



Boeing Employees Alpine Society

Sport Climbing Seminar

Overview:

The purpose of this seminar is to introduce the skills needed to begin safely leading sport climbs. There will be a focus on equipment, lead belaying, clipping technique, and anchor cleaning. There will also be time to practice your new skills in a supervised environment and ask questions before you put them to use on your own.

Audience:

All participants are expected to be proficient at belaying. BRC graduate, BCC graduate or equivalent with some rock climbing experience. Should be comfortable climbing 5.8 on top rope and have knowledge of top rope anchors.

Learning Objectives:

- ✓ Interpreting guidebooks and selecting climbs
- ✓ Gear requirements
- ✓ Lead belaying
- ✓ Bolt clipping techniques
- ✓ Anchor review
- ✓ Leading
- ✓ Anchor cleaning



Required Gear:

- Harness
- Rock shoes
- Personal anchor
- Helmet
- BCC Technical gear (webbing, carabiners, belay device)

Optional Gear:

- 60m single rated climbing rope (less than 2 years old)
- Quickdraws

Schedule – Saturday:

- 07:00 – Meet at pullout for playground point ready to hike
- 07:30-10:30 – Seminar
- 11:00 – Back at cars, go use your new skills



Boeing Employees Alpine Society

Sport Climbing Seminar

Anchors:

All anchors should follow the rules of SRENE:

Solid
Redundant
Equalized
Non
Extending

For more information regarding anchors, see the anchor building chapter in Freedom of the Hills

Anchor Types:

Natural: Large trees or rocks. Make sure to test that these are solid before you trust them.

Bolted: Equalize at least two bolts for an anchor. Effective methods are the anchor in a box, magic X, and opposite and opposed quickdraws.

Gear: Anchors can be created using traditional climbing gear such as nuts and camming devices. This skill will not be covered in this seminar.

Safety Concerns:

Leaders and belayers should be aware of the following. Belayers can identify the following cases during the climb for immediate correction to help keep the leader safe.

Back Clipping: Rope should always come up the rock then out to you, the climber. If you back clip, during a fall the rope may open the gate and unclip itself.

Z Clipping: Make sure that you clip the rope from above the last bolt, not below it. If you Z clip, you negate the highest piece of protection and create more slack which increases decking potential. If you do Z clip, one immediate indication will be a drastic increase in rope drag.

Back Stepping: Make sure the rope never runs behind you, across your legs. In the event you fall, the rope pulling taut across your legs may flip you upside down.



Boeing Employees Alpine Society

Sport Climbing Seminar

Anchor Cleaning Steps:

1. Safely personal anchor to the bolts.
2. Call "Off Belay"
3. Pull up a bite of rope and tie it to your harness.
4. Untie your figure 8 tie-in.
5. Feed the end of the rope through the bottom links of both chains.
6. Untie the bite of rope from your harness.
7. Pull rope through until the middle of the rope is at the chains.
8. Throw down the end of the rope.
9. Clean anchor supplies from bolts.
10. Set up and test weight rappel.
11. Unclip personal anchor.
12. Rappel

Two important points during the cleaning process:

- Always ensure you are anchored to something
- Don't drop the rope

Sport Climbing Areas:

Here is a list of some areas in Leavenworth with good beginner sport climbs.

- Playground Point
- Veterans Club
- Duty Dome

Here are some toproping areas to work on your climbing technique.

- Bruce's Boulder
- Barney's Rubble
- XY Crag
- Playground Point
- Clambshell Cave
- Mountaineers Dome
- Hammerhead Rock
- Roto Wall
- Veterans Club
- 8 Mile Rock



Boeing Employees Alpine Society Sport Climbing Seminar

Map to Playground Point:



Just beyond road cut is a seasonal drainage. Beyond this is a second smaller bulletin board, approximately 0.8 miles from Snow Creek parking lot, or coming from the other direction, 3.5 miles from the Bridge Creek Campground entrance. The trail is obvious from the road and begins just before the drainage. Head up the trail and head right. There is another trail nearby that heads to Central Park or Clamshell Cave, so be cautious.

