

**Rescue Dynamics &
The Alpine Club of Canada -
Edmonton Section &
Toronto Section present:**

***Rock
Solid
Leadership
2010***



www.RescueDynamics.ca



Rescue Dynamics - *Rock Solid Leadership 2010*

Jasper National Park – Alberta, Canada
Saturday, July 10th to Friday, July 16th, 2010

Guides / Instructors: Cyril Shokoples, (780) 416-5040, resqdyn@telusplanet.net
Jeremy Mackenzie

Amateur Leader: Sandra Bowkun

Participants: 4 – 8

Fee: \$1200 (includes GST, instruction, course manual and campground fees) substantial subsidies (up to 50%) may be available for Toronto and/or Edmonton Section leaders.

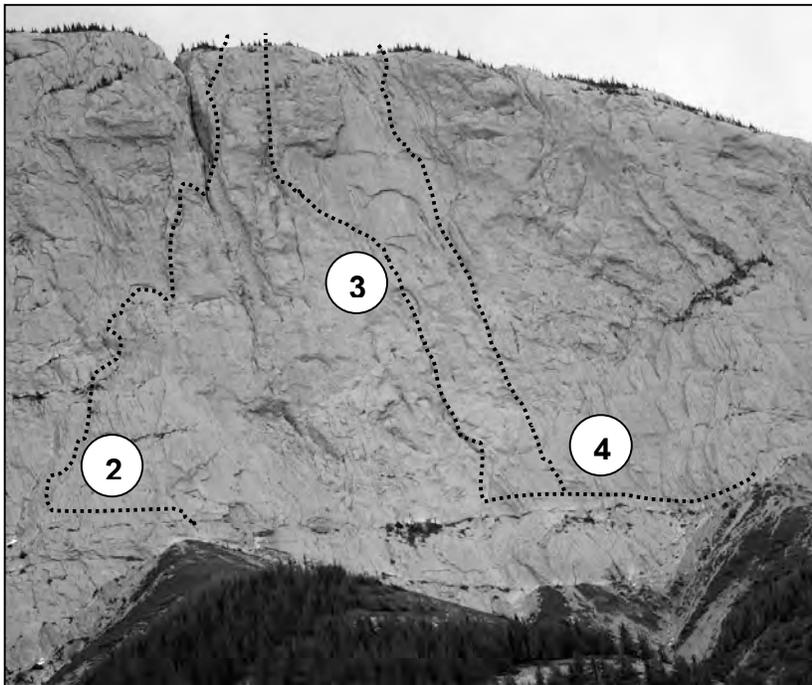


General Description

We are excited to say that we think there has never been a course quite like *Rock Solid Leadership*. Some courses are geared toward providing you with skills for placing gear. Some hone your climbing. Others work on techniques for leading. Yet other courses provide rock rescue training. A limited number work at improving your alpine rock climbing skills. Very few technical climbing courses provide soft skills to enhance your understanding of issues as a leader. And a large number of courses are simply too short to cover all the things that instructors and participants alike would love to address.

Enter **ROCK SOLID LEADERSHIP**. Created by Cyril Shokoples, a well-known western Canadian mountain guide with an extensive background in training mountain leaders. **Rock Solid Leadership** addresses all of these technical topics while focusing on leadership issues and filling in the gaps with soft skills. During course development the curriculum was scrutinized by Sandra Bowkun, an active leader in the eastern Canadian climbing community and advocate of leadership training at the climbing club level. Prior to this course, concurrent instruction in these areas could only be easily obtained by training to become a professional mountain guide. At long last all of these skills have come together in a single week long program designed specifically for the amateur leader with emphasis on the climbing club setting.

Rock Solid Leadership is a seven day course during which a number of hard and soft skills sessions related to leading club trips to rock climbing venues are presented. It is not a course about leading hard rock climbs but rather a course to introduce you to leading others on rock climbs of almost any grade.



We will spend some time dealing with managing personal and climbing club trips to shorter one pitch venues but our aim is to go well beyond that. Managing a small party during ascent and descent on multi-pitch rock routes and/or alpine rock routes will be what we are eventually striving for. We will also begin to learn and practice the art and science of shortroping, rock rescue, group handling, group dynamics and so much more.

