



# Rescue Dynamics

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This letter will serve to introduce you to the Introduction to Mountaineering Course. We have two Introduction to Mountaineering courses this year. The course for May is now fully booked and we are no longer accepting names on the waiting list. The date for the remaining course is July 7 - 11, 2007 (Saturday - Wednesday). The cost of each course is \$550.00 per person including GST.

In order for you to be confirmed on the course you must prepay the course fee, complete the personal information form, then read, understand and sign the waiver. The waiver must be witnessed by someone other than a family member.

Cheques may be made payable to Rescue Dynamics. If you have not paid, your spot is NOT booked. See our website for complete cancellation policies and procedures. Medical cancellation coverage is available for an additional \$27.50. Should less than three persons sign up for the course, we reserve the right to cancel the course. We also reserve the right to cancel the course in the event of severe weather. Should this happen, your course fees will be refunded.

Intro to Mountaineering includes all of the elements of a Basic Rock and Basic Snow & Ice course and in reality it is both of these courses run together. If you wish to extend your learning experience, an excellent way to do this is to also attend the Alpine Climbing course which runs for the two days following this course. It enhances the learning you have done in Intro to Mountaineering by adding two more days of climbing in an alpine environment. The intent of Alpine Climbing is to introduce short-rope technique and climb one more peak (weather permitting).

The Rock Climbing portion of the course introduces you to skills required to safely begin rock climbing with an experienced partner or group. The course content includes movement on rock, knots, ropework, belaying, rappelling and safety topics. The instruction for this part of the course takes place in several locations. The course will be held on limestone cliffs and slabs in the Front Ranges in Jasper National Park (midway between Hinton and Jasper). The second day often includes a short multi-pitch climb.

The Snow & Ice portion of the course introduces you to skills required to safely begin snow, ice and glacier travel with an experienced partner or group. The course content includes snow techniques such as kicking steps, snow anchors (pickets, plates and t-slots), snow belays, self arrests, knots, roping for glacier travel, prusiking and safety topics. The second day will be on ice and will include cutting steps, crampon technique, French technique, use of the ice axe, ice screws, ice anchors and a review of crevasse rescue. The instruction for this part of the course takes place on snowfields and glaciers near Mt. Athabasca.

The fifth day of the course is usually a climb to the summit of a peak in Jasper Park. The course schedule may vary depending upon the weather.

We provide instruction and all the technical climbing equipment including ice axe, crampons, hardware, ropes, helmets and harnesses. If you own your own gear, feel free to bring it, but don't purchase anything special for this course without talking to us first. Often folks get carried away in an outdoor store and purchase unnecessary items before coming out. You will not need to purchase ANY of your own technical gear before the course begins.

We DO NOT provide climbing boots, rock shoes, day pack or clothing. Renting or borrowing rock shoes is a reasonable thing to consider for the rock portion of the course. We strongly recommend renting plastic mountaineering boots for the snow and ice portion of the course unless you have fairly stiff mountaineering boots with a good welt. Rock shoes and Mountaineering Boots can be rented at MEC in Edmonton or Gravity Gear in Jasper. Although lightweight hiking boots are great and recommended to travel to the rock climbing sites, they are not acceptable for the snow and ice climbing.

Be sure your clothing can handle the mountain environment, including heat, cold, wind, rain or snow, sun and insects. Since we are laying and sliding in the snow, you WILL get wet and cold. We are outside all day most every day, and the course will proceed in all but the most severe weather. The equipment checklist on our website may help you to prepare for the course.

You are responsible for your own meals, accommodation and transportation for the entire course. Be sure to prepare a bag lunch and bring water or other drinks (thermos?) for each day of the course, as we do not return to the vehicles for lunch.

We reserve the right to deny participation if, in the opinion of our staff, a participant is unfit or in any way a detriment to the safety of themselves or the group.

