

ALPINE SCRAMBLING OVERVIEW

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Welcome to the **Olympia Mountaineers** Alpine Scrambling Course 2011

Introduction and Overview

Welcome to the *Alpine Scramble Course*, sponsored by the Olympia Branch of The Mountaineers. This course is a comprehensive introduction to basic wilderness travel in the mountains of the Pacific Northwest. The Course Committee has developed a training program to teach solid mountaineering skills in a light-hearted and flexible atmosphere. Your time in the mountains should be fun and engender a feeling of camaraderie. This sense of community will serve to enhance your enjoyment of backcountry travel and help to continue the growth of The Mountaineers by preparing you and your classmates for a role as future teachers and leaders.

The Course Committee, along with the instructors, lecturers, field trip and scramble trip leaders look forward to working with you and learning from you. Over the next few months, you, your classmates and your instructors will invest time, energy, and money in this course. We are confident that you will find your investment will return large dividends in years of safe, enjoyable and satisfying outdoor experiences. Because we take your investment seriously, we recommend that you carefully reviewing this **Introduction and Overview** section. It provides you with a thorough review of the course content, schedule, costs, requirements and commitments. We want you to have a realistic understanding of all that the course requires and accurate expectations of what you will be learning and doing during and after the course.

Course Description

The Alpine Scrambling Course is a four-month program offering comprehensive instruction in non-technical (unroped) mountaineering. The course provides instruction on how to travel safely off-trail and scramble to a wide variety of mountain summits. As such, scrambling does not involve technical, roped rock or glacier climbing. The rugged terrain and exhilarating views of most Northwest summits are accessible by scramble routes. Scrambles may involve the use of hands, as well as feet, and range from easy, off-trail travel, to more strenuous efforts on rock or snow or through brush.

In the Alpine Scrambling Course, you will learn about the proper equipment and clothing you need for comfort and safety, navigation and route-finding, using a map and compass, avalanche avoidance, wilderness ethics, weather awareness, techniques for traveling on rock and off-trail scrambling, skills for ascending and descending safely on snow, use of an ice ax to prevent falls and to stop them, and glissade techniques. We do not teach roped climbing techniques, glacier travel, avalanche beacon rescue, or the use of crampons. After completion of the course, you'll have many opportunities to hone your new skills on scrambling trips that we offer throughout the year. Graduates who want "MORE!" may enroll in the Olympia Mountaineers Basic Climbing Course. The Scrambling Course is an excellent preparation for the Climbing Course.

The course is open to Mountaineers members, age 18 and over. Applicants 14 to 17 years of age must have a parent or guardian's written permission, and a successful interview with the Chairperson of the Alpine Scrambling Committee. There are no formal prerequisites; however,

prospective students are advised that scrambling requires good physical condition, a positive mental attitude, a collection of quality outdoor clothing and equipment, and a significant commitment of time and effort. **Participation in all lectures and field trip is required for graduation.** If you discover you have a scheduling conflict or other questions about course requirements, please consult with the Course Chair or Student Liaison at your earliest opportunity.

Costs of the Course

1. **Membership in "The Mountaineers"**

Students must apply for membership by the end of the first lecture. For existing members, the membership must be current. Membership applications and information on member benefits will be available at that time.

2. **Tuition**

The complete Alpine Scrambling Course tuition is \$125. Because most Mountaineers' courses are self-supporting, the tuition covers the costs for the course materials and overhead. However, since the course is taught by volunteers, there are no costs for instructors. We hope you will agree the course is a bargain.

3. **Books**

You are required to have a copy of "**Mountaineering - The Freedom of the Hills**" (8th Edition) for your reading assignments and as a general reference. You can find a limited number of these books at the public library or you may be able to borrow a copy from friends. Because "**Freedom of the Hills**" is considered the leading text in North American mountaineering, you may wish to purchase a copy at the first lecture. Students can also purchase a copy at The Mountaineers bookstore at the Seattle clubhouse, or by mail order at 206-284-6310. Most local outdoor stores and bookstores have copies or can order them.

4. **Clothing and Equipment**

Selection of clothing and equipment will be covered during the course. At a minimum, you will need a pair of serviceable backpacking boots (crampon-compatible boots are preferable for long-term use), a day pack and adequate clothing. You will also need an ice axe, snowshoes and helmet which may be borrowed from a friend or rented from an outdoors store, rather than purchased. If you have little or no usable equipment, expect equipment expenses from \$400 to \$1,000 if you buy new equipment. Careful and selective bargain hunting, however, may reduce this estimate considerably.

