



Introduction to Rock Climbing
Summer 2016
Essential Information

OVERALL GOALS:

- To instruct the fundamental skills of rock climbing including— knot tying, belaying, back-up belaying, lowering and rappelling.
- To introduce the concepts and use of technical gear used in climbing systems.
- To explore local outdoor climbing areas and demonstrate various climbing styles and techniques used in top rope climbing.
- To build group cohesion through hands-on activities that encourage group communication, support, and trust.
- To instill confidence, leadership, and decision-making among participants.

Equipment provided by YEP:

- Harness
- Helmet
- Climbing shoes
- Locking carabiners and belay devices
- *Additional outdoor gear/apparel available for loan: backpacks, water bottles, raincoats, and fleece jackets.

RECOMMENDED GEAR LIST:

- Comfortable climbing clothing
 - (i.e., loose fitting pants or shorts, T-shirts)
- Closed-toe, sturdy hiking shoes— NO SANDALS, please!
- BACKPACK
 - Properly fit and large enough to carry all personal essentials
- RAIN JACKET
- Sweater and/or warm layer
- WATER—minimum 2 Liters
- Brimmed hat and/or sunglasses
- Sunscreen
- Lunch and snacks

*****Cell phones, gaming devices, tablets, and iPods are NOT allowed on this course.***

Potential Outdoor Climbing Sites (weather-dependent):

- Eldorado Canyon State Park—south of Boulder
- Maxwell Falls—US Forest Service, outside of Evergreen
- Clear Creek Canyon—Golden
- Lookout Mountain—Golden
- Camp Eden Crag—Camp Eden, NW of Golden
- *Rainy days may be spent at the American Mountaineering Center or Movement climbing gym

**** Outdoor climbing sites are subject to change due to weather and wildlife closures.**



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INSTRUCTOR - PARTICIPANT RATIO:

YEP Adventure Courses requires at least **ONE** instructor per **FOUR** participants. To ensure a hands-on experience, Intro to Rock Climbing sessions will be limited to 12 participants.

RESPECT: A positive experience, and even survival in the outdoors, depends on people's attitudes and the ability to work together for the common goal. We reinforce the concept of a "**triangle of respect**" including **self-respect**, **respect for others**, and **respect for environment/surroundings**. We ask families to discuss and determine that each participant's intent is to cooperate with others.

SAFETY INSTRUCTIONS: YEP instructors will review any safety procedures at the beginning of each class. Participants are expected to follow all safety guidelines provided by instructors. If a participant is not willing to follow these guidelines, or appears to be endangering others, parents will be called and asked to pick-up their child.

YEP Instructors are certified in Wilderness First Aid/CPR, and are equipped with First Aid Kits. In the event of an emergency, 911 will be contacted in addition to the emergency contacts provided.

RESTROOMS: Outdoor restrooms vary in their availability, from flush toilets, to pit latrines, to using the privacy of a bush when away from modern conveniences at climbing sites. Instructors are fully trained in outdoor ethics and will advise participants on maintaining health and hygiene. Participants are encouraged to bring a personal toilet paper stash and a Ziploc baggie each day (provided by YEP). Instructors will require all participants to pack out all trash.

PHONE NUMBERS

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