

## Course Rules

1. Only currently registered students and instructors of the BOEALPS Intermediate Climbing Class may participate in class sessions and field trips. All participants must have signed a current BOEALPS Liability Release Form.

Friends, relatives, climbing buddies, and pets cannot participate. On car camping field trips, friends and family are welcome to join us in the camping area after climbing activities are finished for the day.

2. Students and instructors will be prepared physically and mentally, and will have researched the plan by the designated meeting time. Do your homework!

3. Alcohol, illegal and recreational drugs are not allowed during class sessions and field trips. Do not show up or participate in any outing under the influences of mind altering substances. On car camping outings, there will be two designated non-drinking instructors. Except for these individuals, students and instructors may consume alcohol at the camping area after climbing activity is complete.

4. Proper clothing and equipment are required for students to participate in outings.

5. To participate in a scheduled field trip, students need to be on time and present when the class leaves the parking area.

6. Students should plan on each weekend outing lasting from Friday afternoon until late Sunday night. Students should not make evening plans following field trips. Parties are not overdue until noon Monday. In the event a party is overdue, students must inform their families and friends not to call Mountain Rescue, the County Sheriff, the National Park, Boeing or Instructors. There will be a designated "call in" instructor, which all parties need to call when they return from their outing. Be sure to give family the "call in" instructor's number to contact if concerned.

7. Harassment in any form (sexual, ethnical, or other) will not be tolerated and will result in immediate dismissal from the course.

8. Anyone violating the foregoing or acting in a manner that may endanger themselves or others is subject to immediate dismissal from the course.

9. To participate in any of the alpine experience field trips, students must first complete all four of the following skill field trips, or get equivalent experience with an ICC instructor:

- ✓ Rock fundamentals (Horsethief)
- ✓ Snow fundamentals
- ✓ Rescue fundamentals
- ✓ Multi-pitch rock climbing

10. Everybody participating in the BOEALPS Intermediate Climbing Course must wear a climbing helmet during outings approved by the International Union of Alpine Associates (UIAA).

## Instructional Guidelines

Most of us are not professional teachers, but have a strong knowledge base and a willingness to volunteer time and energy to pass that knowledge on to others.

Here are a few tips from the teaching perspective to keep in mind.

1. Be patient. Things that look simple to you, an experienced climber, aren't so simple to a new climber.
2. Be clear about the goals and the schedule for the day/weekend. If one of the goals is efficient and effective use of time, tell them ahead of time.
3. Memory is enhanced by understanding the purpose of a skill, not just how to do it. Don't just show how to make a butterfly knot, talk about when and how you might use it.
4. Memory is also enhanced when new knowledge is connected to old, personal knowledge. Ask if they know any knots, when they used them, problems they had. Build on their past.
5. The goal is NOT your teaching – it is their learning. Ask questions to confirm and probe understanding. Listen. After you answer a question, ask —Did this answer your question?
6. Build on strengths. Point out things they are doing well, limit things to learn to about two overall things. Be direct about the positives and negatives.
7. Maintain trust between the students and you as the instructor. This is a very valuable relationship and needs to be based in honesty and openness to questions. Admit if you don't know. It role models that it is okay not to be an expert in everything.
8. Demonstrate, and then let them do it. Allow them to do the whole procedure through before critiquing. Don't interrupt unless safety is an issue. They can often correct their own mistake - which makes for better learning. Don't grab the gear from them to demonstrate. Remember #1 – be patient!
9. Praise in public. Criticize in private.
10. Avoid the word —But. It's amazing how it can create unnecessary control issues. Try —and. There is an amazing power to yes.
11. FOR EXPERIENCED INSTRUCTORS WORKING WITH A NEWER INSTRUCTOR:
  - a. Let the newer instructor teach the parts they feel comfortable with. Only correct what is essential.
  - b. Add your points after the other instructor is finished.
12. FOR NEWER INSTRUCTORS:
  - a. Have trust in yourself. Don't worry if you don't know everything. Not so many of us are equally skilled in all aspects of climbing – you still have valuable experience and support to offer.
    - i. Set yourself up for success by:
      - a. Reading Freedom of the Hills to review skills
      - b. Ask others to review skills or goals with you beforehand
      - c. Be sure you have done the research on a climb before an Alpine climb

## Alpine Climb Guidelines (Safety is your goal!)

1. **Be Conservative.** Especially when selecting climbs for the student or changing the original plan for the weekend.
2. **If you change plans before** departure, notify both the instructor coordinator and the head instructor.
3. **Research your student's capabilities** in terms of climbing ability, fitness level, and experience!!! If you don't know anything about a student, ask the head instructor or instructor coordinator.
4. **Keep the party together.** A student should never be left behind to catch up—either on the ascent or the descent.
5. **Don't let judgment be overruled** by desire or someone's personal goals.
6. **Feel free to abort a climb** if you are not able to control any situation that affects the safety of the party. Those situations might include weather, route conditions, fitness of a party member, or even personality conflicts on the team.