

Rock Climbing Technique

BOEALPS BRC

Andrew Fabian | July 2018

Agenda

- Leavenworth Recap
- Look-ahead: Squamish 1 Outing
- Climbing Technique

- Dinner

- Let's go climb!

Leavenworth Recap

- Give an example of a situation in which you would use one or more of the new skills you learned at Leavenworth.
- What's one thing you'd like to focus on at the next outing?
- Any safety issues?

Squamish 1 Outing

- Jeff & Priti will be running Squamish 1
- Outing Document

Climbing Basics

Communication While Climbing

- Basic commands

- “On belay?” asks the climber
- “Belay is on” says the belayer
- “Climbing” says the climber

IMPORTANT: Once you say this, **DO NOT** take your brake hand off the rope!

- “Off belay” says the climber once anchored at top of climb
- “Belay is off” responds the belayer

Use names!

Other Commands

Climber:

- “Slack” to get more rope
- “Tension” or “up rope” to get less rope
- “Take” to get way less rope (take a break)
- “Falling!” to let the belayer know you’re about to fall
- “Lower” to ask the belayer to lower

Belayer:

- “That’s me” for when your belayer pulls rope taught
- “Gotcha” to respond once you pull in rope to “take”
- “Lowering” to let the climber know you’re lowering

Safety

- Wear a helmet, even when belaying
 - Rock fall can be a hazard
- Always check harness and anchors
 - Have someone double-check your harness
 - Always fully check existing anchors (bolts/tat)
- Don't create your own hazards; protect your rope
 - Carry it carefully
 - Don't step on it



Climbing Technique

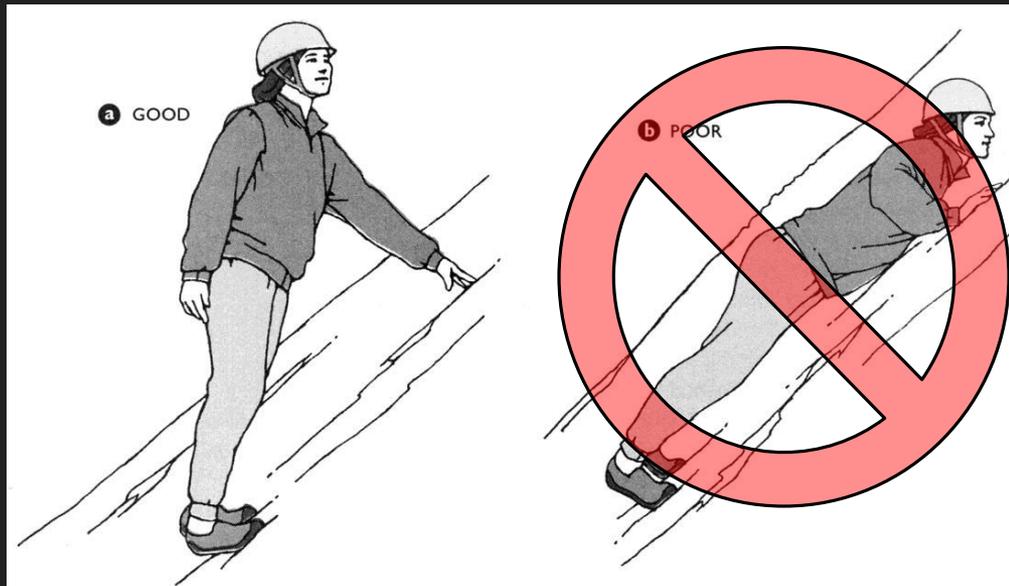
Footwork

Focus on:

- Solid footwork
 - Keep your weight over your feet
- Use your legs!

Stay Over Your Feet

- You'll stick better if you use gravity to your advantage
- If you lean in, you'll pop off
- Not intuitive, so focus: "Where's my center of gravity?"



