

# Earth Treks, Inc.

## Rock Climbing Instructor Development Seminar

There has long been a need in the outdoor/adventure education field for continuing development in institutional climbing instruction. Locally this need became even greater when the State of Maryland passed a law requiring all summer camps to have qualified staff on site during adventure activities. In 1993, the State contacted Chris Warner of Earth Treks and asked him to design such a program. Chris teamed up with Syl Mathis of the Voyageur Program, to design a certification program. The content for this program comes from their work with organizations like Outward Bound, NOLS, the EMS Climbing School, the Association for Experiential Education, the American Mountain Guides Association, and dozens of university, high school and non-profit outdoor programs. This program is recognized by the State of Maryland, and successful completion meets their criteria for staff leading climbing programs in a Maryland youth camp.

The intention of this program is to assist climbing instructors in their development within the field. The primary focus will be placed on sharing the common peer practices of the field with the participants.

### Rock Climbing Instructor Development Seminar

This skill intensive seminar is designed to prepare experienced rock climbers and climbing instructors for work with institutional climbing programs. The primary focus will be to share the common peer practices of the field with the participants. Topics will include top rope anchors, rappel anchors and managing rappel stations, proper use of equipment, basic rescue techniques, and teaching techniques. Students are expected to have a high level of personal climbing experience before taking this course. **General exposure and knowledge of climbing, knot tying, belaying, and top rope anchoring is required.** Additional courses can be taken prior to this seminar to meet these prerequisites. If you are in doubt about your skills and abilities, please contact Earth Treks.

2019 Dates: May 15-16

Price: \$225

Location: Carderock, MD

*Classes start at 8:00 a.m. and end at 5 p.m. each day. Participants should plan on staying at Carderock beyond 5pm as needed to practice the skills they have learned.*

### Rock Climbing Instructor's Certification Exam

This one-day exam will test your knowledge of the following:

- Common peer practices in the field of climbing instruction.
- Proper use & scope of knowledge of climbing equipment and the tying of knots.
- Ability to teach climbing related skills and to structure the climbing day.
- General knowledge of climbing.
- Building top rope anchors (based on industry standards). This will be a timed exercise (15 min.).
- Building rappel stations and managing a rappel station.
- Understanding the responsibilities of the climbing staff.
- Basic rescue skills.

The exam will consist of written tests, practical exercises and teaching demonstrations.

2019 Dates: May 17

Price \$105

Location: Carderock, MD

*Exam starts at 8:00 a.m. and ends at 4 p.m. (Be prepared to go longer if necessary)*

*Non-refundable payment in full is required at time of registration. Rescheduling of a course must be done at least 10 days prior to the course date. Earth Treks will be unable to reschedule if informed less than 10 days prior to the course.*

**Please mail necessary paperwork to:**

**Earth Treks, Inc.  
Attn. Instructor Development Course  
725 Rockville Pike  
Rockville, MD 20852**

***www.earthtreksclimbing.com 1-800-CLIMB-UP***

**What to Bring:**

- Day pack.
- Lunch and snacks.
- Water (at least two quarts)
- Notebook and pencils.
- Clothing for a variety of weather conditions. The area tends to be cool in the morning and warm up considerably throughout the day. **Rain gear is mandatory** as the program runs rain or shine.
- Crazy Creek Chair

**Climbing Equipment:**

Participants should bring the following personal climbing equipment as well as the listed anchor materials. Make sure your equipment is easily identifiable. Please notify Earth Treks if you are unable to provide your own equipment so we can accommodate you. Supplementary gear and ropes will be provided.

- Harness.
- Helmet.
- Approach and climbing shoes.
- One autoblock loop and 120 cm sewn runner on a non-locking carabiner
- 2 sections of 18'-25', 7 mm cord or 5.5 mm high strength tech cord.
- Gri Gri or Guide style belay device
- 5 locking carabiners (at least 1-2 pear shaped, 4 D shaped)
- Anchor Materials (2-3 pieces of static line 25'-40' long or one long piece of static at ~75'), and climbing ropes. Bring one full set up including a climbing rope.

**Recommended Reading:**

The following texts may be a good resource for pre-course review.

- Rock Climbing: AMGA Single Pitch Manual, published by Falcon Press
- Rock Climbing: The Mountain Guide Manual, published by Falcon Press
- Mountaineering: Freedom of the Hills, published by the Mountaineers
- Climbing Anchors, published by Falcon Press
- How to Rock Climb, published by Falcon Press

**Directions to Carderock, MD****Coming from the South:**

- Take 495 (Washington Beltway) towards Rockville, MD. Cross the Potomac River on the American Legion Bridge, stay in right hand lane to exit at the end of the bridge.
- Take Exit 41 (Carderock, Clara Barton Parkway), bear left at the fork onto Clara Barton Parkway West.
- Take your first exit (approx. 1 mile, look for brown exit sign). At top of ramp turn left. Follow winding road to a "T" intersection (approx. ¼ mile). Turn right. Follow road until it ends at the climber's parking lot (approx. ½ mile).

