ROCK CLIMBING INSTRUCTOR COURSE

Are you excited to:

- Introduce students to climbing
- Learn more about climbing and leadership as you teach indoor and outdoor climbing

Do you have experience leading sport climbs, lead-belaying, setting up and cleaning sport anchors, and rappelling?

What will you gain from being a climbing trip leader with PSO?

- Leadership experience
- Opportunities to be an influential part of building the climbing community at Puget Sound
- Teaching experience
- Risk management and judgement
- Improve your climbing skills and experience
- Opportunities for advanced trainings
- Leaders do not pay for trips
- Professional discounts for climbing and outdoor equipment
About the Course:
This course features classroom sessions focusing on the climbing-specific trip planning process, climbing trip logistics, how to be an effective instructor, and risk management protocols, as well as a weekend-long outdoor trip for practicing these skills. The course also covers van driver training.

Leading climbing trips through PSO is contingent upon satisfactorily completing this course and mastery of its materials. Completing this course does not guarantee that you will be able to lead PSO climbing trips, but Coordinators will help determine the best next steps for each participant during debrief meetings after the course.

PREREQUISITES:
All of the climbing skills below must be checked off by a Climbing Coordinator between March 19-23rd before the applicant is formally admitted

- **Climbing skills**
  - Tying into a Figure 8 knot, top rope belaying, climbing commands, lead belaying, cleaning anchors, following and cleaning sport climbs and rappelling

- **Lead Climbers:**
  - Those who would like to be lead climbers need the following climbing skills in addition to those above:
    - Sport lead climbing and setting up sport anchors

To lead or assist in leading PSO Climbing trips:

- Show proficiency in group facilitation, leadership, teaching climbing skills, personal and group safety, and risk management
- Obtain or hold a current WFA, WAFA, WFR or WEMT ~ courses must be through an approved provider including WMTC, WMI, WMA, SOLO, Remote Medical or be approved through PSO.
- Obtain or hold a current CPR certification – course must include a practical portion of the course
- Attend monthly PSO meetings
- Attend monthly Climbing Instructor meetings
- Attend at least 1 in service training
- Co-lead 2 climbing trips each semester
- Be involved in building the climbing community. Opportunities include: route setting, leading orientations, cleaning holds, equipment and wall maintenance

COURSE OBJECTIVES: By the end of this course, participants will:

- Understand the difference between going on personal trips and leading PSO trips
- Understand PSO’s risk management and emergency protocols
• Understand responsible site management for large groups
• Understand PSO’s climbing trip planning process
  o Including timeline of duties, how to pack gear, obtain guide books, and permits
• Be able to lead pre-trip meetings
• Be able to effectively teach the following climbing skills:
  o Top rope belaying, back-up belaying, tying in, fitting and adjusting personal climbing gear, and edge and scene safety
• Be able to adjust teaching methods for different learning styles and needs
• Have practiced tailoring scheduling and route choices to different skill levels

Have experience facilitating adventure activities and group dynamics

WHY:
Completing this course does not guarantee that you will be able to lead PSO climbing trips, but Coordinators will help determine the best next steps for each participant during debrief meetings after the course.

WHEN: (Dates recently updated)
• Climbing skill checkoff:
  with Coordinators are required prior to course start between March 19-23rd
• Classroom sessions – weekly from 7:00 – 9:00pm
  o Tuesday March 27th
  o April 3rd
  o Sunday April 8 – van driver training from 9:00am – 12:00pm and then 1.5 driving session in the afternoon
  o April 10th
  o April 17th

• Field Course:
  April 14th-15th - outdoor climbing trip on the weekend
  ** If the weather is not conducive, the trip may be pushed back to April 21-22nd.

• Individual debrief:
  meetings with Coordinators are required between April 18-20th

• Wilderness Medical Courses offered through PSO:
  o WFA Course - May 21-23, 2018 more information at www.pugetsound.edu/wfa
  o WFR Course – May 21-29, 2018 more information at www.pugetsound.edu/wfr

Which course in wilderness medicine is right for you?
TO APPLY:

- Complete an outdoor resume – more information at:
  [www.pugetsound.edu/files/resources/outdoor_leadership_experienc_resume.pdf](http://www.pugetsound.edu/files/resources/outdoor_leadership_experienc_resume.pdf)

- Complete a climbing experience log in as a spreadsheet in the following format:
  Include all the climbs you can remember

<table>
<thead>
<tr>
<th>Date</th>
<th>Climb name</th>
<th>Climbing Area</th>
<th>State/Country</th>
<th>Lead/ Follow/ Top Rope</th>
<th>Difficulty</th>
<th>Sport/ Trad</th>
<th>Length (in pitches)</th>
</tr>
</thead>
<tbody>
<tr>
<td>3/10/15</td>
<td>Phone Call From Satan</td>
<td>Smith Rock</td>
<td>OR</td>
<td>L</td>
<td>5.9</td>
<td>S</td>
<td>1</td>
</tr>
</tbody>
</table>

- Application – complete online application and upload documents during process
  [https://docs.google.com/forms/d/e/1FAIpQLSdanqvzUbwEJ417PJil7Y2Nxcm67dZhL9mxwVRUzEZhHCXAYw/viewform](https://docs.google.com/forms/d/e/1FAIpQLSdanqvzUbwEJ417PJil7Y2Nxcm67dZhL9mxwVRUzEZhHCXAYw/viewform)

- Submit your application by **Wednesday March 7th** at midnight PST

- You will notify accepted applicants Fri March 9th via email to schedule a time to check required climbing skills during the week of March 19-23rd.

COST:

- $50 to cover trip expenses
- WFA or WFR course fee
- CPR course fee (included with WFA or WFR through PSO)

QUESTIONS: Contact [climbing@pugetsound.edu](mailto:climbing@pugetsound.edu), message us on Facebook, or stop by Orientation Hours at the on-campus climbing wall!

*Thanks for your interest! We look forward to receiving your application.*