5. **Mountaineering Oriented First Aid Course (MOFA)**

Students of the Scrambling Course must also complete Mountaineering-Oriented First Aid (MOFA) to graduate from the scrambling course. The reason for this requirement is that, whether you are casual hiker, backpacker, or serious scrambler; injuries which threaten life or health can occur without warning. When this happens, you may very well be the injured person's only chance of recovery or survival. The Course Committee has deemed appropriate first-aid certification to be a fundamental skill and essential for wilderness travel and outdoor living.

MOFA is a separate course and is not part of the Scrambling course. You may participate in the scrambling course without MOFA training, but you must complete

MOFA to graduate from the course and continue scrambling with *The Mountaineers*.

6. **Transportation**

Parking at most trailheads is scarce, and usually requires a forest pass, plus, auto emissions harm the environment. It is *The Mountaineers* policy to encourage all activity participants to carpool. The usual choice is a prorated portion of gas expenses or ten (10) cents per mile per rider. You won't find cheaper transportation anywhere! **Everyone, please carpool**, preferably three or more per vehicle.

Course Schedule and Attendance Requirements

Lectures and field trips are sequential, and must be taken in order to be eligible to advance to the next activity. Students who miss lectures or field trips may be forced to complete the course as a second year student unless participation at another branch can be arranged.

Each year a number of students are disappointed to discover they are not going to be able to complete the course in the first year. For those with a very busy schedule, it's reasonable to expect that you may need two years to complete this course. Sadly, on the down side, some students loose heart and gradually withdraw and eventually drop out. On the bright side, most two-year students appreciate the extra attention of a longer journey to the summit (graduation). Surprisingly, it's very rare that a student must continue to the second year because he or she cannot successfully demonstrate a required skill or meet the physical conditioning requirements of a course field trip. Generally students need a second year because one of the following obstacles:

Problem: The student was unable to attend all classes and field trips because of a schedule conflict.

Solution: **CAREFULLY REVIEW THE COURSE SCHEDULE** and be sure to set aside the necessary dates and time required. Should a scheduling conflict arise, be sure to contact the Course Chair as soon as possible to see if there are any alternatives. Unfortunately the alternatives are few in number and difficult to arrange.

Problem: The student was unable to complete the 3 required alpine scrambles.

Solution: By April 1, midway through the course, take some time to schedule yourself on Alpine Scrambles, beginning with a Conditioner then a Snow Scramble. Although there are scrambles available early spring through fall, those most suited for students are during early to late summer. Snow Scrambles are rare after mid June.

Problem: The student did not complete the MOFA course or a Stewardship Project.

Solution: Be certain you make note of these requirements and put them on your personal calendar early in the course. The Olympia branch offers more than one opportunity for participation, but students are on their own to schedule them. In addition, there are several options available through other branches that will fit most schedules.

Problem: The student experiences an emergency or simply forgets the class.

Solution: Contact the Course Chair and don't give up. We'll think of something. Many of the most committed Scrambles took two years to complete the course and we're all better off for it.

Alpine Scrambling Course Graduation Requirements

To participate in future *Mountaineers* club scrambles or to become a Scramble field trip instructor you must graduate from this course. The following requirements need to be completed within two (2) years of enrollment in order to graduate:

Attendance at all lectures and successful completion of all field trips is required:

Wilderness Skills

Lectures

- Ten Essentials – Equipment – Boots – Clothing – Food
- Wilderness Ethics – nutrition – Conditioning – Injury Prevention
- Navigation – Hazards -- Weather

Field Trip - Wilderness Skills Workshop

- 10 Essentials Challenge Course or Basic Skills Workshop

Alpine Scrambling - Snow

Lecture

- Snow Travel

Field Trips

- Snow I Self Arrest and Snow Travel
- Snow II Snow Travel – Hard snow techniques

Alpine Scrambling - Rock

Lecture

- Rock and off-trail Travel

Field Trips

- Rock Fundamentals and Off-Trail Travel

Additionally, the student must:

