



Rescue Dynamics

5109 – 17A Avenue NW, Edmonton, Alberta, Canada T6L 1K5
(780) 461-5040 email: resquedynamicsinfo@telus.net
website: www.RescueDynamics.ca

This letter will serve to introduce you to the Intermediate Rock Climbing / Intro to Trad Leading Courses you expressed interest in. We have several Intermediate Rock Climbing courses this year. The dates for the courses are May 10, 11, 2008 or July 12, 13, 2008 or August 23, 24, 2008 (Saturday, Sunday). We are no longer taking applications for the May or July 2008 courses.

The cost of each course is \$300.00 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 \$15.00. 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.

The course content includes a review of movement on rock, knots, ropework, belaying, rappelling and safety topics. We also introduce you to protection and anchor systems including pitons, TCUs, Friends®, Camalots®, Rocks®, Hexcentrics®, TriCams®, bolts, equalization, opposition, rope handling and a host of other gadgets and techniques. Depending upon the size and experience of the group, we will also try to find an appropriate multi-pitch climb to complete. In order to get the most from this course you should review your knots and basic procedures before arriving. Instruction takes place on limestone cliffs and slabs in the Front Ranges in Jasper National Park.

We will provide instruction and all the technical climbing equipment including hardware, ropes, helmets and harnesses. (If you own your own gear, feel free to bring it.) We DO NOT provide climbing boots, rock shoes, day pack or clothing. Be sure your clothing can handle the changes in mountain environment, including heat, cold, wind, rain (or snow?), sun and insects. We are outside all day on both days, and the course will proceed in all but the most severe weather. The enclosed equipment list may help you to prepare for the course.

You are responsible for your own meals, accommodation and transportation for the entire course. Bring a bag lunch and water or other drinks for each day of the course, as we do not return to the vehicles for lunch.

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. Our website has a PDF file with a good description of the meeting place as well as information on accommodations in the area.

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.

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.

Sincerely

Cyril Shokoples EMT, IFMGA
Chief Instructor / Mountain Guide

General Course Overview

© Copyright 1999 Cyril Shokoples

Intermediate Rock

DAY 1

- Review of basic knots, equipment and harnesses
- Review of rope handling, belaying technique and mechanical belay systems
- Introduction to piton, chockstone and SLCD placement
- Introduction to belay anchor establishment – EARNEST, Cordelletes versus Equalletes
- Review and enhancement of techniques of movement on rock
- Top - roped leading – safe preparation for traditional lead climbing
- Review of rappelling and mechanical descenders
- Care of equipment
- Safety in climbing
- Review of 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
- Refinement of rock climbing skills
- Refinement of belaying technique
- Refinement of rappelling technique
- Practice leading on traditional "Gear" routes
- Introduction to mechanical ascenders at instructor's discretion
- Review of routefinding - 3Ms - Macro / Medium / Micro
- Safety in leading - multi-dimensional experiments and recipes for failure
- Grading climbs & guidebooks