Participants must have experience following traditional rock climbs with an experienced partner. Some previous gym, outdoor sport and traditional leading experience is required with a minimum of a half dozen leads on each type of route required. You don't have to be leading hard routes but you should have begun your leading career. This is NOT a beginner course. If you attend this course you must be mentally and physically ready to lead. The days will be long and participants are expected to give a 100% commitment to the program.

This is a leadership course above all. You must be willing to spend at least as much time thinking about others as you spend thinking about your own needs. If all you want is to be a good rock climber, then you are better off seeking a good technical skills course. This course is about leading routes *and* leading others who may be perhaps far less experienced than you. There will be plenty of leading and technical skills involved but there will also be so much more.

Typical Soft Skills Covered

(a revised subset of the Rescue Dynamics weekend seminar skills)

- Waivers, information forms, legal liability
- Roles and responsibilities of climbing club trip leaders
- Attributes of a good trip leader in a climbing club context
- Conflict management
- Decision making on trips
- Risk homeostasis theory
- Risk taking on club trips
- Accident management

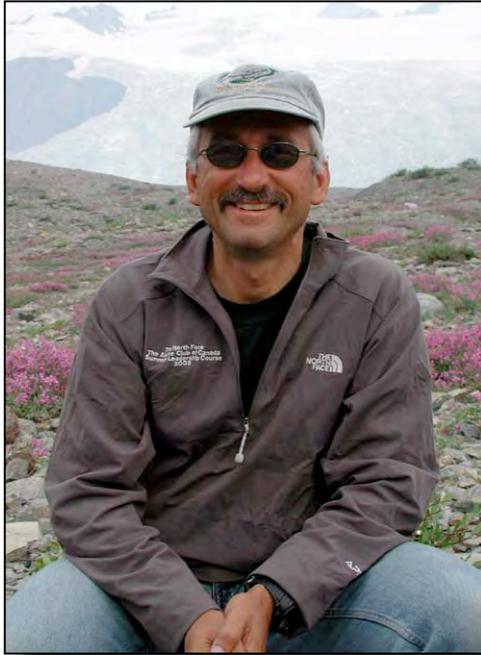
Typical Hard Skills Covered

- Gear placement
- Anchor construction
- Setting up a top-roping site
- Multi-pitch belay station management (2, 3 & 4 person teams)
- Multi-pitch rappel station management (2, 3 & 4 person teams)
- Shortroping
- Rope rescue
- Routefinding

The Setting

Rock Solid Leadership will take place in Jasper National Park. This beautiful mountain national park is over 100 years old and provides every possible type of venue for rock climbing from short sport crags to long alpine rock routes. In addition, Jasper Park has far less climber traffic than Banff, her better known southern sister. During the week we can expect to share the expansive venues with very few if any other climbers! It is the ideal setting for a course of this nature. Some of the multi-pitch traditional climbs and venues have only recently been documented and several climbing areas have only recently been developed. This is the climber's equivalent to finding sunken treasure. Most of the climbing is on limestone with some on classic quartzite.





Course Faculty / Staff

Cyril Shokoples is the RSL creator. Cyril's professional mountain guiding began a quarter century ago and he is an internationally certified mountain guide. He is a past president of the Association of Canadian Mountain Guides and has received distinguished service awards from the Alpine Club of Canada and the Association of Canadian Mountain Guides. He was the coordinator of Prehospital Care programs at the Alberta Vocational College where he trained Emergency Medical Technicians and developed the Parks Emergency Responder course for national park wardens. He delivers that course all across Canada and teaches Wilderness Emergency Care to mountain guides. Cyril trains the Canadian Forces Search and Rescue Technicians in Mountain Rescue and is one of the primary instructors on the ACC summer and winter TNF national leadership courses.

Jeremy Mackenzie will be our primary instructor. Jeremy is also an internationally certified mountain guide. He was of the senior ski guides at RK HeliSki until accepting a winter public safety specialist position with Kananaskis country in 2009. He has guided at the ACC GMC and taught on the 2005 Central Canada Rock Leadership course in Quebec. He teaches many programs for Rescue Dynamics. Jeremy has skied and climbed extensively across North America.



