

**American Alpine Institute
Military and Government Training Program**

Rock Climbing Itineraries and Curriculums

Rock Climbing for Government Agents Level I – Basic Technique

Day One:

- Meet your guide at the program location at 8:00am.
- Selection, use and care of climbing gear.
- Introduction to basic knots and hitches. Knots to be covered will include but not be limited to the figure-eight follow-through and the clove-hitch.
- Introduction to climbing commands and belay technique.
- Develop an understanding of climbing grades.
- Develop techniques for climbing beginner and intermediate rock climbs.

Day Two:

- Review knots from the previous day and then continue the development of your knowledge of knots by learning the figure-eight on-a-bite, the munter-hitch, the overhand, the water-knot, the barrel knot and the autoblock hitch.
- Introduction to climbing guidebooks and route topos.
- Learn how to place and remove both passive and active rock protection.
- Introduction to the concept of SRENE and 12-point anchors.
- Develop the skills to build both pre-equalized and self-equalizing anchors.
- Learn how to set up simple top-ropes using bolts.
- Practice and discuss bouldering technique in an outdoor environment.
- Introduction to basic rappelling technique.
- Continue the development of movement skills for intermediate rock climbs.

Day Three:

- Review knots from the previous days and then continue the development of your knowledge of knots with the double-bowline, the double-fisherman's knot, the mule-hitch, the klemhiest, and the prussik-hitch.
- Learn how to use traditional climbing gear to set up a simple top-rope anchor.
- Develop the skills to belay a lead climber.
- Learn how to follow a route that has been lead with traditional gear and clean the equipment off the route as you climb.
- Develop advanced techniques for rappelling.
- Continue the development of movement skills for intermediate rock climbs.

Day Four:

- Review all of the knots and hitches from the previous days.
- Use traditional climbing gear to set up a complex top-rope anchor.
- Learn how to use a static rope or webbing to set up a multipart top-rope anchor.
- Practice the rappel techniques that have been developed over the preceding days.
- Continue the development of movement skills for intermediate rock climbs.

Rock climbing for Government Agents Level II - Leadership**Day One:**

- Meet your guide at the program area in the morning (8:00am or 11:00am depending on location and date)
- Selection, use and care of traditional gear
- Discuss traditional racking techniques
- Practical applications of both passive and active protection
- Introduction to traditional anchors for leaders
- Practical applications of different lead belays
- Introduction to the autoblocking device
- Introduction to simple rescue techniques

Day Two:

- Introduction to multi-directional anchors
- Introduction to anchor and rope management
- Practical work in a mock multi-pitch setting
- Practical work in a mock single pitch setting

Day Three:

- Techniques for cleaning anchors and rappelling
- Techniques for rappelling a multi-pitch line
- Discussion of lead climbing strategies, both physical and mental
- Guided example of a short multi-pitch line
- Practical leadership work in a single pitch setting

Day Four:

- Discussion of fall factors and how they apply to the leader
- Practical leadership work in a multi-pitch setting
- Practical leadership work in a single-pitch setting

Rock Climbing for Government Agents Level III – Self-Rescue

Day 1 – Systems on the Ground:

- Self-Rescue Hauling - 2:1, 3:1, 5:1, 6:1
- Pulley Systems
- Load Transfers
- Lowering Systems - with a munter-hitch, super-munter, tube-style device, and autoblocking device
- Anchor Systems
- Rope Climbing Techniques - with a friction-hitch system, with an autoblocking device, with an assisted breaking device
- Belay Escapes - off an autoblocking device and off the body
- Passing Knots
- Multi-Pitch Descents with a Patient
- Pick-Offs - patient pickoffs for self-rescue
- Rappelling - classic rappel, extended rappel, tandem rappel, and counterbalance rappel techniques
- Knots - figure-eight family, overhand, double-overhand-on-a-bite, bowline, double bowline, long-tail bowline, butterfly
- Bends - double-fisherman's, overhand flat bend, water bend
- Hitches - prusik, kliemheist, autoblock, clove, munter, and garda
- Load Releasable Hitches - munter-mule

Day 2 – Vertical Practice:

- Repeat all of the preceding, but in a vertical environment. The systems often seem relatively easy on the ground, but complex in a vertical environment.

Rock Climbing for Government Agents Level IV - Aid Climbing

Advanced Aid and Free Climbing Skills:

- Selection & use of personal equipment for an aid climb including specific ropes, harnesses, & equipment
- Design concepts, selection & use of technical equipment for mixed aid & free climbing
- Advanced rigging for multi-pitch climbing
- Use of big wall gear & equipment including etriers, daisy chains, mechanical ascenders, haul bags, portaledges, leeper cams, hooks & an assortment of other gear
- Use of fixed lines
- Strategy for multi-pitch aid or mixed climbs
- Strategies for multi-pitch descents
- Techniques for hauling, big wall bivies, & for pendulums
- Clean aid climbing techniques
- Complex hauling systems
- Management of hanging belays
- Strategies for multi-day routes

Objective Hazards Evaluation & Self-Rescue Skills

- Evaluation & prediction of mountain weather patterns
- Introduction to the assessment of natural hazards
- Individual & team crevasse rescue techniques

Leadership Skills

- Technical & personal functions of individuals on an ascent: roles & responsibility
- Problem solving: gathering appropriate data & assessment techniques
- Evolving leadership roles: individual leadership vs. collective decision making