1. Complete (reach the summit) three *official club* experience scrambles: one conditioner, one rock, and one snow scramble. Official club scrambles are club sponsored with an approved scramble leader.
2. Complete of Mountaineering Oriented First Aid (MOFA).
3. Complete of the Stewardship Requirement, a day of service for the environment (see Stewardship Handout in Appendix).
4. Earn a passing score on the final exam.
5. Submit an Application for Graduation, *with copies of MOFA and Stewardship Project Record*, to the **Alpine Scramble Committee**. (See Application for Graduation on branch website)

For students who apply for graduation, the **Alpine Scramble Committee** will:

- Check lecture sign-in sheets to make sure the student attended all lectures.
- Check 'Field Trip Record Books' to be sure the student attended and successfully completed all field trips
- Check Scramble Trip Reports, filed by trip leaders, to make sure that the three trips meet eligibility requirements for Graduation in accordance with Mountaineering principles, and that at least one trip was Snow and one was Rock. **The course field trips do not count towards this requirement.**
- Check *Stewardship Project Report* for completion of a day of service
- Verify that the student submitted a copy of his/her MOFA card.

Application for Graduation :

Contact – Bob Keranen

keranen@hctc.net

360-340-1882

Course Expectations

Experience has shown us that people, who take this course, do so for a variety of reasons. Some start the Alpine Scramble Course with the intent (or, sometimes, the unintended result) of advancing to the Basic or Intermediate Climbing Course. Others are satisfied with scrambling. In either case, it is our intent to teach mountaineering skills in such a manner that students who wish to go no further than hiking, backpacking or scrambling, may see that activity as an end in itself, rather than feel an obligation to advance to technical climbing.

Each student needs to take some time to understand the expectations for this course. These include the expectations of the Alpine Scrambling Committee and course instructors as well as the students own expectations for this course. First, take a few minutes to complete the **Course Expectation** form at the end of this chapter. Students rank their interests in the various course topics as well as their own personal motivations and interests for taking the course. At the conclusion of the course all students will have a second chance to use this same form to help evaluate the course's performance in meeting expectations.

Course Procedures in Review

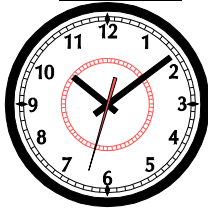
Travel in the wilderness is demanding even for skilled outdoor professional with years of experience. Living in the natural world requires knowledge, adaptability and resourcefulness because the elements are not under our control. While we are actually outside to play, we must also be ready to respond to the very serious threats we may experience in the natural world, where we are only visitors.

Teaching a diverse population to climb mountains with the backcountry as a classroom requires structure, discipline and rules that are based on sound and safe practices tested over years of instruction. At times, it may seem there are too many rules. We expect that you may get frustrated with the inflexibility of the course instructors. However, with nearly a century of training in mountaineering skills, we have learned that these rules make it possible for students to be successful in a mountain environment filled with calculated risks. Here are the rules you will need to follow.

A. General

1. **Be on time** at the designated location. The Field Trip Leader and students are anxious to get started and will not be able to wait more than 5 minutes for late arrivals.
2. **Be courteous** to the lecturers and trip leaders. They are volunteering their time and experience to teach you. Listen to them.
3. **Follow instructions**. The information being presented and demonstrated to you is based upon sound wilderness travel and outdoor living techniques. There may be more than one way of doing some of the techniques presented to you, but for the purpose of consistent instruction and safety, standardized techniques will be taught.
4. **Do not litter**. Carry out everything you brought in.
5. Thoroughly **learn and practice The Mountaineer Standards**, Alpine Travel Code and Mountaineering Personal Ethics presented in this manual (presented in this section).

B. Lectures



- Please be on time to lectures, field trips, and scrambles.
- You must sign in to receive credit for each lecture.
- Be prepared. Do the required reading and practice.
- Be courteous to your instructors even though you've had a long day, so have your instructors.

C. Field Trips and Experience Trips

Field trips are scheduled in a sequence, which will prepare you for subsequent field trips and experience trips. This sequence has been designed to provide you with the knowledge of necessary wilderness travel and outdoor living techniques prior to the time they are actually needed. Experience trips are designed to provide you opportunities to put into practice the skills you have learned through course lectures and field trips. For this reason, the following procedures have been adopted:

1. No student will be permitted to participate in any field trip unless the student has attended the lecture germane to that field trip.

