate number of scrambles required for graduation are offered each season, and ensuring that all scrambles adhere to club and branch policies for safety.
- d. The Alpine Scrambling Committee is responsible for developing and maintaining a list of qualified scramble leaders. Criteria and eligibility for leadership, except as outlined in the Club-Wide Minimum Standards and later in this section, will be at the discretion of the Alpine Scrambling Committee, with the approval and endorsement of the Climbing Executive Committee.
- e. The Alpine Scrambling Committee is responsible for developing and maintaining standards and requirements for Scrambling Equivalency, and for offering opportunities, at least annually, for prospective members to apply for and receive Scrambling Equivalency status.
- f. The Alpine Scrambling Committee is responsible, in coordination with the Climbing Equipment Committee, for the maintenance, upkeep, and replacement of all club-owned property related to Scrambling programs.
- g. The Alpine Scrambling Committee is responsible for submitting annually an operating plan for its activities to the Climbing Division Committee, as well as for recommending course fees to the Climbing Executive Committee, who will finalize fees in coordination with the branch Finance Committee and Officers Committee.
- h. The Alpine Scrambling Committee will consist of as many members as necessary to successfully complete its responsibilities. The Committee, however, should consist of no less than three members, all of whom must be graduates or equivalents of the Alpine Scrambling Course.

### **B. Course Eligibility and Graduation Requirements**

- a. Eligibility and graduation requirements for the Alpine Scrambling Course will be developed by the Alpine Scrambling Committee, and endorsed by the Climbing Executive Committee. Requirements must be clearly presented to prospective students before they register for the course, and may not be altered or amended during that year unless imminent safety concerns outweigh this requirement.

- b. The Alpine Scrambling Committee **MUST** adhere to the following when establishing course eligibility or graduation requirements:
  - a. To apply for the course, a student must be a Mountaineer member in good standing. For students under 18 years of age, we will comply with club and branch rules for youth participation.
  - b. If there are more prospective students than can be accommodated in the course the Alpine Scrambling Committee will develop a system to manage the numbers of students.
  - c. To graduate the course, students must at least attend all lectures and complete all field trips in a safe and competent manner, pass all quizzes & exams, complete all required scrambles (number and type to be determined by the Committee), hold a current MOFA card, submit a completed graduation application, and have approval of the Alpine Scrambling Committee and endorsement of the Climbing Executive Committee.
  - d. It is strongly recommended that all Alpine Scrambling Course requirements be completed within the Olympia Branch. Some requirements, however, may be fulfilled with other Mountaineers Alpine Scrambling Courses, with prior approval of and proper documentation for the Alpine Scrambling Committee.

### **C. Course Operations and Content:**

- a. Development and application of course content and the rules regarding it will be managed and overseen by the Alpine Scrambling Committee, with the endorsement of the Climbing Executive Committee, subject to the requirements outlined below.
- b. Mentoring -Each student in the course may be assigned a mentor to assist them in successful completion of course requirements. Assignment and administration of the mentor program will be at the discretion of the Alpine Scrambling Committee.
- c. Field Trips -only students enrolled in the Alpine Scrambling Course or Scrambling Equivalency candidates may participate as students in course field trips, unless approved by the Alpine Scrambling committee (for example, climbing course graduates who've not taken the scrambling course **MAY** be eligible to teach). Students must meet prerequisites for field trips as established by the Alpine Scrambling Committee (lectures, previous field trips, etc.). A listing of specific prerequisites for each course activity will be given to the students at the beginning of the course.
- d. Field trip leaders may exclude students from participation if they do not have adequate clothing or equipment for the activity, are late, or do not meet other criteria as defined by the Alpine Scrambling Committee.
- e. Alpine Scrambling Course graduates or Scrambling Equivalents, as well as Basic Climbing graduates and equivalents where qualified, may serve as lead instructors at Alpine Scrambling course field trips. Second year students approved by the Alpine Scrambling Committee may serve as assistant instructors. Requirements for assistant and lead instructors will be maintained and revised annually by the Alpine Scrambling Committee.

- f. Helmets are required for students AND instructors at rock scrambling field trips. All course equipment must meet current industry standards for safety, and be recommended for climbing uses.
- g. At least one member of the Alpine Scrambling Committee will be present at each course field trip. At least one participant on each field trip must have a current MOFA card, and be designated to the group as First Aid Leader. If the field trip involves small group work, each group must have a qualified first aid leader.
- h. The Alpine Scrambling committee requires students to complete all course requirements within two years. With good cause, however, it is the policy of the committee to grant extensions to students requesting it, on a case by case basis.
- i. All course fees collected and refunds given will occur under the auspices of Olympia Branch Financial Policies. j) Course Documents -The Alpine Scrambling Committee will maintain 'a schedule of how long course records are retained, and will oversee that retention.

#### **D. Scrambles**

- a. Students currently enrolled in the Alpine Scrambling course, Scrambling Equivalency candidates, and Alpine Scrambling graduates and equivalents may participate on scrambles, so long as they are current Mountaineer members in good standing. In addition, Basic Climbing graduates and students may participate in scrambles, but priority is given to current Alpine Scramble students.
- b. Scrambling students must complete prerequisite field trips and lectures, as outlined by the Alpine Scrambling Committee, before participating in any rock or snow scrambles. Exceptions to this requirement may be granted by the Scramble Chair and/or Scramble Committee.
- c. Special skills or requirements for participation may be required by scramble leaders for specific scrambles, so long as requirements are outlined to the student when they sign up for the scramble.
- d. Alpine Scramble course students may participate in conditioners offered by Alpine Scramble committee as well as Basic Climbing Committee approved trip leaders
- e. Scramble leaders may exclude students from participation on scrambles if they do not have required clothing, equipment, or skills for the outing.
- f. Course required Scrambles will be classified as follows:
  - a. A Conditioner is a scramble or hike with a minimum of 6 miles; 3000+ feet elevation gain; 25 pound minimum pack weight; and medium effort with summit reached in 3 hours or less. Another gauge is: 1000 feet gain per mile in 1 hour sustained for 3 hours. (This is the current definition as used by the Olympia Climbing program. Scrambling will follow Climbing's conditioner definition if changes are made by that program.)
  - b. A Rock Scramble is an off-trail activity with an alpine summit. Considerable (at least 30 vertical feet) travel over class 3 rock is expected, requiring a 3-point stance.
  - c. A Snow Scramble is an off-trail activity with an alpine summit, consisting of at least 2000 vertical feet of elevation gain. Considerable travel over snow is expected, with ice axe use required.



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- g. Only those Scrambles approved by the Olympia Alpine Scrambling Committee and listed on the club's website, or on an official roster of scrambles issued by the Committee will be considered for course credit.
- h. Students are responsible for confirming with the trip leader that a listed scramble meets the requirements for course credit. Not all listed scrambles will meet these requirements.
- i. Course Scramble credit shall be given when the listed summit objectives are attained in a safe and competent manner, or when the leader / committee concur that the educational objectives were met.
- j. No exception to the required number of scrambles will be granted. When the scramble leader has to change the scramble objective, credit for the scramble may be granted if the Alpine Scrambling committee and scramble leader concur.
- k. Party size of all scrambles must follow the levels established by resource management agencies and by the Alpine Scrambling Committee. At least two members of the party must be Scrambling Course or Basic Climbing course graduates or equivalents. At least one participant must have a current MOFA card and serve as First Aid leader for the climb.

### **E. Scrambling Course Equivalency**

- a. The Alpine Scrambling Committee may administer a program for experienced Mountaineer members to obtain Scrambling Course equivalency without taking the full Alpine Scrambling Course.