The Factors: BALANCE

- Balance
 - Easiest way to keep it is three point suspension
 - Take small steps
 - Muscles are used for balance, not grunting your way up a wall
 - Core strength is as important as arm strength



The Factors: PLACEMENT

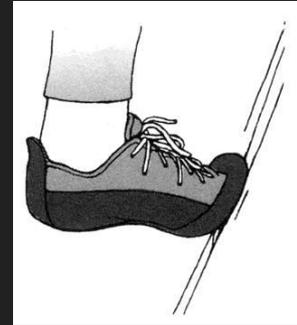
- Aim Precisely
 - Use only the part of the hold you need
- Only feet on foot holds
 - No stomachs
 - No knees ("alpine knee")
 - Consider your exit strategy



The Factors: PLACEMENT

- Footwork
 - Smearing
 - Edging
- Friction
 - It's what keeps it all together

Smearing



Edging



The Factors: PLACEMENT

- Aim for outer edges of shoes



Red indicates areas of most wear.

Also helpful – HANDS!

- Face-climbing grips
 - **Open grip** wherever possible
 - On faces, you'll **crimp**
- There are more grips, but these are the biggies
 - Hint: Read the book



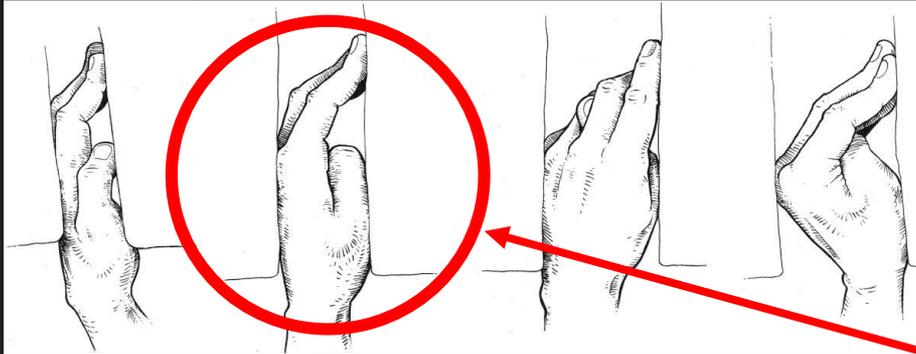
Open grip



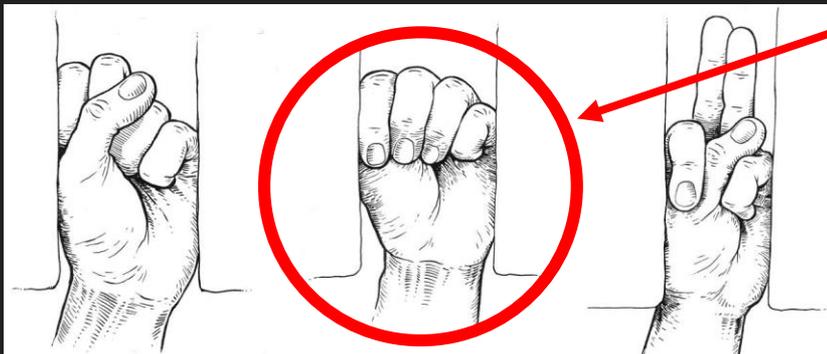
Crimp

Crack Climbing - HANDS

○ Hand Jams



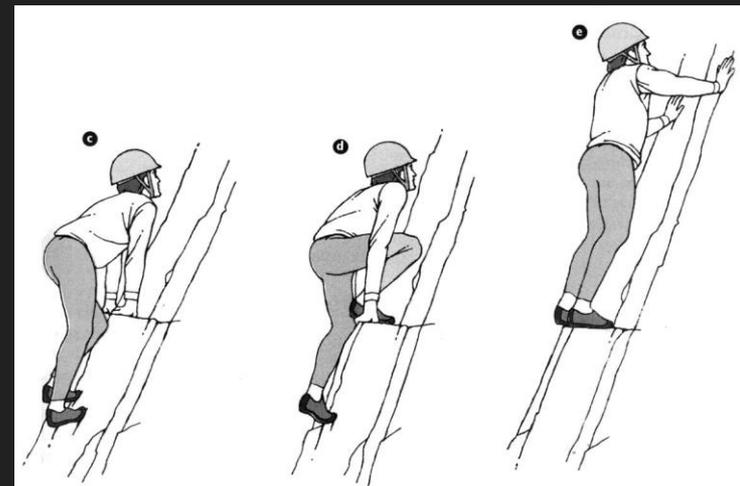
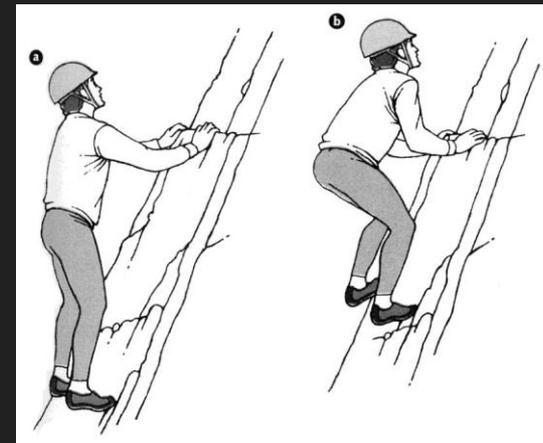
○ Fist jams



Most bomber

