

The basic course teaches the techniques shown on the course curriculum document (<http://tinyurl.com/seattle-basic-curriculum-2018>) but recognizes there are variations and different safe methods. When students have a different method, we want to know why. Their method may be perfectly safe, and they may have good reasons for their variation. Please bring these questions to the FT Leader. The club has a Technical Advisory Committee that will advise the climbing courses in the future, to help us determine whether methods are safe and appropriate.

Here are the major changes to the Seattle Basic Alpine Climbing course for 2018.

#### GRADUATION REQUIREMENTS

- Two climbs required to graduate the course, instead of three. One Basic Rock climb, and one Basic Glacier climb. Basic Alpine climbs are still highly recommended, since they often provide very good alpine experiences. Five or more basic climbs recommended if you are thinking about the intermediate course.

#### CURRICULUM 2018

- Evaluate pass/fail at Monday Nights - Prusik knot, and safe rope ascension (2018)
- Evaluate pass/fail at FT3 Station 1- Figure 8 tie-in to rope. (2018)
- Evaluate pass/fail at FT3 Station 1 - Connection to belay anchor with a single clove-hitch, and locking carabiner. Know how to recognize, and pull test the clove-hitch. Partner check. (2018)
- FT3 Station 3 - We will no longer require students tie-off with the munter; getting safely hands free is the requirement for the evaluation. We will however be stricter with the belay device tie-off evaluation. Tie-off needs to be secure, snug, and well dressed.
- Evaluate pass/fail at FT5 - New step for FT5. Roping up for glacier travel. Tying a butterfly, figure 8, or overhand on a bight; and connecting to harness belay loop with two carabiners, one of which is locking. (2018)
- FT5 making “hold the fall”, and “communicate, build, and connect to anchor” each their own step. Previously this was all with step 1. (2018)
- More awareness and importance of keeping a tight rope between climbers until an anchor is built, and the load is transferred & backed up (*z-pulley video shows little awareness of this*). (2018)
- We no longer decide what type of anchor to make for the first anchor in advance. Previous method (vertical ice axe) is poor anchor for soft snow conditions, and one that doesn't work well for hard snow either. (2018)
- We no longer start setting up a raising system before we check on the fallen climber (*as shown in z-pulley video*). (2017)

## Review of changes from 2017

- Belay techniques - FT's 1, 2, & 3. PBUS: **P**ull-**B**rake-**U**nder- **S**lide. Pulling rope in for top-rope belay, Pulling (feeding) rope out when belaying a leader. (2017)
- Understand mechanics of braking (rope bends), belay stance, partner check, communication, & big picture considerations. (2017)
- Gloves optional for belay & rappel. (2017)
- Connection to belay anchors with a single clove-hitch and locking carabiner. Know how to recognize, and pull test the clove-hitch. Partner check. (2017)
- Munter hitch for belaying 2nd (follower) from anchor focal point, vs belayers harness. (2017)
- Linked carabiner brake rappel as alternative rappel method when no device available. (2017) <https://www.youtube.com/watch?v=IslG-Clp2qA>
- Reasons for end climbers on a rope-team carrying rescue rope (coils in pack are easier than coils on body). Coils on body considered advanced. (2017)
- Two carabiners (one locking) for tie-in connection to rope (butterfly, overhand, figure 8, clove-hitch). (2017)
- More awareness of how to hold a fall. (2017)
- Importance of communicating with fallen climber. How to respond if no response. (2017)
- Make a plan. Is a raising system required? (2017)
- 2:1 drop-loop is highly efficient, solves rope entrenchment, & is easier to learn. (2017)
- Use of North wall for rappel exercises to increase number of rappel practices (2017).