

INTRO TO ROCK



Thank you for choosing Island Alpine Guides for your introduction to rock climbing. This package contains important information to help you prepare, including a complete equipment list.

If you have any questions at all, please don't hesitate to contact us by email at info@islandalpineguides.com or by telephone on (250) 400-2870.

We hope you find the course enjoyable and informative.

Jan Neuspiel
Director/Guide
Island Alpine Guides

CURRICULUM

The goal of our two-day Intro to Rock is to give you all the skills you need to top-rope climb safely on your own. Top-roped climbing is the entry point to more advanced lead climbing on rock and, for some, ultimately climbing on rock in the mountains.

On day one, we'll introduce you to the main equipment involved, including selecting it, purchasing it and caring for it. We'll start off by teaching you some of the basic movement skills on rock to get you moving more efficiently and effectively. Next we introduce the rope: tying in, belaying and climbing on a top rope. Aside from the technical systems aspect of this section of the course, we'll continue with more coaching of your movement skills on rock. Anchor building comes next starting with simple anchors made from trees and bolts. Having built your first anchors we'll teach you how to rappel safely from the anchors you have just built! We'll start the second day of the course by making the anchors more complex using removable protection. At this point, having covered most of the technical curriculum, we spend the remainder of the day with students choosing appropriate climbs, safely setting up their own anchors and then top-roped climbing on these anchors, all the while getting continued coaching of movement skills. Putting it all together like this allows instructors to evaluate your progress, providing students with the confidence to go out and pursue suitable objectives on their own after the course.

TYPICAL SCHEDULE

The course typically runs 9am – 5pm on day one, and 8am – 3pm on day two. There are no evening sessions.

LOCATION

If your course is being held at Crest Creek or Comox Lake, the description of those locations follows. If your course is being held at another location, we will send you an email with the details.

Crest Creek

We will meet at the Crest Creek crags main parking lot at 9am on day one of the course. Take highway 28 through Strathcona Park towards Gold River. About 4km before you leave Strathcona Park and about 15km from Gold River you will cross Crest Creek (just after passing the Crest Mountain trailhead and Crest Lake). About 100m after crossing the creek, there's a signed turning on the left for Crest Creek crags climbing area. Turn left onto a gravel road and double back the direction you have come from for about 100m to the parking lot. There are campgrounds in Strathcona Provincial Park and motels and restaurants in Gold River, about 15 minutes drive west of the climbing area. If you wish to reserve a campsite at Buttle Lake you can do so [here](#).

Comox Lake

We will meet at the [Cumberland Lake Park Campground](#) parking lot at 9am on day one of the course. Take exit 117 (the main Comox Valley exit) off the Inland Island Highway to head into the village of Cumberland. When you reach the main street (Dunsmuir Avenue), turn right to continue west right through the village until a sign points to the left turn to go to Comox Lake. Take that road all the way to the end, passing through the yellow gate, which is the entrance to the campground.

TRANSPORT, FOOD & TENTING

Transport, food and tenting logistics are the responsibility of course participants. We'll send out a group email approximately 1 week out from the course start date to put participants in touch with each other to facilitate organisation of these things if desired.

CLOTHING & EQUIPMENT

We can provide a harness, helmet, carabiners, belay devices and rock climbing shoes to anyone who requires them. Please get in touch to let us know if you need to borrow any of these items. All other

group technical gear (ropes, slings, carabiners, protection etc.) will be provided by us. If you do have rock climbing gear of your own, we encourage you to bring it along in order to learn more about the gear you already have.

You should come in comfortable, loose-fitting clothes that allow you to move freely. Pants should not be too baggy at the ankle so you can see what your feet are doing! Bring plenty of warm and waterproof clothes in case the weather is not cooperating. Bring your lunch and snacks each day and plenty of liquids to drink. If you're planning to camp out, then you will of course need all of your camping gear and food. (The nearest food store to the Strathcona campgrounds are at Gold River.)

EQUIPMENT LIST

As mentioned above, items marked with "+" can be provided by us if required. Please email us at least 3 days in advance to let us know if you require any of these things.

- Harness +
- Helmet +
- Carabiners +
- Belay devices +
- Rock climbing shoes +
- A day pack big enough to carry your rain gear, fleece, water, lunch and some of the group technical gear and ropes
- Hat
- Sunglasses that block 100% UV
- Sunscreen
- SPF lip balm
- Lunch and snacks
- Water bottle
- Note pad and pencil

RISKS, DANGERS, HAZARDS AND WAIVER

All Island Alpine Guides courses and trips take place in an outdoor, wilderness environment. This means that as a participant you will be encountering various risks, dangers and hazards some of which include avalanches, cornices, crevasses, cliffs, trees, creeks, rockfall, difficult travel conditions, weather, illness, equipment failure, wild animals, becoming lost as well as the possibility of mistakes being made by IAG guides and instructors. To participate in these activities you will be required to read and agree to our [waiver](#) as part of the registration process. You will also be required to sign the waiver at the start of the course or trip. In doing so you will waive or give up certain legal rights including the right to sue or to claim compensation following an accident.

If you are a minor (under 19 years of age), we require your waiver to be signed by your parent or legal guardian. In this case, please download the appropriate waiver from the link above, print it, have your parent/guardian sign it, scan or photograph the completed copy and send it to info@islandalpineguides.com. Minor students arriving without a waiver signed by their parent or legal guardian will not be allowed to participate in the course or trip.