

Alpine Climbing 1 / Self-Rescue 1

Introduction



Agenda for tonight

- Let's get to know each other
- Overview of all the courses for this year
- The Intermediate Student Handbook
- Discussion of this course – Intermediate Alpine Climbing 1/Self-Rescue 1
- Your role as intermediate climbers in our program
- Some tools available on the Mountaineers website
- Becoming a climb leader
- Resources
- Time to Practice skills – and sign off all we can get done tonight, starting with knots...



Who Are We?

- What the Mountaineers is about:
 - Lead Innovation In Outdoor Education
 - Advocate for Wild Places
 - Engage Future Mountaineers
- Who gets to have fun?
- Let's talk about who we are and why we are here
- Our philosophy



Core Values

ADVENTURE

We are bold explorers—driven by imagination, outdoor challenge, and the spirit of discovery.



EDUCATION

We share knowledge—empowering others to safely and responsibly pursue outdoor activities.



VOLUNTEERISM

We foster connections—developing leaders who continue our legacy of outdoor education, integrity, and action.



ADVOCACY

We protect the outdoor experience—wild places depend on our powerful voice for conservation and responsible access.



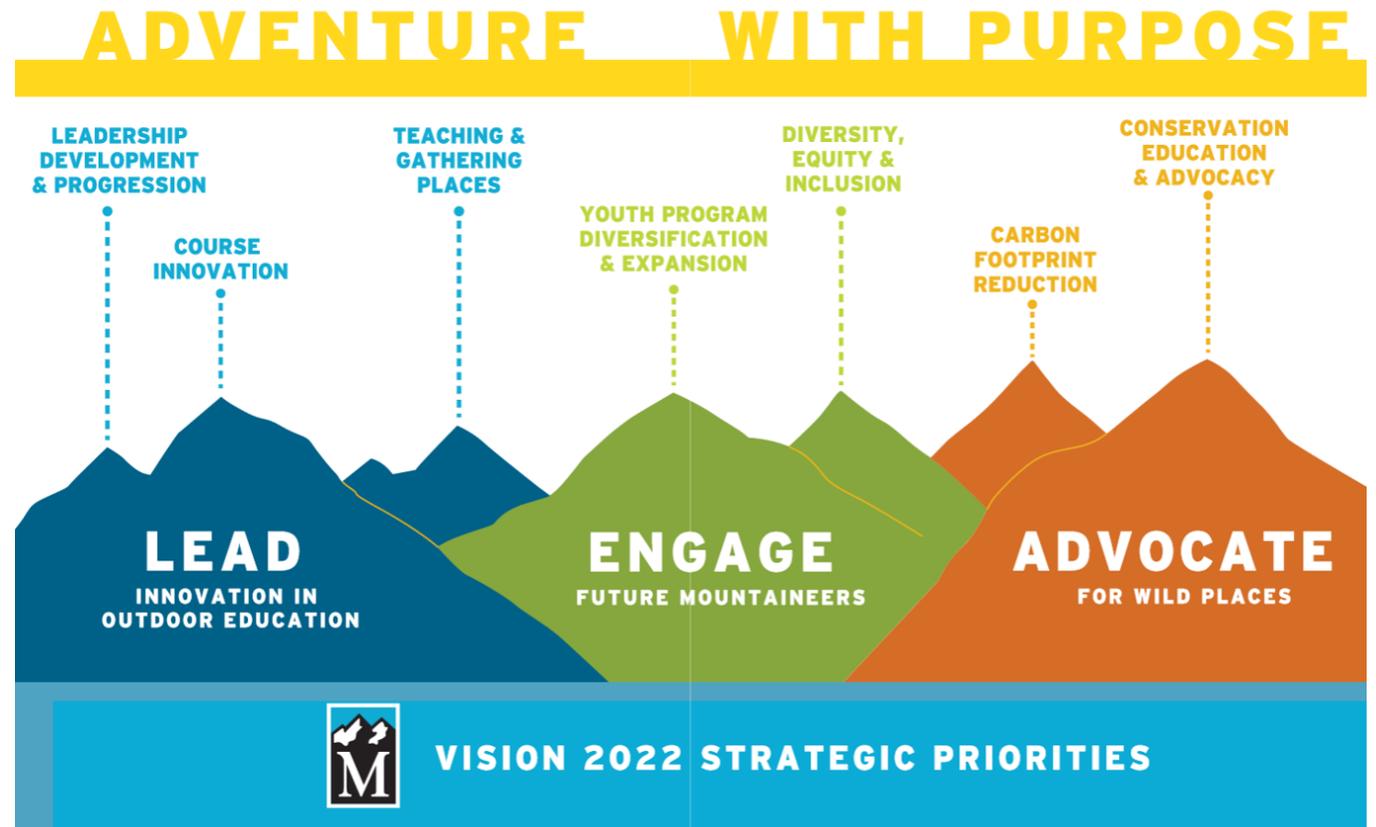
COMMUNITY

We provide opportunities for all—a diverse and inclusive outdoors inspires unity, respect, and passion for the places we love.



Vision 2022 Strategic Plan

- Your role as Intermediate Climbers is to lead toward the vision IN ADDITION to leading in climbing.



Intermediate Alpine Climbing Package

- Intermediate Alpine Climbing 1/Self-Rescue 1
 - Prerequisite for all courses that follow
 - Basis for intermediate climbing and scrambling in leadership, ropes & anchors and self-rescue
- Two tracks follow: Rock Climbing and Glacier Travel
 - Rock Climbing
 - Advanced Glacier Travel
- Alpine Ice Climbing
- Advanced Self-Rescue Course



Intermediate Alpine Climbing Package

- Intermediate Glacier Travel
 - Advanced glacier travel methods
 - Snow shelter construction
 - Two-person glacier travel and crevasse rescue
- Intermediate Rock Climbing
 - Leading on bolts
 - Lead Climbing Clinic
 - Single pitch trad climbing
 - Multi-pitch climbing and swinging leads



Intermediate Alpine Climbing Package

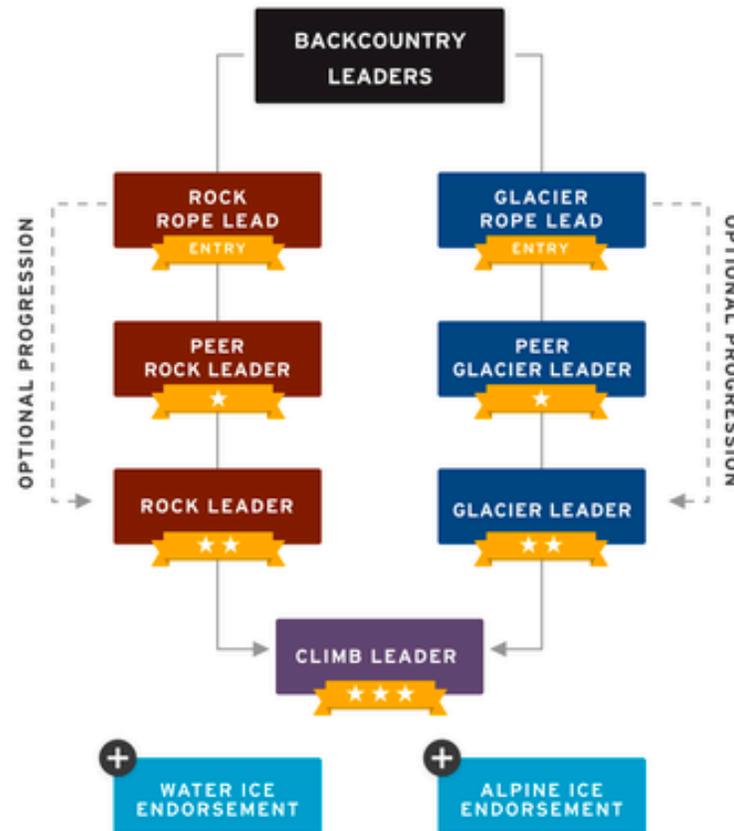
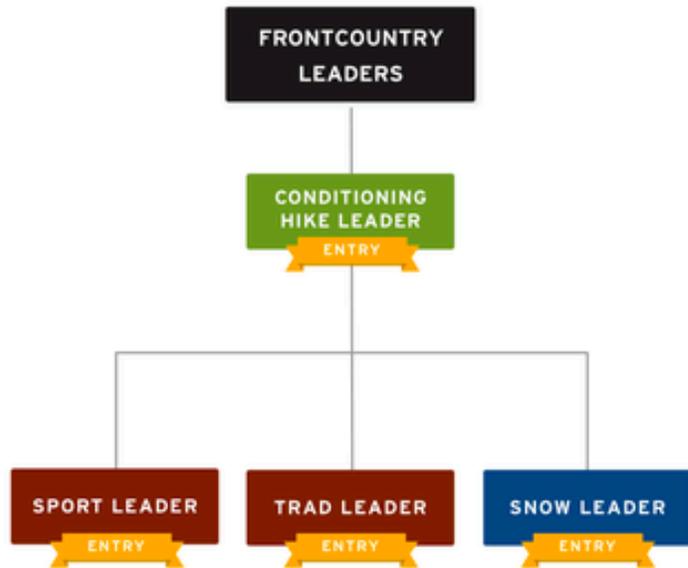
- Website: Schedules



