

# **Sport Leading Class**

## Overview

Everyone has read the forms at the gyms and on the TM membership documents about climbing being dangerous. The same is true outdoors, but there are more variables thrown into the mix. Rock fall, bolt failure, wild animals, poisonous plants and no pads on the rocky ground as in the gym. Other climbers being stupid or not paying attention also adds to the risk – although this is true either at the gym or at the crag. Ultimately ***we must be responsible for ourselves*** and help out others that are less experienced and who might make a serious mistake. Also, attendees must understand that climbing is inherently dangerous and even with many years of experience, owning the best gear, or by seeking highly qualified instruction, climbing and climbing related activities can never be guaranteed 100% safe.

The following pages are an outline of steps to be completed in the presence of a class mentor only during this clinic. Furthermore, attendees are expected to have prior climbing experience and come prepared with a solid understanding of basic sport climbing.

## **Prerequisites**

To be accepted into the Sport Leading Class you will need to be a Texas Mountaineers member and submit a climbing log. We are looking for climbing activity = gained knowledge and skills.

Attended the TM Beginner Climb or equivalent.

Attended the TM Sport Anchor Cleaning Class or equivalent.

## **Required Gear for the Class**

1 belay device, 8 quick-draws with 2 biners each, 2 single length sewn runners (could substitute a Personal Attachment Sling (PAS) no (Daisy Chains), 5 total locking biners (1 for belay device, 1 for autoblock, 4 for clipping in at two-bolt belay, 5mm or 6 mm x 60 inch cord for a backup rappel (Autoblock).

# **Sport Leading - Class Outline**

One-pitch well-bolted routes with double bolted anchor

Class intent - To mentor those climbers that are ready in mind and body to take leading as their next step in their climbing careers.

## **A) Pre-flight check**

**Knots.** STUDENTS PLEASE LEARN KNOTS PRIOR TO CLASS.  
<http://www.animatedknots.com/indexclimbing.php> or consult Craig Luebben's book: Knots for Climbers – 2<sup>nd</sup> Edition

Instructors should take time to verify their students know their knots prior to leaving the flight deck:

- 1) Overhand knot (first step to water knot, end of rope knot)
- 2) Double fisherman's (tie prusik cord and two ropes together)
- 3) Retraced figure 8 (tie into rope)
- 4) Figure 8 on a bight (create master point in anchor)
- 5) Girth Hitch (PAS or Slings to harness/rope tie-in point)
- 6) Clove hitch (tie into anchors)
- 7) Auto-block (rappel backup)
- 8) Munter (alternate belay method)

**Leading - Instructors will lead a route and demonstrate the entire process of belaying a leader and cleaning an anchor.**

## **B) Pre-flight Preparation**

Second flakes out the rope or the belayer pulls a rope off of a rope bag when belaying the leader.

? Second anchors themselves ?

The leader ties in; the knot and harness are checked by the belayer.

If the leader is not returning to the flight deck and will belay from above then both climbers should tie into the rope.

Leader checks the belay is set up correctly.

Flight plan is discussed. (rap, lower, belay from top)

Demonstrate the proper commands for climbing.

**C) Belay technique:** Demonstrate good belay technique using an ATC or similar device. This was covered in the Cleaning class but should be gone over again at the point of lead and the technique observed by the instructor.

## Belaying a leader

Even though a GriGri is a self-locking device, you should still have your hand in a locked position, palm down like you are using an ATC. This is so it is second nature to have a climber locked off and you do not make the mistake of having your hand above the belay device and not locked off when the climber falls; this could lead to an injury for someone on your team.

### 1) The Start

Position in relation to the wall: Start behind the climber in a spotting mode until the first bolt is clipped, then stay next to the wall but not under the climber. Once the climber has clipped the third bolt you can move back from the wall some to better see the leader and their needs.

### 2) Attention - Just the right amount of rope!

A person can step towards the rock to give more rope and step away to take rope as needed for the leader.

Take up rope as the leader climbs up to a bolt they have already clipped. Start to feed out rope as they pass the bolt.

## D) Catching a Fall

I am not really sure what to say here other than lock them off. This step into the fall to soften or to move away from the wall to shorten the fall is all up for discussion.

## E) Clipping Bolts

Clip gate away from bolt of hanger

Spine side of rope biner toward flow of route.

If you use the Maddy Sport Rack/Clip System (MSRCS) then the two previous requirements will always work. Unless you switch sides of the bolt after clipping.

MSRCS explained:

The quick draws racked on the right side of your harness would be configured with gates apposed.

The quick draws racked on the left side of your harness would be configured with gates on the same side.

Stiff side of Quickdraw goes to the rope

Don't Back Clip, the correct flow of the rope from the belayer goes behind the biner and flows out to you.

Don't Z Clip (this can happen when bolts are real close together)

## Rest Stance

Rope drag

Rope/leaders leg position.

Do not stick your leg, knee or foot between the rope and the rock. If you fall at this time your appendage will be on top of the rope when it goes taught and you will be flipped over.

## **F) At The Anchor**

Clip the hangers the same as you would a lead bolt. (gate away from bolt). If you use a quick draw from each side of your harness you will end up with apposing gates for the rope at the anchor. The only exception here is the draw from right side of harness gets clipped to the left hanger of the anchor and draw from the left side of harness gets clipped to the right hanger of the anchor.

Lowering – Go a speed the lowered person can more than adequately keep up with. If they lose their footing, STOP, continue once they have regained their balance.

Clean the route as per your Sport Cleaning Class.

## **Gym or Outdoor Sport Lead Class Instructor Requirements**

- A) TM Sport Anchor Cleaning Class or equivalent
- B) TM Sport Lead Class or equivalent
- C) 50 Documented Sport Leads (sent) (of the appropriate category i.e. gym/crag)
- D) Minimum of one year of climbing/leading Sport routes
- E) Instructor has assisted on a Sport Lead and Anchor Cleaning Class
- F) Demonstrates high competence and knowledge to lead sport routes during a TM Seminar or as Safety Officer/Board Members observe the individuals practices as an assistant at the Sport Leading Class to put into Practice the TM class curriculum.
- G) Demonstrates a conscience level of safety for others.
- H) Safety Officer and Eboard approval

Note: Equivalentents for each item can be determined by Chairman/Safety Officer or Eboard Members.

Note about F) “high competence” does not imply climbing grade; 5.10, 5.11, etc but refers to knowledge.