**Coming from the North:**

- Take 495 West (Washington Beltway) towards Northern Virginia.
- Take Exit 41 (Carderock), you'll only be able to go one direction.
- Take your first exit (approx. 1 mile, look for brown exit sign). At top of ramp turn left. Follow winding road to a "T" intersection (approx. ¼ mile). Turn right. Follow road until it ends at the climber's parking lot (approx. ½ mile).

Upon your arrival, look for Earth Treks' instructors. We usually park near the 15-foot-tall rock outcropping; approximately 50 feet left of the restrooms.

**Earth Treks, Inc.**  
**Rock Climbing Instructor Development Seminar**  
**Participant Bio Sheet**

**Please complete this form and mail it to the address below.**

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Phone: (w) \_\_\_\_\_ (h) \_\_\_\_\_

Email: \_\_\_\_\_

Agency you are/will be teaching climbing for: \_\_\_\_\_

Agency Address: \_\_\_\_\_

\_\_\_\_\_

Agency Supervisor Email: \_\_\_\_\_

Agency Supervisor Phone: \_\_\_\_\_

Is the agency operating a youth camp in Maryland:            YES            NO

Years of climbing experience: \_\_\_\_\_

Years of teaching experience (Not limited to climbing instruction): \_\_\_\_\_

Are you currently certified in CPR? \_\_\_\_\_

Are you currently certified in 1st Aid? \_\_\_\_\_

Which level of 1st Aid training? \_\_\_\_\_

***Current Basic First Aid and CPR are required for valid certification, but not required prior to the seminar/exam.***

What additional 1st Aid or climbing skills trainings have you participated in? (ex: vertical rescue):

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Briefly describe your personal climbing experiences (list climbs & climbing areas):

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Briefly describe your teaching background (include the names of any organizations you have worked for):

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

How does being a climbing instructor fit into your long-term goals?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# Rock Climbing Instructor Development Seminar Pre-Course Skill Assessment

Name: \_\_\_\_\_

Course Dates: \_\_\_\_\_

Please complete this personal assessment form and return it to Earth Treks prior to your course date. This tool allows the course instructors to evaluate what skill level their incoming students have and to adjust the curriculum to meet the unique needs of each student and the group. This assessment will not affect your exam grade in any way. General exposure and knowledge of climbing, knot tying, belaying, and top rope anchoring is required for participation in this course.

Please use the following scale to assess your proficiency for each skill: "0" indicates no knowledge of this skill. "1" indicates limited exposure to the skill- not proficient. "2" indicates solid knowledge and ability to perform skill regularly with minimum prompting. "3" extremely proficient with this skill.

## KNOTS:

double bowline	0	1	2	3
running bowline	0	1	2	3
double fisherman	0	1	2	3
prussik knot	0	1	2	3
back up or keeper knot	0	1	2	3
girth hitch	0	1	2	3
half hitch	0	1	2	3
figure 8 retrace	0	1	2	3
figure 8 on a bight	0	1	2	3
water knot	0	1	2	3
klemheist	0	1	2	3
tensionless knot	0	1	2	3
munter hitch	0	1	2	3

## GEAR (use, strength, maintenance, limitations):

Carabiners	0	1	2	3
belay devices	0	1	2	3
ropes	0	1	2	3
harnesses	0	1	2	3
helmets	0	1	2	3
webbing	0	1	2	3

## TECHNIQUES:

belaying with a standard belay device (aka ATC)	0	1	2	3
belaying with a munter hitch	0	1	2	3
rappelling	0	1	2	3
anchoring top ropes	0	1	2	3
anchoring rappels (releasable systems)	0	1	2	3
belay escapes	0	1	2	3
climbing techniques	0	1	2	3
climbing/belaying calls	0	1	2	3

## SITE MANAGEMENT:

assessing site hazards	0	1	2	3
assessing evacuation routes	0	1	2	3
establishing safety zones	0	1	2	3

## TEACHING CLIMBING:

articulating goals of a climbing session	0	1	2	3
establishing safety standards	0	1	2	3
teaching belaying	0	1	2	3
teaching climbing	0	1	2	3
teaching rappelling	0	1	2	3

