

AMERICAN ALPINE INSTITUTE

International Mountain Day
Northwest Weather and Avalanche Center Benefit
December 7 – Bellingham/December 14 – Everett

Rock Rescue



Registration and Planning
Handbook

International Mountain Day **Rock Rescue Clinic**

The Clinic

On December 7th and on December 14th, American Alpine Institute guides will be running two two-hour rock rescue clinics. In Bellingham on December 7th, these clinics will take place at Vital Climbing Gym and in Everett, on December 14th, these clinics will take place at Vertical World. The market value of these clinics exceeds \$70. As a benefit for the Weather and Avalanche Center, we will be asking for “pay-what-you-can” donations with a recommended donation of \$25 per climber.

For every \$5 that you donate, you will get a raffle ticket. We will have a drawing in the evening at our Avalanche Awareness Seminar for prizes. If you cannot make the evening event, please write your contact information on each ticket. We will let you know if you win a prize and you will be able to pick it up at our office.

Pizza and beer will be available at 6pm for the evening Avalanche Awareness seminar. We will begin our avalanche awareness program at 7pm. After the program there will be a live auction and a raffle. Pizza and beer will be complimentary with the purchase of raffle tickets.

Courses will run from 12:30-2:30pm and 3:00-5:00pm. Pre-registration for the clinics is available at our website, www.alpineinstitute.com. Space is limited, so please pre-register in order to secure a space.

All profits from these courses will be donated directly to the Northwest Weather and Avalanche Center to help them continue to run their vital function as avalanche forecasters.

Overview of Rock Rescue

Imagine a rock leader taking a fall and breaking an ankle. You want to lower him, but you don't have enough rope. Imagine taking a family member out who has never climbed before. He gets half-way up a top-rope problem and freezes. He won't climb up or lower down. Imagine your partner, whipping under a roof that you lead. He can't reach the wall and can't get back on the route. He's stuck.

Each of the preceding problems could happen to any climber anytime, anywhere. If you are not prepared to deal with these issues, a minor epic could easily evolve into a full on situation where somebody gets seriously hurt or dies. Rock rescue is an absolutely essential skill.

Our rescue courses address what you can do with the minimal gear that you normally carry in the mountains. In other words, we want climbers to be able to do most of the things that a Search and Rescue crew might do with a large amount of gear and helicopter support, with nothing more than a rack and a rope.

Rescue skills should be thought of as a spectrum. On one end of the spectrum is the climber who can't pull a move and needs his partner to rig a quick hauling system for assistance. On the other end of the spectrum is the seriously injured climber who needs to be lowered down tricky multi-pitch terrain with a lot of assistance. There is a tremendous amount of material in the entire spectrum of rock rescue and only a small amount of it can be addressed in a two-hour session.

Rock rescue is a life long learning process. While you may only get the basics in this clinic, serious climbers should consider yearly training in rescue skills. You never know when you will need to use this material and the more knowledge you have, the better the outcome will be in any real rescue situation.

Directions

Vital Climbing Gym is located in downtown Bellingham. The address and phone number are as follows:

1421 N State Street
Bellingham, WA 98225
(360) 399-6248

Vertical World Everett is located in downtown Everett. The address and phone number are as follows:

2820 Rucker Avenue
Everett, WA 98201
(425) 258-3431

Equipment Requirements

We will be working in a rock gym, so dress appropriately. If you do not have some of the equipment listed, please let us know ahead of time and we will try to bring extra to accommodate you.

- Harness (A harness with a belay loop is strongly encouraged.)
- 5 Locking Carabiners
- 6 Non-Locking Carabiners
- Tube Style Belay Device (If you have an autoblocking device like a Guide XP or a Reverso, please bring that.)
- Petzl GriGri or Trango Cinch (Optional - please bring if you have one.)
- 2 Shoulder-Length Slings
- 2 Cordelletes (6-7 mm, 18-21 foot pieces of accessory cord)

Prerequisite Knots

Climbers who have a basic knowledge of the following knots will find their two-hour clinic the most productive. If you don't have this knot knowledge, we will spend the time to teach you the knots, but it may cut into the number of rescue techniques that we can cover.

- Figure-Eight Follow-Through
- Figure-Eight on a Bite
- Overhand Knot
- Clove-Hitch
- Munter-Hitch
- Mule-Hitch
- Kliemhiest Hitch
- Prussik Hitch
- Patagonia Bend (AKA Overhand Flat Bend, EDK)

Rescue Techniques to be Covered

1. Belay escape from an indirect belay.
2. Lowering past a knot.
3. Autoblocking device lowering systems.
4. Simple hauling systems with a GriGri and an autoblocking device.
 - 3:1
 - 3:1 Assist
 - 6:1

Questions

For technical or logistical questions about this course, how it will be run, or its location, please contact Jason Martin at jason@alpineinstitute.com or call him at 360-671-1505.

For equipment questions or purchases, please contact the Equipment Shop at the American Alpine Institute at info@guideschoice.com or at 360-671-1570.

For more information about our regular rock rescue programs, please log onto our website at www.alpineinstitute.com.