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.**
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
• Youth Education Program Manager, Carmen Stagg: 303-996-2745; cell: 757-713-0898
• CMC Youth Education Program: 303-996-2751
• CMC Administrative Office: 303-279-3080 x 2