



# *Boeing Employees Alpine Society* **BOEALPS**

## **Intro to Outdoor Sport Climbing**

### **Overview**

Target Audience: People who have not climbed/newer to outdoor climbing

Prerequisite: BMC Graduate

Class size: 10-15 students

Instructors: 3-5 per outing

Objective: To utilize the toolsets learned in BMC to get people comfortable climbing outdoor sport routes at Exit 38/Vantage. Possibly go into sport lead climbing.

### **Student Gear**

Required:

- Harness
- Helmet (UIAA Approved)
- Climbing Shoes (Can Rent)
- Personal Anchor (with locker, prefer pre-sewn but not required – pre-sewn req'd for BRC)
- Belay Device (ATC preferred but not required)
- Slings (min 1 single, 1 double)
- Hero Loop/Autoblock
- Min 3 Lockers and min 4 non
- headlamp

Optional:

- Quick Draws
- Rope
- Chalkbag (w/Chalk)
- Grigri

### **Class Gear**

- 4 Ropes (BMC)
- Quickdraws
- Dedicated sling anchors





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### **Curriculum**

Session 1 (Required) @ Mountaineers wall

Objectives:

- Review knots: rewoven figure 8, figure 8 on bight, waterknot, prussic, autoblock
- Commands: Belay, rapping, what to do when you can't hear
- Belaying: Review BMC method, discuss PBUS, GriGri, Lead belaying
- Anchors: Set up and cleaning
  - SERENE-A, BFR/BFT, Bolted (sliding X, Master point, 2 slings/quick draw)
  - Anchors under chains on bolts
  - Setting up a rappel at an anchor
- Discuss Lead Sport Climbing
  - How to clip quickdraws
  - What to do at the anchor when setting up

Two Outdoor Sessions at Exit 38

Objectives:

- Apply skills from first session
- Discuss climbing techniques