Tools on the Website

- Personalize your profile settings – email summary among others
- Search for climbs and courses





- E** Entry Level Leader
- *** Mid Level Leader
- **** High Level Leader
- ***** Top Level Leader
- +** Additional Leader Qualifications
- Green** Hike Leaders
- Brown** Rock Leaders
- Blue** Snow & Glacier Leaders

Becoming a
Climb Leader

Resources

- The Mountaineers: Leadership Conference (December); Leadership Seminar Series; Alpine Ambassadors Program
- American Alpine Club: AAJ and ANAM
- American Alpine Club: Sharp End podcast; Cutting Edge podcast
- NOLS – pubs, courses, seminars, conferences
 - Wilderness Risk Management Conference (Burlington, Vermont 28-30 OCT 2020) Mountaineers will sponsor attendance from each branch
- Petzl videos: <https://www.petzl.com/US/en/Sport/Activities>
- Many others...



Sunday Field Trip

- Meet at 0800 at Gold Creek Trailhead for Green Mountain
- Come with:
 - A map you will use to take us to School Rock (47.56N, 122.80W 1338') with Track; compass (we will take some bearings), altimeter (of any type you use)
 - Pack with climbing gear for a glacier or rock trip (do bring helmet, harness, belay device, plenty of carabiners, cordelette, 2 PA's, draws) (not required: protection; chock pick)(do checkout a rope Thursday night and bring with you)
 - We will use as a guide the crevasse rescue card here:
<https://3.basecamp.com/3528906/buckets/14047270/uploads/2349522593>
 - Or, the course website, here: <https://www.mountaineers.org/locations-lodges/kitsap-branch/committees/kitsap-climbing-committee/course-templates/intermediate-climbing-courses/intermediate-essentials-kitsap/intermediate-alpine-climbing-essentials-kitsap-2020>



RISK MATRIX*

High-Probability/Low-Consequence	High-Probability/High-Consequence
<ul style="list-style-type: none">• Falling in challenging fifth-class terrain with mitigation techniques (belay, protection, etc.) in place• Falls while bouldering with spotters and pads	<ul style="list-style-type: none">• Afternoon thunderstorm with lightning• Ground fall before first piece of protection• Fall while free soloing at your limit
Low-Probability/Low-Consequence	Low-Probability/High-Consequence
<ul style="list-style-type: none">• Dropping equipment• Major gobies from hand jams• Tripping on the trail to the crag• Tweaked finger	<ul style="list-style-type: none">• Lowering or rappelling off the end of the rope• Catastrophic rockfall• Severed rope• Easy free soloing

*From AAJ Accidents in North American Climbing, 2019

