

Sierra Mountaineering Club Training Courses

ROCK CLIMBING TRAINING COURSES (RCK)

LEVEL ONE (RCK 1)	DAY	TITLES	FOCUS	\$	DESCRIPTION	
	1.1		INTRODUCTION TO ROCK CLIMBING	SAFETY, BASICS AND TECHNIQUE	FREE	Full day of basic rock climbing orientation and instruction. Safety, commands, knots, tying in, gear, fitting, belaying methods and technique, easy scrambling practice, spotting, foundational footwork, handholds and body position, lowering on top rope, beginning slab, crack and face climbing technique and practice, all with the security of a top rope.
1.2		ROCK CLIMBING TECHNIQUE	FREE		Next level top rope climbing technique instruction and practice up to 5.9. Continue belay technique, review knots, more in-depth face and crack climbing technique, coaching each participant on harder climbing and advanced climbing techniques	
LEVEL TWO (RCK 2)	DAY	TITLES	FOCUS	\$	DESCRIPTION	
	2.1		ROCK CLIMBING PROTECTION AND ANCHORS	PROTECTION, ANCHORS, AND BEGINNING LEAD CLIMBING	FREE	Comprehensive protection and anchors instruction. Orientation to all lead climbing gear, natural, artificial and fixed protection, placing protection, assessing gear, cleaning, opposing protection, single point anchors, SRENE, equalization, v-angle, multi-point anchors, multi-directional anchors and rappelling from those anchors.
2.2		TRADITIONAL LEAD ROCK CLIMBING PREVIEW	FREE		Mock lead climbing or "trad sport" climbing on pre-placed gear up to 5.8. From the safety of established anchors you'll get instruction and practice in racking gear, lead belaying, placing gear on lead, assessing gear, clipping, resting, bailing, falling on lead, catching a lead fall, routefinding and strategy.	
LEVEL THREE (RCK 3)	DAY	TITLES	FOCUS	\$	DESCRIPTION	
	3.1		TRADITIONAL LEAD ROCK CLIMBING	LEAD CLIMBING, MULTI-PITCH & ALPINE CLIMBING	FREE	Single pitch, from-the-ground-up lead climbing course. We start on conservative terrain and will coach you through your first trad leads move by move to build your confidence and expertise. You'll practice and learn how best to select, place (when, where, how) and assess gear on lead, belaying a leader, belaying followers, strategic racking, clipping, cleaning, and review building multi-point belay anchors.
	3.2		MULTI-PITCH ROCK CLIMBING		FREE	Basic multi-pitch lead climbing instruction and practice. Using shorter pitches, we'll focus on efficient transitions, advanced anchor building and techniques, planning / pacing for multi-pitch days and scenarios, hanging belays, climbing in teams of three, rappell and anchors, options for descending a route and planning.
	3.3		ADVANCED MULTI-PITCH ROCK CLIMBING		FREE	Next level multi-pitch lead rock climbing instruction and practice. Principles of climbing at altitude, approach and descent, planning, routefinding, climbing with boots / bivy packs, climbing and belaying technique for twin ropes and half ropes, rappell anchors, review multi-pitch and transitions, kiwi coil, short-rope, running belay, terrain belays, general strategy, and options for descent.
3.4		ROCK CLIMBING RESCUE	FREE		Comprehensive rock rescue training. Self-rescue, escaping the belay, tandem rappell, counterbalanced rappell, ascending the rope, lowering, raising using mechanical advantage, patient care and assisting injured or incapacitated climbers.	