Sandra Bowkun will provide the perspective of the amateur leader / camp manager and will be acting as the intermediary between the participants and staff. Her sixteen years of climbing have taken her across Canada, the US and Italy. She has



rock climbed at such venues as the Gunks, Canadian Rockies, Niagara Escarpment, Bon Echo, Red Rocks, Joshua Tree, and Adirondacks. Sandra has attended six GMCs in western Canada and has been alpine rock climbing in the Dolomites, Teton and Bugaboos. She has held various positions with the ACC Toronto Section including sitting on the Leadership Committee. She has been the Section Chair and national representative for the past four years and is active at the ACC national level as a member of the national Leadership and Membership Committees. Sandra helped design the RSL program and was camp manager of the RSL course in 2008.

Participant Instructor Ratios

This course has been designed to have an excellent staff to participant ratio. With a maximum of 8 participants and two guides plus an amateur leader, participants will not be lost in the crowd!

Course Outline

A tentative daily course plan can be found at the end of this document. The schedule is weather dependent, of course, and the staff will modify the schedule according to the conditions. The majority of your time will be spent on the rock at various practice areas and crags or on the peaks honing your skills. In the evenings and during planned breaks during the day various soft skill sessions will be held. Everyone is expected to provide input into these sessions so that the experiences of the entire group can help us enhance our learning. The curriculum has been revised for 2010 after two years of running RSL courses.

Course Manual

Each participant will receive a course manual with course objectives, course outline and a significant number of technical and leadership related articles (most written by your instructor Cyril Shokoples). The articles address subjects taught during this course and some deal with subjects on which little has been written.



Difficulty

This trip will focus on providing leadership training for those who are either actively leading trips or wish to actively lead trips in a climbing club setting in the future. Those who are rope leaders, trip coordinators and camp managers will be well served by the content provided. Applicants who are already active trip leaders will receive preference when participants are selected for this program.

The days will be long and challenging both mentally and physically. Multiple consecutive long days should be anticipated. Participants must come to the course adequately prepared and should be fit and confident. We highly encourage a gender mix in this program.

Getting to Jasper

The most convenient international airport to Jasper is the Edmonton International Airport. Jasper is a four hour drive from Edmonton

International Airport on excellent highways. From Edmonton, Highway 16 (the scenic Yellowhead Highway) leads directly to Jasper town site. Jasper can be reached by car, bus or train. Participants are encouraged to car pool with each other. Greyhound Bus Lines (1-800-661-8747) offers frequent service from Jasper to Edmonton. Those travelling from Calgary can expect more than a six hour drive along the scenic Icefields Parkway.

Transportation

Transportation is not provided. Participants will be required to provide their own transportation once in Jasper. Participants are expected to carpool and should not rely on the staff for transportation arrangements. The staff will not actually make any of the travel arrangements. You are encouraged to use the participant list to contact other participants to arrange carpooling to and from Edmonton or other locations.

Rendezvous For The Course

Incoming participants will meet at the Whistlers campground at 8:30 AM (local time) on Saturday July 10th, 2010. You should have already completed breakfast and have a lunch and drinks packed for a full day in the hills. The group will convene at one of the campsites for introductions, signing waivers and medical forms and an introduction to the course. **You will be required to show a valid Park Pass for the vehicle in which you will be traveling.**

Accommodation & Meals

Campsites will be reserved at Whistlers Campground. Participants will share campsites with two to three people per site. Note that campground regulations stipulate that you can have two vehicles and a tent or two tents and a vehicle MAXIMUM per site. Please do NOT invite friends to stay with you at your campsite for the duration of the course. Participants are responsible for their own meals and tenting arrangements. Please note that two of the sites should be left for the exclusive use of the staff as they will be setting up a LARGE tent as a meeting location in case of bad weather. Further details will be conveyed to you once you are accepted on the course.

