

# Guidance for the SIG Rock FT

## Scheduling

- This field trip can be one day or two. One day meets the requirement, and two days are fun.
- Schedule this FT before, or after FT3. No preference at all. Up to the SIGs.
- If all your students cannot make it to the trip on the same date, see if there is a spot in another SIG's trip

## Location

The following are the locations typically used by the SIG leaders every year to organize their trips. Please read the description page on the Mountaineers website to understand any permitting requirements or restrictions that may be. All three areas listed below are subject to the Mountaineers' Internal lottery.

- [Vantage \(Frenchman Coulee\)](#)
- [Mount Erie](#)
- [Leavenworth](#) - due to permit limitations, Intermediate groups will get first dibs on permits.

## Curriculum

This field trip is not intended as an evaluation of skills. FT #3 is the evaluation.

This is a chance for students to climb outdoors on real rock and have a good time. Time to gain more experience with partner check, communication, belay, rappel, and climbing. The following can be used as a guidance to include in the list of activities for your day(s):

- Different styles of climbing (typically multiple routes helps with this)
- Belay stance and catching a fall in a safe environment
- Practice progression in rappelling from standard off the ledge set-up to the hanging belay station or sit-and-spin technique
- One or two trad routes to practice climbing
- Practice cleaning the gear as a follower
- If time-permits, practice multi-pitch skills (climbing and rappelling)

Note: The learning progression and environmental exposure of students shall be gradual and only be increased when both climber and instructor are comfortable.

There may be additional evening rock skills sessions on the South Plaza wall in April for any students requiring additional practice following FT3 Rock Evaluations.

**Safety:** We can't have fun if we are not safe. **Safe = Fun.**

**Leading:** Basic and new Intermediate instructors should not lead climb unless supervised by a mentor with experience mentoring new leaders on rock.

**Ethics and etiquette:** Unless the weather is really bad, we will not be the only climbers at most crag areas. Also we are often a very large group, and can take over popular climbs. Always greet other climbers. Invite them to share climbs, and offer to pull (remove) our ropes if they want to lead a particular climb. They may not care if there is a top-rope on a climb they wish to lead, but let them know we will accommodate them, including pulling our ropes if asked.

**Camping:** Leave No Trace, Stewardship, and human waste management. Facilities at some climbing areas are limited (Vantage is one). Plan accordingly. Camping at Wanapum State Park is one option for Vantage. The climbing committee will reimburse leaders for camping fees upon request.