RCK ONLINE COURSES

RCK 1 ONLINE	FOCUS	\$
	Prequalify participants for RCK 1.1 and RCK 1.2 field training. Attendees will receive priority RSVP. Instruction in all components of RCK 1.	Unlimited and included in full membership, otherwise \$90
RCK 2 ONLINE	FOCUS	\$
	Prequalify participants for RCK 2.1 and RCK 2.2 field training. Attendees will receive priority RSVP. Instruction in all components of RCK 2.	Unlimited and included in full membership, otherwise \$100
RCK 3 ONLINE	FOCUS	\$
	Prequalify participants for RCK 3.1, 3.2 and 3.3 field training. Attendees will receive priority RSVP. Instruction in all components of RCK 3.1, 3.2, and 3.3	Unlimited and included in full membership, otherwise \$110
RCK 3.4 ONLINE	All the same qualities, but for RCK 3.4.	Unlimited and included in full membership, otherwise \$90

Sierra Mountaineering Club Training Courses

SNOW, ICE & GLACIER CLIMBING TRAINING COURSES (SIG)

LEVEL ONE (SIG 1)	DAY	TITLES	FOCUS	\$	DESCRIPTION
	1.1	INTRODUCTION TO SNOW CLIMBING	SAFETY, BASICS AND TECHNIQUE	FREE	Full day of orientation. Safety, knots, snow and ice gear, assessing snow and avalanche conditions, policies, fitting crampons, intro to belaying, easy unroped climbing practice on snow slopes with and without crampons.
	1.2	BASIC SNOW CLIMBING & SELF ARREST		FREE	Unroped snow climbing instruction and practice. Snow climbing technique with and without crampons, self-belay, all four positions of self arrest, downclimbing, steep snow, spotting, short belay
LEVEL TWO (SIG 2)	DAY	TITLES	FOCUS	\$	DESCRIPTION
	2.1	SNOW AND ICE CLIMBING PROTECTION AND ANCHORS	PROTECTION, ANCHORS, AND BEGINNING LEAD CLIMBING	FREE	Comprehensive protection and anchors. Orientation to snow and ice lead climbing gear, natural and artificial snow and ice protection, placing snow and ice protection, assessing protection, single point anchors, using natural protection, SRENE, equalization, angle, multi-point anchors, multi-directional anchors, snow seats, belaying, lead belaying, belaying a second, hip belay, munter hitch belay, running belay, kiwi coil.
	2.2	SNOW AND ALPINE ICE LEAD CLIMBING		FREE	Pre-placed snow and ice lead climbing practice and alpine ice climbing technique. Assessing snow and ice conditions, choosing route, tying in, flaking rope, racking gear, lead belaying, belaying a second, clipping, falling, running belays, short roping.
LEVEL THREE (SIG 3)	DAY	TITLES	FOCUS	\$	DESCRIPTION
	3.1	WATER ICE CLIMBING	WATER ICE, MULTI-PITCH, MIXED AND GLACIER CLIMBING	FREE	Top rope ice climbing instruction and practice. Top rope belaying, communication, lowering on top rope, review knots, tying in, parallel and alternating progression techniques, resting, crampon footwork technique, ice tool technique, top rope steep snow / ice climbing
	3.2	WATER ICE LEAD CLIMBING		FREE	Basic lead ice climbing instruction and practice. Focused solely on all elements of single pitch water ice lead climbing from the ground up, but can be mock lead, pre-placed or top-rope backup lead climbing. Can be of a conservative difficulty, even if its WI2. Belaying, racking, clipping, cleaning, review building anchors, placing and assessing ice screws, ice climbing technique to conserve energy and climb efficiently and safely
	3.3	MULTI-PITCH AND MIXED ICE CLIMBING		FREE	Alpine, water and glacier ice, mixed and multi-pitch lead climbing in micro-pitches instruction and practice. Focus on efficient transitions, racking for multi-pitch, planning / pacing, hanging belays, climbing in teams of three, using twin ropes and half ropes. Principles of climbing snow and ice at altitude, with bivy packs, V-thread and A-thread rappell anchors, lowering, climbing rock in crampons and ice axes, kiwi coil, short-roping, terrain belays
	3.4	BASIC GLACIER CLIMBING AND RESCUE		FREE	Glacier travel and crevasse rescue instruction and practice. Orientation to glaciers, roping up for glacier travel, rescue coil, reading and navigating glaciers, team self-arrest, knots, gear, rescue sequences, ascending the rope (self rescue), 3:1 Z-drag crevasse rescue, C-pulley or dropped loop, piggybacking systems to get maximum mechanical advantage.