Emergency Contact

If you need to be reached because of an emergency while you are on the course, the contact is the Rescue Dynamics emergency cell phone at 780-916-7951. A message can be left on the voice mail. The voice mail will be checked every evening and you will be notified of the situation.

Medical Concerns & Contingencies

Jasper has a local hospital and ambulance service. The course will not have a doctor on staff but the guides are trained in first aid to deal with on-site emergencies until the arrival of EMS or mountain rescue personnel. Staff carry cell phones and/or VHF radios but coverage cannot be guaranteed in all mountainous terrain.

Rock climbing and mountaineering are strenuous activities. In order to enjoy this course and be a safe participant you must be in good physical condition. Your preparation and training for this course should include climbing (indoor and/or out) plus strength training and aerobic exercise. If you arrive at the course and do not have adequate fitness your instructors may limit or cancel your participation with NO REFUND.

Participants with any current or ongoing medical problems should see their personal doctor prior to arriving at the course. This information MUST be provided on the course application form. Anyone who discloses a serious medical condition MUST provide a note from their doctor, stipulating their fitness to undertake the strenuous activities, including altitude related concerns, involved in attending the course. Failure to disclose a relevant medical condition on the application form is grounds for immediate termination of participation on the course with NO REFUND.

Each participant should bring their own small Personal First Aid Kit to deal with common problems. Contents should include items such as blister care products, personal medications, items for wound care, Band-Aids™ and tape. Medications will NOT be available from staff for emergencies. Participants must bring their own personal medications and prescriptions to the course. Jasper has a pharmacy should the need arise to purchase any medications.

IMPORTANT: Those who have potential for severe allergies or anaphylaxis should recognize that we will be a long way from medical care on many of our climbs and rescue may not be readily available for many hours or even a day. A physician should be consulted to determine if antihistamines and/or a prescription auto-injector of epinephrine such as the single dose Epi-Pen™ or two dose Twinject™ should be carried. The staff DO NOT carry these prescription items in their first aid kits.



Blisters – commonly occur with new boots that are not well broken in and feet that have not been conditioned prior to activity. The long days spent on this course (particularly in the latter half) put you at greater risk of blisters. Blisters can keep you from being able to participate on some of the more exciting and fulfilling parts of the course. Wear your footwear often before the course to make sure it fits properly and get to know the best sock combination for your footwear. You will need hiking or approach boots for the approaches and descents plus rock shoes that you can comfortably wear for up to 6 or more hours without stopping to take them off. Very tight rock shoes appropriate for sport crags will not serve you well on the longer alpine days. As soon as you detect problems notify the staff and take preventive action immediately. Even a half hour delay can result in painful open blisters.

Three products that have been found to be useful over the years include Moleskin™, Compeed™ (also marketed as Band-Aid™ brand Blister Block™), and Second Skin™. Moleskin™ and Compeed™ are used as preventatives. Compeed™ and Second Skin™ can be used to treat the problem once blisters have formed. Bring your own extensive foot care package, the mark of an experienced leader in the outdoors.

Sunburn – is extremely common and can occur even on cloudy days. It may occur rapidly due to the effects of increased altitude and high reflectivity of the light coloured limestone we will spend a lot of time climbing on. Sunburn problems are best limited by using a UV sunscreen with a minimum Sun Protection Factor (SPF) of 30. A sun hat or baseball hat is also essential.

Dehydration – causes many issues in the outdoors including cramps, fatigue and heat exhaustion. It is the leading cause of headaches in the outdoors. Staying hydrated is an important part of staying at your peak. In addition, to avoid hyponatremia on long days you should be sure you are not drinking water alone but are taking in electrolytes as well. Sport drinks or snacks containing adequate salt and other nutrients and electrolytes are important.

Altitude Problems

Those arriving from locations at or near sea level may find that they do not have the same energy that they are used to once we begin the course. This may last for a period of from one day to one

week. Our first few days will not be overly strenuous but later in the week we will be attempting summit ascents that will require continuous effort for a full day at altitudes that may approach 10,000 feet or 3000 meters above sea level. It is wise to maintain good hydration and get plenty of rest particularly for the first few days. Keep the effects of altitude in mind early in the week and temper your expectations accordingly until you acclimatize.