The meeting time and place for the course is 8:30 am on the first morning of each respective course at the Morro Slabs parking lot. This is located along Highway 16 east of Jasper where the highway crosses the Athabasca River. There is a PDF file available on our website detailing how to get to this location as well as how to book the various parks campsites. Look for one of three vehicles; white cargo van - CYM 044; black Toyota Forerunner - VE6 MTN; brown camper van - WJK 864. In case of emergency, you can try contacting us by cell phone on the first morning of the course at (780) 916-7951. Cell service is sporadic here. Try more than once.

Our website has basic information on how to find accommodations near our climbing sites. Our first two days will be spent east of Jasper between Jasper and Hinton. Common campsites that have been used by students in the past include Folding Mountain (outside of the park to the east of the park gates), Whistler (closest to Jasper) and Wapiti (next closest to Jasper) each of which have showers. More primitive camping is found at Pocahontas and Snaring Campgrounds. Motels and other accommodations can be found at the Folding Mountain Resort or in the townsite of Jasper.

Only book your accommodation for Friday and Saturday night as we will move to the Columbia Icefields area (often Wilcox Creek campground or the Columbia Icefields campground) for the last three nights of the Snow and Ice section of the course. Parks campgrounds at the Icefields do not accept reservations so it is best that participants have a quick supper in Jasper then drive

directly to the Icefields area to try to get a campsite. If you prefer a hotel there is only one, the Columbia Icefields Chalet.

You must have a valid Park Vehicle Group Pass or Personal Pass to attend this course, as we are traveling in National Park areas. Be sure to purchase one when you first enter the Park if you do not already have one.

If you have any further questions, please call or email us.

Sincerely

Cyril Shokoples EMT, IFMGA  
Chief Instructor / Mountain Guide

# **Intro To Mountaineering - General Course Overview**

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Notice: Course content subject to revision or modification without notice

## **Basic Rock Segment**

### **DAY 1**

- Introductions and waivers
- Equipment distribution
- Introduction to rope care and basic knots
- Introduction to basic equipment and harnesses
- Care of equipment
- Fundamentals of rope handling and belaying technique
- Climbing safety
- Introduction to bouldering
- Fundamentals of movement on rock
- Simple anchor building
- Belaying from above
- Removing protection pieces
- Top - roped climbing (from above)
- Introduction to rappelling and mechanical descenders (rappel devices)
- Introduction to prusiking
- Coiling and storing ropes

### **DAY 2**

- Multi-pitch rock climbing
- Introduction to routefinding
- Practice belaying from above
- Removing protection pieces
- Simple Anchor building and rappel set-up
- Top-roping set-up
- Top - roped climbing (from below)
- Belaying from below
- Refinement of basic rock climbing skills
- Refinement of belaying technique
- Refinement of rappelling technique
- Grading climbs & guidebooks

## **Intro To Mountaineering Basic Snow & Ice Segment**

### **DAY 1**

- Review of basic knots & roping up for glacier travel
- Review of basic equipment and harnesses (full body vs. seat?)
- Introduction to step kicking - cross over vs. box step
- Introduction to use of ice axe for self belay
- Introduction to snow anchors – deadmen / plates, T - slot, Saxon cross, pickets, ice axe
- Introduction to snow belays - running belays, dynamic belays, dubious belays!
- Introduction to self arrests - four basic attitudes
- Introduction to descending - retracing steps, plunge step, glissades
- Introduction to self arrests - four basic attitudes
- Introduction to self rescue - prusik systems
- Introduction to crevasse rescue - dropped loop – simple

### **DAY 2**

- Introduction to cramponing - French technique and related use of axe
- Introduction to cutting steps
- Introduction to ice anchors - screws, pitons, Abalakovs
- Introduction to 3 O'clock technique & front - pointing and use of one or two ice tools
- Practice of crevasse rescue - dropped loop - compound modification
- Introduction to Glaciers & crevasses - hazards and features
- Discussion of routefinding, pacing, hazard avoidance

### **DAY 3**

- summit climb of snow and ice route (weather permitting)