

# Change Log 2018-2019

## General

### Program Rules

We have formally documented the Program Rules and they will be available as handouts, please give them a read-through. You shouldn't find anything surprising in the safety section but there are some important emergency procedures.

### Instructor Handouts

The Instructor Handouts have been renamed Volunteer Handouts (because we would like the Assistants to be familiar with these too). They have all been updated and there are many new ones. These are all available on the Rock Program website.

### Instructor Handbook

A new Instructor Handbook has been created that expands on the information in the Handouts. If you need a refresher on how we teach a certain skill or are wondering why we teach a certain way this is the place to look. This document is intended to be both a reference for existing Instructors and a complete walk-through of the curriculum for new Instructors. The sections in the Handbook are designed to correlate with the bullet points in the Handouts.

### New Textbook

The Student Textbook has been changed to Freedom of the Hills 9th Edition. This book covers many of the skills we teach in Rock Program the way we teach them unlike other available books on this topic.

## Belay & Anchors Saturday

### Top-Rope Anchor Acronym

Freedom of the Hills has change the acronym for anchor building from "SRENE" to "SERENE". The extra "E" is for "Efficient" (and I've also heard people say "Expedient").

The general idea is that the anchor should take a reasonable amount of time and equipment to build. You may not be able to build something that is absolutely perfectly equalized with absolutely zero extension every time, nor should you waste lots of time building an overly-complex anchor trying.

You can emphasize this point when Students try to use an entire gear bag's worth of material to build an anchor when they could probably accomplish the task with a static rope and 2 locking biners.

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## Top-Rope Anchor Materials

Please ask Students to use natural protection when building their top-rope anchor, i.e. rocks and trees, rather than all the weird metal stuff at the Quarries. There aren't many other climbing areas sprouting metal rods so Students should be trained to use what they will be more likely to find "in the wild".

## Lowering from a Top Belay

In keeping with current AMGA requirements some additional steps are required when lowering from the top with a münster hitch or grigri:

When lowering from the top with a münster hitch the brake strand must be backed up with a friction hitch (e.g. autoblock). This is shown in this video starting at 2:17:

<https://www.youtube.com/watch?v=FMtt0K4P5D8>

When lowering from the top with a grigri the brake strand must be redirected. This is shown here starting at 0:57. Instead of the fancy specialty carabiner shown in the video this can be done with a regular carabiner higher up on the anchor:

[https://www.youtube.com/watch?v=F\\_f61vUEXTo](https://www.youtube.com/watch?v=F_f61vUEXTo)

## Knots

The Double Fisherman's Bend and Autoblock must now be taught on this day in order to make the brake strand backup for lowering on a münster (previously these were taught on Rappel weekend).

## Belay and Anchors Sunday

### Knots

The Barrel knot has been formally added for use as a stopper knot. This was in the Student Handbook, appeared in a few other places, and many Instructors taught it but didn't have its own checkbox in the Green Book, it does now. It should be shown as part of the lead belaying process for "closing the system" as an alternative to tying in to the harness.

## Rappel Weekend

### Belays

Top rope belays are no longer required for rappels. Instead all rappels must be backed up by a fireman's belay and an Instructor or competent Assistant must closely inspect the Student's rappel system before they disconnect from the anchor.

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## Knots

The Barrel knot has been formally added for use as a stopper knot (see Belay & Anchors Sunday for details) so Students should be familiar with it already. This should still be shown for knots in the end of rappel lines this weekend.

Unlike previous years, the double-fisherman's bend and Autoblock will have been introduced on Belay & Anchors Saturday as a friction hitch will now be necessary for lowering from the top (see Belay & Anchors Saturday for details). The Double Fisherman's Bend knot should still be shown as a technique for joining 2 ropes together and the Autoblock will be used to back up rappels as usual.

## Ascend Weekend

### Ascending Materials

We want Students use the gear they have with them for the ascending system (i.e. their prusik cord for the waist loop and their anchor sling for the foot loop) rather than using slings from the gear bags. This is to emphasize that this is a self-rescue technique that can be done with the gear on-hand.

### Ascending Knots

While we want Students to try various friction hitches (prusik, bachmann, etc.) and they should be encouraged to do so we should emphasize that they are interchangeable and the klemheist is likely to be their go-to knot if they ever need to ascend "in the wild". This is because it is easier to move than a prusik and doesn't require the extra carabiner of a Bachmann.

The Klemheist and Bachmann are required to be taught, the Prusik is optional, and any hitches can be used during the Students' ascend practice.

### Passing a Ledge

Instead of passing a ledge by tying a 3rd friction hitch above the ledge we are moving to a technique where the foot loop is temporarily re-tied above the ledge, used to unweight section of the rope passing over the ledge while moving the waist loop, and then re-tied back below the waist loop.

This is in keeping with the theme of simplifying the ascending process and minimizing the amount of gear that is required for this self-rescue technique.

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## Start Position

For the Students' first ascent we are changing the starting position. Rather than ascending a pair of ropes from the ground we want the Students to start dangling from a single fixed strand by a harness tie-in knot.

This more accurately simulates the real-world scenario where this skill will be used: a climber who has fallen under an overhang and can't get back on the rock.

You may find that it is difficult or impossible to make any initial progress away from the tie-in knot with the friction hitches in the normal orientation (waist loop above foot loop) as this may effectively short-rope the ascender. The foot loop hitch can be placed above the waist loop hitch for the first few moves to avoid this problem after which it can be moved back below the waist loop hitch.

## Graduation Weekend

### Knots Station

The Graduation weekend knots station can and should ask both "what is this knot used for" and "what knot would you use for this task".

The list of knots has been updated to reflect the current curriculum.

## Top Rope Anchor Station

### Top-Rope Anchor Acronym

Freedom of the Hills has change the acronym for anchor building from "SRENE" to "SERENE". The extra "E" is for "Efficient" (and I've also heard people say "Expedient") which is equivalent to the "T" for "Timely" in the "ERNEST" system if anyone is familiar with that.

The general idea is that the anchor should take a reasonable amount of time and equipment to build. You may not be able to build something that is absolutely perfectly equalized with absolutely zero extension every time, nor should you waste lots of time building an overly-complex anchor in an attempt to do so. "Good enough" will do.

### Top-Rope Anchor Materials

Please ask Students to use natural protection when building their top-rope anchor, i.e. rocks and trees, rather than all the weird metal stuff at the Quarries. There aren't many other climbing areas sprouting metal rods so Students should be trained to use what they will be more likely to find "in the wild".

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## Program Climbs

### Program Belay Sign-Offs

We re-emphaize that only Instructors can sign off on Program Belays (Assistants can still sign off on Program Climbs) however this year Instructors can formally deputize Assistants to observe Program Belays while they are working together. This is detailed in the Program Climbs volunteer handout.

### Trad Follows

Students are instructed to go to the M Wall top-ropes in the afternoon if they need to do Trad Follows and Instructors or their Belay Coaches should go here to recruit Students. We suggest sending the Belay Coach to recruit a new Student as soon as the previous Student leaves the ground to follow their Leader.