

ARTIFICIAL TO OUTDOOR 'THE ART OF MAKING THE TRANSITION'

A CWA Summit Workshop Outline

Introductions and Background

Pat Mackin is the Director of Instruction and Guiding for Vertical Endeavors and an AMGA Guide. Pat has been climbing for 28 years and 16 years as a professional.

Donna and Jerome Story

A story of an example of a mentored transition and the rewards of playing a role.

Mentoring and philosophies of transition

Back in the day before indoor climbing gyms and formal instruction, aspiring climbers sought out an experienced climber to learn about the sport. This significant tradition continues as climbing instructors and guides mentor customers through the transition from indoor to outdoor.

- 1) Objective hazards and terrain.
- 2) Ethics.
- 3) Leave no trace philosophies and responsibilities.
- 4) Land manager awareness and concerns.
- 5) Sharing the resource and common courtesy.
- 6) The tradition of self-policing (local climber coalitions, the Access Fund, climber-sponsored crag clean-ups, monitoring and replacing fixed anchors, etc.)
- 7) Approaches, methods of descent, and retreat philosophy.
- 8) Back country awareness (hazards, permits, regulations, departure notification, weather considerations, risk management and rescue, acclimatization, hiking, 3rd and 4th class climbing).
- 9) First aid knowledge.
- 10) Fitness and training.
- 11) Self study (Freedom of the Hills, Anchors by John Long, climbing magazines, websites etc.)
- 12) Picking a partner.
- 13) Continuing the tradition and developing as a mentor to others.

Providing fundamentals in the indoor climbing facility.

A climbing facility is a great way to introduce and promote proper foundations for the climbing process and safety protocol.

- 1) Donning a harness and manufacturer's recommendations.
- 2) Knot tying.
- 3) Belaying technique.
- 4) The importance of safety checks as a ritual.

5) Movement fundamentals.

Advanced indoor programs

As a customer advances, programs for aspiring climbers are available indoors and are part of a natural progression of skills from indoor to outdoor.

- 1) Sport Lead climbing and lead belay.
- 2) Advanced technique and training concepts.
- 3) Bouldering and being an effective spotter.

Lessons, clinics and work-shops

Many outdoor climbing processes can be taught in an indoor facility.

1) Rappelling

- a) Alert the customer to the inherent dangers of rappelling.
- b) Proper use of a lanyard and anchor attachment.
- c) Rappel set up and double check.
- d) The Rappel process.
- e) Knots (tying two ropes together and stopper knots in the ends).
- f) Commands.

2) Indoor Sport Lead to Outdoor / Making the Transition

- a) Ethics, environmental concerns and common courtesy at the crag.
- b) Rope Transfer and Alternate Methods.
- c) 3rd Rope Retreat.
- d) Guidebook interpretation.

3) Belay Systems and Anchor Station Management

- a) Philosophy of having a working knowledge of multiple systems.
- b) Anchoring materials and methods.
- c) The Anchor as a workstation philosophy.
- d) Choice of belay systems and introductions to new tools and uses.
- e) Lanyards and rope attachment methods.
- f) Efficient lead change.
- g) Racking methods.
- h) Other tips, tricks and concepts.

3) Escape the Belay and Partner Rescue

- a) The process of escaping the belay.
- b) Examining the rescue process.

Revenue Stream

This natural progression of skills creates a motivation for aspiring customers to make educated purchases to achieve their goals.

- 1) Equipment.
- 2) Technical clothing.

- 3) Lessons / Indoor and Outdoor.
- 4) Clinics.
- 5) Guided trips.

Facility Sponsored Programs

An indoor facility can provide a great inspirational forum for climbing professionals to share their knowledge and experiences.

- 1) Slide shows.
- 2) Arno Ilgner "The Rock Warrior's Way".
- 3) Eric Horst, Andy Raether, Lynn Hill guest clinics.

Conclusion and Discussion