

INSTRUCTOR HANDOUT

OPTIONAL WEEKEND

Guidelines:

- No instructor/assistant soloing.
- There is a first-aid kit and stretcher available in the weekend leader car near the cliff.
- Instructors and students should be anchored on top of the cliff whenever near the edge.

Every Student Should:

- Have opportunity to set-up to top ropes and climb/belay.
- Have opportunity to learn different climbing techniques such as crack, layback, stemming, etc. on different types of rock.
- Have opportunity to practice knots: rewoven figure 8 with half fisherman backup; figure 8 on a bight, bowline; girth hitch; clove hitch; double fisherman; water knot; auto-block; klemheist.
- Have opportunity to make-up missed instruction sessions.

Equipment:

- One gear bag per instructor
- Harness(1/person)
- Shoes (optional, 1 pair/student)