

**Audience: BCc: All Participants (Registered), Instructors & Program Center (info@mountaineers.org)**

From: [Scrambling.Seattle@gmail.com](mailto:Scrambling.Seattle@gmail.com), Mar 8, 2020 10:29 PM

Subject: Rock & Snow Workshops - Mountaineers Alpine Scramble Course

Greetings everyone -

We're here to check-in and share details about the upcoming Rock & Snow Workshops, for the Seattle Alpine Scramble Course -- so that you're prepared to join us.

As you may have noticed in The Mountaineers message Tom Vogl shared on March 6 related to COVID-19, we wanted to make you aware that we are monitoring the situation and working with the Seattle Scramble Committee to evaluate our semi-large group formatted activities in March & April. As a result, there *may be an impact* to the Rock and Snow Workshops scheduled for March 17 and March 26, though we are hoping not - since our groups will be small and the workshops are hosted outdoors.

We will share a definitive update on Thursday, March 12 - in case anything changes.

**There are three opportunities to attend.**

You should be signed up for:

- BOTH weeknight workshops (March 17 and 26), **or**
- ONE weekend workshop (April 4 or April 12)

**The weeknight workshops operate from 6:30pm - 9pm**

Please plan on arriving a few minutes early, if you can.

The Rock Workshop is at The Mountaineers Program Center: 7700 Sand Point Way, Seattle.

The Snow Workshop is at [Magnuson Park's "Kite Hill"](#).

**The weekend workshops operate from 9am - 2pm**

Meet at The Mountaineers Program Center: 7700 Sand Point Way, Seattle.

These workshops will be outside, entirely. Be sure to pack as if you were going on a scramble:

- 10 Essentials™
- Crampons, Ice Axe & Helmet
- Mountaineering Boots, and
- Waterproof Gear, plus extra layers (to stay dry and warm)

Note: while an ice axe is not used while traveling on rock, it will help to learn how to manage it on your pack during rock maneuvers.

The snow workshop will introduce you to:

- Walking in-balance,
- Self-belay with an ice axe,
- Self-arrest with an ice axe, and
- Crampon use

Be sure to read *Freedom of the Hills (9th edition)* pages 17-45, 330-353, 360-389.

The rock workshop will introduce you to:

- Rock travel on boulders,
- Rock travel on talus & scree,
- Rock travel on ledges and chimneys,
- Rock travel on friction slabs, and
- Protected downclimbing

Be sure to read *Freedom of the Hills (9th edition)* pages 17-45, 134, 156, 162, 165-166, 224-225, 227-251.

**Please know: if you have any hesitancy about participating, are not feeling well, or are at high risk, we ask that you please opt-out of these workshops and work with us directly on next-steps for a full refund.**

If you do choose to participate, we ask that you join our efforts to heighten our hygiene practices during, prior to, and after the workshop activities to reduce risk:

- Wash hands frequently before, after, and during all gatherings or activities.
- Cover your mouth when coughing or sneezing; remember to cough/sneeze into your elbow and immediately wash hands afterward.
- Avoid touching your face.
- Clean and disinfect frequently touched objects and surfaces. The Mountaineers' Program Center will be continually cleaned (wiping down countertops, bathrooms, and door handles).
- Show compassion and support for individuals and communities most impacted and anyone who might be sick.

Lastly, we are aware there have (or may be) cancellations to additional coursework you have registered for (First Aid and/or Navigation) as it relates to COVID-19 and their respective course sizes and locations. Please work with those programs directly and maintain the make-up options they offer. We will be monitoring to grant extensions for those requirements given the circumstances.

**On behalf of everyone volunteering throughout the course (*our Committee, our Leaders and our Instructors*), we're really looking forward to seeing you again and working on skills together at these workshops!**