SIG ONLINE COURSES

	FOCUS	\$
SIG 1 ONLINE	Prequalify participants for SIG 1.1 and SIG 1.2 field training. Attendees will receive priority RSVP. Instruction in all components of SIG 1.	Unlimited and included in full membership, otherwise \$110
SIG 2 ONLINE	Prequalify participants for SIG 2.1 and 2.2 field training. Attendees will receive priority RSVP. Instruction in all components of SIG 2.	Unlimited and included in full membership, otherwise \$130
SIG 3 ONLINE	Prequalify participants for SIG 3.1, 3.2 and 3.3 field training. Attendees will receive priority RSVP. Instruction in all components of SIG 3.1, 3.2, and 3.3	Unlimited and included in full membership, otherwise \$150
SIG 3.4 ONLINE	All the same qualities, but for SIG 3.4.	Unlimited and included in full membership, otherwise \$110

Sierra Mountaineering Club Training Courses

MOUNTAINEERING TRAINING COURSES (MTN)

LEVEL ONE (MTN 1)	DAY	TITLE	FOCUS	\$	DESCRIPTION
	1.1	MOUNTAINEERING LEVEL ONE (MTN 1) 2 DAYS	BASIC MOUNTAINEERING	FREE	Mountain camping and travel skills, map and compass navigation and route finding, extensive overview of clothing, equipment and gear, backcountry and off-trail travel, white gas stoves, sleep systems, water, food, knots, shelters, basecamp strategy.
1.2	Peak ascent. Gear selection, itinerary, packing, pacing, efficient movement, rock scrambling, moving through terrain with loose rock, spotting, short belay, climbing easy fixed lines, lowering or rappelling.				
LEVEL TWO (MTN 2)	DAY	TITLE	FOCUS	\$	DESCRIPTION
	2.1	MOUNTAINEERING LEVEL TWO (MTN 2) 2 DAYS	WINTER MOUNTAINEERING	FREE	Winter camping and travel skills, advanced map and compass navigation in winter or on glaciers, review prior navigation techniques, snow camping, snow shelters including caves, quinzhees, hybrid shelter and tents, food and nutrition for winter, obtaining water in winter, physical training tips, winter mountaineering gear, clothing and equipment, ski mountaineering, snowshoeing.
2.2	Peak ascent. Winter mountaineering, scrambling mixed terrain with boots and pack, steep fixed lines, rappelling.				
LEVEL THREE (MTN 3)	DAY	TITLE	FOCUS	\$	DESCRIPTION
	3.1	MOUNTAINEERING LEVEL THREE (MTN 3) 2 DAYS	EXPEDITION MOUNTAINEERING	FREE	Advanced navigation on glaciers and adverse conditions, GPS, review prior navigation techniques, light and fast climbing techniques, gear and principles, bivouacs in snow, mountain weather, altitude and medical, expedition behavior.
3.2	Peak circumnavigation or ascent. Technical climbing in running belay, fixed lines or lead climbing in mixed terrain in multiple teams completing a circumnavigation of a peak including a snowy bivouac in one 24 hour push, utilizing advanced navigation techniques above and below treeline.				

MTN ONLINE COURSES

MTN 1 ONLINE	FOCUS	\$
	Prequalify participants for MTN 1 field training. Attendees will receive priority RSVP. Instruction in all components of MTN 1.	Unlimited and included in full membership, otherwise \$110
MTN 2 ONLINE	FOCUS	\$
	Prequalify participants for MTN 2 field training. Attendees will receive priority RSVP. Instruction in all components of MTN 2.	Unlimited and included in full membership, otherwise \$130
MTN 3 ONLINE	FOCUS	\$
	Prequalify participants for MTN 3 field training. Attendees will receive priority RSVP. Instruction in all components of MTN 3.	Unlimited and included in full membership, otherwise \$150