Manteling

- Walk legs up
- Place both hands on ledge, palms down, fingers toward the other hand
- Place foot on ledge (no knees!)
- Reach for face holds
 - And/or stand up carefully



Pointers

- Reach for what's comfortable, not what's furthest up the wall
- Get creative!
 - Look for sidepulls
 - Use downward-facing holds as underclings
 - Stem
 - Palm on surfaces to the side of or below your shoulders

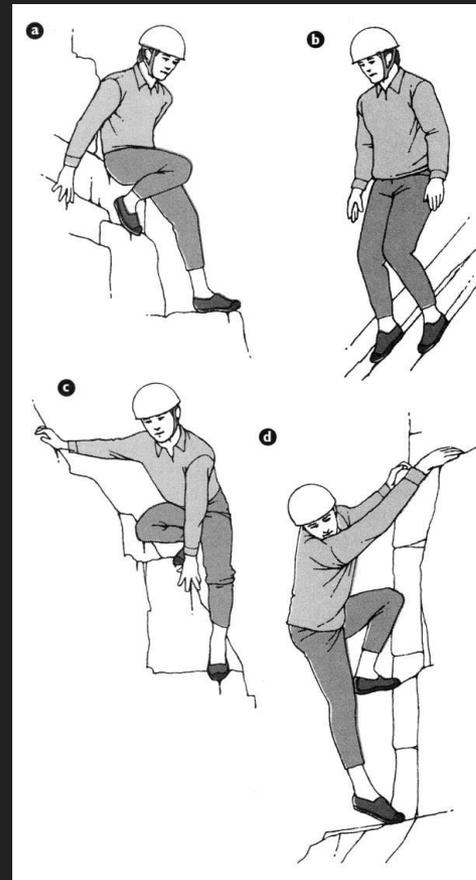
Resting

- Got a good grip?
 - Hang for a moment
 - Rest as you go
- Make sure to breathe!
- The leader probably placed gear from a rest
 - Try to find the same rest when you clean the piece



What Goes Up Must Come Down

- Downclimbing
 - You'll improve with practice
 - Practice in the gym
- Rappelling
 - Many accidents happen while rappelling – focus!



- Downclimbing:
- a) Facing out
 - b) On a friction slab
 - c) Facing sideways
 - d) Facing in

If you decide you like climbing...

- Get a gym membership
 - Vertical World/Stone Gardens/SBP
- Go climb, then apply for ACC!

Questions??

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