

CANADIAN MOUNTAIN AND SKI GUIDE PROGRAM

Logistics Letter

Dear Participant,

Hello and welcome to the Climbing Instructor Program. This letter formally accepts you into the Climbing Gym Instructor 1 course.

This welcome package contains important preparatory material for your course. Please read it in detail as you are responsible for arriving prepared. Anticipate spending six to twelve hours preparing.

This package should contain the following materials:

- Cover letter
- Logistic Information and Equipment List
- Assessment
- Pre-course assignment
- Sample Agenda
- Climbing Gym Instructor Manual

The course will formally begin at 7:00 p.m. on Friday, *Specific Date* at *Specific Facility* which is located in *Specific Location*. You must have completed a gym orientation in advance, signed a facility waiver, and have completed a top rope and lead belay test.

If you need to pass a belay test and/or sign a waiver it would be helpful if you could arrive at the gym by 06:00 p.m. on Friday. This will help to reduce congestion and ease the course start.

If you have any questions, please contact myself or the course leader, *Appointed Course Leader*.

Yours truly,

Brad Harrison, Coordinator
Canadian Mountain and Ski Guide Program
bharrison@tru.ca
250-371-5838

LOGISTICS

Location: *Specific Location*

Participants are responsible for their own food and accommodation.

Course Schedule: **Friday, *Specific Dates***

- | | |
|--------------------|-------------------------|
| 1. Friday | 7:00pm - 10:00pm |
| 2. Saturday | 8:00am – 6:30pm |
| 3. Sunday | 8:00am - 5:00pm |

Course leader: *Appointed Course Leader.*

Instructors: *Appointed Course Instructor(s)*

PREPARATION:

- Read the Climbing Gym Instructor manual
- Complete the pre-course assignment
- Observe a climbing gym instructor teaching a top rope climbing course.
- Practice teaching all topics to friends, other candidates or experienced climbing instructors.
- Practice belaying with both an assisted braking style device and a belay tube.
- Arrive with professional quality equipment according to the equipment list.

EQUIPMENT:

Candidates should arrive with professional quality equipment in good repair.

- Climbing shoes
- Belay tube and two locking carabiners
- Assisted braking belay device (grigri, cinch or smart)
- Mechanical ascender (optional - may be borrowed)
- Harness
- Chalk bag
- Notebook and pencil/pen

ASSESSMENTS

Climbing and Technical Skills

CLIMBING - DEMONSTRATION STANDARD:

Demonstrate a top rope climb to the 5.10- standard as if showing a group of students what skilled and efficient climbing looks like.

- Movement will be confident, smooth, and in control
- Describe your choice of movements while you are climbing
- Belaying will be with an assisted braking belay device
- The belayer will be expected to explain the transition from belaying to lowering.

CLIMBING - PERSONAL STANDARD:

Demonstrate your personal lead climbing ability to the 5.9 standard.

- Take a fall at a pre-determined location
- Clip quick draws quickly and correctly with either hand
- Belay a leader with a belay tube and catch a fall dynamically
- Climb smoothly and confidently

GYM STAFF SKILLS:

On the course, you will be taught and assessed on a variety of skills related to gym operations. Instruction time, materials and practice time will be provided. Topics will include:

- Conducting belay checks
- Waiver signings
- Rigging for route setting
- Specifically, candidates will be asked to set up, ascend and descend a “ground anchored ascent system” as described at 5.2 of the “Route Setting and Maintenance Fall Protection Management” document.

INSTRUCTIONAL SKILLS

A main focus of climbing gym instructors is teaching climbing skills. During the course you are asked to teach one topic as part of three larger climbing lessons. Each topic should be between eight to twelve minutes, and must include:

- An introduction (and global demonstration)
- A teaching session
- A practice and coaching session
- A conclusion

There will be some preparation time on the course, but you should research and prepare as much as possible before the course starts, and come prepared to teach a variety of topics within the lesson plan.

LESSONS 1 AND 2 - TOP ROPE CLIMBING LESSON:

Working together as a team of 4 or 5 instructors deliver 2 top rope lessons to a group of students. The first lesson will be taught on an assisted braking style belay device, and the second lesson is with a belay tube. Each overall lesson needs to have a general introduction and conclusion, but these aren't marked. The following topics will be delivered:

- Harness
- Figure eight follow through
- Belaying "ground school" (setting up the device and learning the hand pattern on the ground, belaying a knot, etc.).
- Checks, communication, and lowering for the first time climbing team

LESSON 3 - BASIC MOVEMENT LESSON:

As a team of 4-5 instructors deliver a basic movement (bouldering) lesson. Each topic within the lesson should be between 8 and 12 minutes long, and should be appropriate for a beginner climber. The lesson must include a component on bouldering safety (spotting and falling) at the beginning, but this will not be marked. Suggested topics include:

- Weight transfer
- Efficient body positioning
- Inside edge
- Foot matches
- Smearing
- Resting

SAMPLE AGENDA

This is a typical agenda but is subject to change.

DAY 1- FRIDAY

- Noon – 7:00 p.m. Complete waivers and facility belay tests
- 7:00 – 7:15 p.m. Welcome, introduction, goals, safety discussion
- 7:15 – 7:45 p.m. *Instruction:* Risk Management
- 7:45 – 9:00 p.m. *Instruction:* belay check procedures and waiver signing

- 9:00 – 10:00pm Assessment: Personal and Demonstration Climbing

DAY 2 - SATURDAY

- 8:00 – 9:00 *Instruction:* how to teach physical skills
- 9:00 – 11:00 *Instruction:* model of a top rope lesson
- 11:00 – 12:00 *Instruction:* technical Notes (harnesses, knots, belaying)
- 12:00 – 1:30 Candidate practice and preparation, lunch
- 1:30 – 3:30 *Assessment:* **Instructional Skills: Top Rope – Lesson 1**
- 3:30 – 4:30 *Instruction:* how to teach movement skills
- 4:30 – 6:30 Candidate preparation and route setting and Assessment: Delivering Belay Tests and Waivers

DAY 3 - SUNDAY

- 7:30 – 8:00 Preparation
- 8:00 – 9:30 *Assessment:* **Instructional Skills: Basic Movement Lesson**
- 9:30 – 10:30 **Instruction: Rigging for route setting**
- 10:30 – 12:00 Assessment: Rigging for route setting
- 12:00 – 1:30 Lunch and candidate preparation
- 1:30 – 3:30 *Assessment:* **Instructional Skills: Top Rope - Lesson 2**
- 3:30 – 4:00 Instructors Meeting
- 4:00 – 4:30 *Instruction:* Professionalism, the ACMG, and course, debrief.
- 4:30 – 5:00 Individual candidate interviews