

Advanced Mountain Day School Guides' Outline

8:00 a.m. Meet the group, read off the team list, do introductions. Read over the equipment list to the group: <http://www.mountainguides.com/rnr-school-gear.shtml>

Each participant will need clothing appropriate for the day, waterproof outer layers, protective gloves, gaiters, boots, sunglasses, sunscreen, water, lunch, helmet, harness, two locking carabiners and one non-locker, crampons and ice axe. Have everyone apply sunscreen, fill water bottles and get set for the day.

The guide must bring similar gear, plus first aid kit, radio and several blue bags for the team. Go over rental needs and rent all gear needed.

Double check that all have sunglasses, water, ice axe, crampons and gloves before you depart. An early departure is key to getting this program on track with the time schedule. Have all guides participate in preparing the group and depart HQ as early as possible, preferably by 8:30 a.m.

9:15 a.m. At Paradise allow the group to use the facilities. Meet at the trailhead and hike up to Lower Nisqually. Before starting out review and discuss LNT concerns, staying on the trail, allowing other hikers to pass on the trail, and staying off all vegetation.

- Primary training ground is the Lower Nisqually, but in early/late season conditions, other options may be preferable. Lower cornice below Pan, east side of Alta Vista, upper cornice at Golden Gate.
- Keep in mind, the primary focus of this course is to give customers skills for climbing steep snow and ice as well as transitioning on and off snow/ice anchors.

10:45 a.m. Arrive at the Nisqually Glacier moraine. Congregate the group at a good spot on snow and remind them to stay off rock and vegetation. Allow for a close by spot yet out of sight for use of blue bags. Demonstrate rest break procedure. Have the group put on long sleeves, gloves, long pants and more sun screen. Packs will be carried from training area to training area throughout the day.

11:00 am Review harnesses and proper use. Talk about different types of harnesses and how they are applied. Review knots such as figure eight, butterfly, clove hitch, munter and whatever else is appropriate for the group. Additional considerations include bowline, bowline on a coil, prussik, double fisherman's and water knot for webbing.

Rope up and prepare for glacier travel across the lower Nisqually. Review and demonstrate different techniques for rope intervals, i.e. kiwi coil, butterfly coil, gasket coil, and long to short transitions. Practice as you head to a training site on the Lower Nisqually.

11:30 a.m. 1/2 hour break for lunch or continue training as desired. During lunch discuss details of an average climb on the Kautz, including gear list, route, schedule, and safety considerations. A question and answer period is often useful.

12:00pm Review anchor building. How we use different snow and ice anchors on the route. Go through lowering one client then progressing on to multiple client lowers. Talk about

safe techniques for descending steep snow and ice. Introduce multi-pitch climbing. Talk about different belay techniques. Have clients belay one another on low angle terrain.

1:30 p.m. Discuss steep snow/ice climbing techniques; starting with French technique as the main skill, but transition in to front pointing, keeping weight over feet, etc. Belay from the anchors already established.

2:00 p.m. Now add ice tools and discuss different climbing techniques; self belay, high/low dagger, how to swing an ice tool on steep ice (“throwing darts” analogy; wrist flick, leash vs. leashless, efficient swing, not overdriving or over gripping tool, triangle stance (Will Gadd style efficient climbing), etc... Key for this session will be finding a proper training site with steeper, firm glacier ice or snow. A roll in the middle of the glacier or exposed slope of ice is preferred.

3:00 p.m. Discuss transitioning on and off anchors as well as anchor deconstruction and racking of screw/ pickets. Do several mock pitches to practice smooth transitions and anchor deconstruction; Discuss climbing communication(on belay accompanied by 3 sharp tugs if verbal communication is difficult, use name in conjunction with commands. Clear, concise communication is crucial to prevent time loss due to client confusion.

Allow sufficient time to hike back from the Nisqually to Paradise, arriving no later than 5pm.

6:00 pm Back at Headquarters, end of trip.

Early season option: Train near Panorama Point taking advantage of the Lower Cornice below Pan. Another option is the Upper Cornice at Golden Gate. It may not be worth hiking down to the Nisqually if conditions are not suitable for training. Make sure to explain this to the group in advance so they understand the choice to opt out of hiking the extra distance to the Nisqually.

Poor weather option: end earlier, 4:00 p.m., return to Ashford by 5:00 p.m. and do a question and answer session or further knot and rope handling skills at HQ.