Park Passes and Mountain Rescue



Vehicles traveling in mountain parks are required to have a Park Pass. They can be purchased at the gate upon entering Jasper Park or at the Park Information Office. This pass allows you to travel to the various venues we will visit during the week. In addition, the pass is required to obtain mountain rescue services in the mountain parks at no charge. Technical mountain rescues are handled by public safety specialists from Parks Canada. Without a pass you could be charged for any mountain rescue arranged on your behalf. You will be required to show your vehicle Park Pass when you fill out the paperwork on the first morning of the course. You will not be allowed to participate on this course unless the vehicle you are traveling in displays a valid Park Pass. There are no exceptions.

Maps And Guidebooks

Maps and guidebooks are available in Jasper at Gravity Gear or the Park information office. Route descriptions, photos and/or topos plus mini maps for all the routes we do on the course will be provided. Since we could be climbing at any one of 20 or 30 different venues during this course you would need about eight 1:50,000 scale topographic maps to cover the possibilities. We recommend the 1:100,000 scale Gem Trek™ *Jasper and Maligne Lake* map that covers a large portion of Jasper Park in adequate detail for our needs. It retails for \$10.95.

Environmental & Wildlife Considerations



This course takes place in a national park, and as such we must be sure that our interactions with the environment and wildlife are appropriate. On the first day your instructors will brief you on our environmental responsibilities. The best guidelines for interacting with wildlife can be found in the brochure produced by Parks Canada called *Keep the Wild in Wildlife*. It details appropriate actions to take when dealing with bears, deer, elk, cougars and other animals, both wild and habituated. Be sure you review this information prior to departing for Jasper. This brochure can be downloaded as a PDF file from the Parks Canada website. (http://www.pc.gc.ca/docs/pc/guide/nature/wild_e.pdf)

Travel & Medical Insurance Options

A hospital stay can be an expensive proposition if you do not have medical insurance, or if your provincial insurance does not cover it. Even a simple ride in an ambulance from one of our mountain venues to the nearest hospital can easily run to \$1000 or more. If your current insurance doesn't adequately cover you during this course we recommend considering insurance through Travel Underwriters (<http://www.travelunderwriters.com>). They are the insurer recommended by the ACC for many of their mountain adventures. They offer various annual and single trip policies, including medical insurance. Visit their website or call 1-800-663-5389. (If you are an ACC member quote reference #ALP762, as the ACC will benefit financially when you do so.)

Miscellanea

It is possible that you may arrive in Jasper and have forgotten something important. Jasper is a classic small tourist town with one or two of just about everything. There are; two grocery stores, several convenience stores, many gas stations, one good climbing store, many clothing stores, plenty of restaurants, several bars (even no smoking), two pharmacies, photo shops and a lot of souvenir stores so you can take something home for your family or loved ones that you have abandoned to go climbing yet again! If Jasper doesn't have what you need then stop at one of the larger chain stores in the town of Hinton (an hour away).

Prerequisites:

- ❑ Suggested minimum leading experience
 - 6 sport routes and
 - 6 outdoor traditional routes
- ❑ Complete the Section application form:
- ❑ Submit a detailed rock climbing resume including:
 - Number of years as an ACC member
 - ACC section affiliation, other club affiliation (FQME, GMMC, VOC, etc.), and/or acceptance into an ACMG training or examination program
 - Number of routes climbed (sport, traditional) including names & locations of routes
 - Number of multi-pitch routes climbed including names & locations of routes
 - Number and type of ACC trips led
 - Other ACC related background (committees, activities, etc.)
- ❑ Complete and sign a release and waiver of liability form
- ❑ Complete a medical information form
- ❑ Provide your own essential personal equipment and essential climbing equipment as per the attached lists

Initial application deadline is April 1st. All applications must be submitted electronically. You may also be required to submit a deposit cheque at the time your application is accepted. If you are not accepted for the course your deposit cheque will be returned to you.

The balance of your fees are due at the payment deadline as determined by the ACC. If your fees are not paid in a timely fashion you may lose your deposit and forfeit your spot on the course.

