



California Alpine Guides Self-Rescue and Safety Techniques for Rock Climbers Level 1

Clinic by Scott Brown, AMGA certified rock guide

Whether you are new to climbing or have been leading 5.11 for years, these informative, skill oriented clinics will teach you how to avoid the common mistakes of multi-pitch climbing and self rescue. Every year, numerous climbers are injured or killed by making mistakes that could have been easily be avoided. Do you know what you would do if your partner was injured?

This clinic is geared for the multi-pitch climber who desires to be self reliant while climbing. Learn how to rescue an injured climber, how to deal with stuck ropes and many other techniques using standard rock climbing gear.

Location: Marmot Mountain Works, Berkeley, CA

Dates: May 10, June 14

Time: 6-10 PM

Cost: \$60 per person

Class size: minimum 4, maximum 8 persons

Skills Covered:

- Escape the belay
- Avoid many of the simple errors that cause climbing accidents.
- Use a back-up for the rappell
- Improvise a belay or rappel device
- Learn the basics of mechanical advantage pulley systems
- Ascending the rope

Participants should bring: Standard rock climbing harness (preferably with a belay loop), Belay/rappel device, 2-3 locking carabiners, 4-5 standard carabiners, 3-4 9/16-inch nylon slings, 5.5- or 6-millimeter diameter by 16- to 20-foot long cordelette.

Participants should be able to tie the following knots from Craig Luebben's Knots for Climbers before arriving at the clinic: figure eight, prusik, klemheist, bachman, autoblock, munter, and munter mule

Contact and Register: California Alpine Guides 1-877-686-2546
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California Alpine Guides Self-Rescue and Safety Techniques for Rock Climbers Level 2

Location: Marmot Mountain Works, Berkeley, CA

Dates: May 17, June 21

Time: 6-10 PM

Cost: \$60 per person

Class size: minimum 4, maximum 8 persons

Skills Covered:

- Pass a knot while lowering or rappelling
- Rescue an injured lead climber
- Perform a counter balance rappel and spider rappel to descend with an injured partner.

Participants should bring: Standard rock climbing harness (preferably with a belay loop), Belay/rappel device, 2-3 locking carabiners, 4-5 standard carabiners, 3-4 9/16-inch nylon slings, 5.5- or 6-millimeter diameter by 16- to 20-foot long cordelette.

Participants should have the following techniques from the level I course mastered before arriving at the clinic: Escaping the belay, Ascending the rope

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