Grants and Subsidies

Substantial grants and subsidies may be available to participants from ACC Sections. Some subsidies may be contingent upon the applicant continuing to actively lead trips in the future. Further information will be made public as it comes available. The Toronto Section may subsidize the course fee by as much as 50% for active Toronto Section leaders. The Edmonton Section may also provide a substantial subsidy for active Edmonton Section Leaders.

For general information about the course, contact:

Cyril Shokoples <rescuedynamicsinfo@telusplanet.net>

For applications contact:

Mary Hurlburt – Edmonton Section Course Coordinator <mehurlb@telus.net>

RESCUE DYNAMICS - *Rock Solid Leadership Course*

EQUIPMENT LIST

Be sure you arrive properly equipped, with all of your gear in excellent condition. If you lose or damage an item it may be possible to replace it at Gravity Gear in Jasper, but our schedule may make it difficult or impossible to visit the store during business hours. If you have inappropriate or inadequate equipment this may preclude your ability to participate in some activities.

Weather in the mountains is extremely variable. One moment you can be wearing shorts and a T-shirt and an hour later it could begin raining or even snowing. It can get below freezing at night and mornings can be cold. Prepare for ALL weather. This is primarily an outdoor course.

ESSENTIAL PERSONAL EQUIPMENT

- Climbing day pack - waterproof, sufficient to carry climbing gear/spare clothing/lunch on a long climb (45 litres or larger)
- Sandwich bag or box - for daily lunch, no bags or wrapping materials are provided
- Water bottle(s) – 1 litre, plastic with a tight lid (2 litre optional)
- Dark sunglasses or glacier goggles; side shields recommended
- Sunscreen – SPF 30 or more recommended
- Insect Repellent
- First Aid Kit and Blister Kit – personal size
- Headlamp (small & lightweight, to carry in your pack) – bring spare batteries and bulb
- Underwear – long arms and legs, even for summer!
- Shirts – two long sleeved
- Sweater – (fleece, wool or down)
- Down jacket or vest – for cold days or evenings
- Hiking shorts – for hot days
- T-shirts – long and short sleeved
- Mountain Jacket or Anorak; Gore-Tex, 60/40, medium nylon, etc.
- Climbing pants - durable, and non-restrictive; no blue jeans
- Rain gear – jacket and pants providing good wind and rain protection
- Socks – synthetic or wool. Several pairs (for a week)
- Casual footwear i.e. running shoes
- Gaiters (optional) – (we recommend a waterproof bottom section)
- Toilet supplies
 - Towel
 - Washcloth
 - Soap
 - Razor
 - Personal medication and hygiene items
 - toilet paper (small personal supply)
- Sun or baseball style hat
- Sandals for après climbing
- Ear plugs (for blocking out a snoring tent mate)
- Tent, sleeping bag, sleeping mat
- Food, food storage (cooler), pots, pans, stove, large water container

ESSENTIAL CLIMBING EQUIPMENT

NOTE: All of the following should be CE / UIAA approved and in good repair

- ❑ Climbing rope – must be CE approved single rope, 60m length and in excellent condition
- ❑ Hiking or approach boots – waterproof or water resistant; sturdy, supportive and comfortable to wear on rugged off-trail conditions including scree for a long day or in bad weather.
- ❑ Pocket knife – Swiss army style or multi-tool
- ❑ Climbing helmet – CE / UIAA approved
- ❑ Climbing harness – must be modern CE / UIAA approved and in good condition
- ❑ Rock Shoes (comfortable enough to wear for 6 to 8 hours without stopping to remove them; You may want to bring 2 pairs, one for hard climbs, one for long easier climbs)
- ❑ Belay device (for single and/or double ropes as necessary) – Petzl Reverso™ or Black Diamond Guide™ style belay devices with auto-locking and manual belay modes is highly recommended.
- ❑ Rappel device (for single and/or double ropes as necessary)
- ❑ Four Locking carabiners – CE / UIAA approved
- ❑ Two (minimum) HMS / Munter style carabiners (pear shape) – CE / UIAA approved
- ❑ Twenty Non-locking carabiners – CE / UIAA approved
- ❑ Set of wired nuts, complete set – CE / UIAA approved
- ❑ Set of spring loaded cams, complete – CE / UIAA approved
- ❑ Nut removal tool
- ❑ Gear Rack
- ❑ Two accessory cords – 6 meters long, 7 mm diameter (NO substitution)
- ❑ One accessory cord – 1.5 meters long, 7 mm diameter (NO substitution)
- ❑ One 1” nylon webbing – 3 meters long
- ❑ One 1” nylon webbing – 5 meters long
- ❑ Draws (sport climbing style)
- ❑ Open webbing runners (sewn nylon or spectra / single and double lengths – several each)
- ❑ Selection of pitons (if you have them)
- ❑ Rock Hammer (only if you have one)
- ❑ Rescue Pulley, lightweight (only if you have one; don't buy a cheap one!)
- ❑ Load Limiting Runner (i.e. Screamer™ - one or two)
- ❑ IF YOU DO NOT OWN ANY OF THE ABOVE CONTACT THE INSTRUCTOR ASAP. WE MAY BE ABLE TO PROVIDE WHAT YOU DON'T HAVE !

OPTIONAL EQUIPMENT

- ❑ Compass / Altimeter / GPS
- ❑ Maps / Guidebook
- ❑ Umbrella – small / collapsible, in the event of rain
- ❑ Collapsible hiking pole(s) – for long approaches
- ❑ Camera (plus film if necessary)
- ❑ Spare eye glasses
- ❑ Reading / writing material
- ❑ Personal drinks / treats

Rock Solid Leadership 2010 – Course Outline

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Day 1

- 8:30 AM: Meet for orientation to program and introductions
- Waivers and medical forms
- Purpose of the program
- Expectations
- Participant Contract
- Learning Journals
- Review of knots, equipment and harnesses
- Rope handling, belaying technique and mechanical belay systems
- Piton, nut (artificial chockstone) and SLCD placement
- Belay anchor establishment – EARNEST / IDEAL
- Review and enhancement of techniques of movement on rock
- Top - roped leading – safe preparation for traditional lead climbing
- Rappelling and related safety systems part I – BRAKES
- Ascending / prusiking at instructor's discretion

Day 2

- Leading sport climbs
- Setting up anchors and lowers on sport climbs.
- Placing running belays (placement / removal)
- Seconding pitches with running belays
- Belay station rope management
- Rock climbing skill refinement
- Belay technique refinement
- Rappel technique refinement
- Rappel safety systems part II – practice & additional methods
- Practice leading on easy traditional "Gear" routes
- Routefinding - 3Ms - Macro / Medium / Micro
- Safety in leading - multi-dimensional experiments and recipes for failure

Day 3 Rescue Day (scheduling flexible)

- Stretchers and carries
- Tie offs and basics of simple pulley systems
- Options System concept
- Lowers for climbing and rescue – 1 person and multi-person
- Rappel safety systems part III – practice & additional methods

Day 4

- Traveling at Light Speed - Rock
- Shortroping on rock - it is NOT roped soloing or simul-climbing
- Shortening the rope - over shoulder / in pack
- Moving with coils vs. running belays vs. short pitches vs. regular belayed climbing
- Direct belays / body belays sans anchor / indirect belays - body, mechanical
- Routefinding on alpine rock terrain
- Increasing safety / reducing weight - packing appropriate to objective
- Time loss areas - group, routefinding, belay stations, poor timing
- Using terrain on approaches - the shortest distance is NOT a straight line
- Shortroping and multi - person belays
- Geology of the route you are on
- Route descriptions
- Relating major features to where you are - photographic memorization
- Review 3Ms - Macro / Medium / Micro
- Efficient travel during roped climbing - physical and mental techniques
- Situation awareness / attentional capture / perceptual narrowing

Day 5

- Multi-pitch rock climbs according to participant skill levels
- Multi-pitch rappel descents

Day 6

- Groups lead an alpine rock route involving both shortroping and technical pitches

Day 7

- Rock Climbs TBA
- Wrap up
- Participants depart