2. Sign up for field trips with the designated person by no later than 9:00 p.m. on the Tuesday before the trip. Early sign-up is necessary to provide adequate time to prepare detailed trip plans according to the size of the group.
3. Always **leave information about your destination**, expected return time, and the field trip leader's phone number with a responsible person. Instruct this person that if you are unreasonably late in returning, they should call the LEADER'S contact phone number and NOT emergency organizations (e.g., the Sheriff's Department).
4. Bring the equipment required. The necessary equipment for each field trip is included in each description of the field trip. Mark your equipment with your name or initials so that it will stand up to abrasion and moisture. Each student must have his/her own individual equipment and lunch.
5. It is the policy of The Mountaineers that close friends, relatives and significant others **be in separate groups** for all field trips. Experience has shown us that each person learns more this way and is not affected by the strength or weakness of the other.
6. Be cautious. There is always a degree of risk in any field trip. Pay attention to and follow your instructor's advice. Your safety and enjoyment are directly related to your cooperation.
7. Student must remain together with the class and instructors until approved by the field trip leader. At the end of each Field Trip attendance will be taken to confirm all have returned successfully before everyone leaves the site together. In emergencies, students need the leader's acknowledgement to leave early or on their own.
8. Pay your fair share of transportation costs. Riders are liable to their assigned driver for a proportionate share of gasoline expenses or a payment of twelve (12) cents per mile. The method of reimbursement is up to the driver and riders.

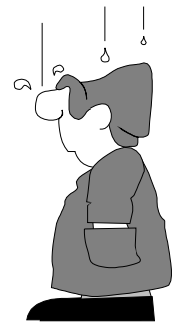
Student Manual

The Alpine Scrambling Course Committee has developed this manual to provide you with a course overview, information to enhance each lecture and field trip and an explanation of how to successfully complete all the requirements for graduation. This manual contains essential information for your enjoyment and success in this course. Students should carefully review and print any pertinent information in the manual before each lecture and field trip.

Course Reading Assignments

All reading assignments are outlined in each section of your Student Manual and refer to information found in **Mountaineering: The Freedom of the Hills, 8th Edition**, published by The Mountaineers. Please read lecture and field trip reading assignments in advance, so you can ask instructors at the lectures any questions that you may have about the reading material.

Some Words of Caution



Mountaineering can be fun and adventurous. It provides many people with a sense of accomplishment and discovery, exposure to great natural beauty, and camaraderie with other mountaineers. However, the mountains are not always hospitable. Even with quality gear and good conditioning, you may get uncomfortable, cold, wet and tired on field trips and scrambles. Injuries are rare, but they do happen. Occasionally a party comes out from a scramble a day late, after a night with little or no sleep. It's all part of mountaineering. Be mentally prepared, maintain a positive attitude, and you'll enjoy (most of) your scrambling experiences.

Reasonable Goals and Personal Responsibilities

When setting a goal for any field trip or scramble, give some thought to the possibility that you may not reach your goal. *The Mountaineers* scramble priorities are 1) safety and 2) making the summit, in that order. Sometimes the goal of making the summit is beyond the capabilities of some members; someone could become ill, the weather could turn bad, or there may not be enough hours of daylight. It will seem very difficult, especially as a student who needs a summit for graduation requirements, to turn around and head back down, but safety is always an overriding object. There will be another scramble on another day. Generally, good weather scrambles have a high rate of summit success; winter scrambles have a lower rate of success.

When participating in field trips and scrambles, remember that you are responsible for your own safety and well-being at all times. To put it plainly, the scramble leader is not a tour guide. Come to each field trip and each scramble familiar with the schedule and requirements for the day, the expected weather conditions, and all proper equipment you think necessary. Be

flexible enough for changes in schedule due to weather or other unexpected events. Don't blindly follow other students or instructors through the day's activities. Stay alert and pay attention to your location and your return route. After all, if you become separated from the party, you may have to lead yourself and others out of the mountains.

The Mountaineers Policies and Standards

All members of The Mountaineers, in order to attain the club's purposes -- "**to explore, study, preserve and enjoy the beauty of Northwest America**" -- in a spirit of good fellowship, shall subscribe to the following standards:

1. Exercise personal responsibility and conduct themselves on club activities and premises in a manner which will not impair the safety of the party, or prevent the collective participation and enjoyment of others.
2. Respect private property.
3. Enter the outdoors as a visitor, leaving behind no debris, environmental scars or other indications of their visit, which would reduce the enjoyment of those who follow.
4. Pets, firearms, or any other item(s), which would impair the safety or enjoyment of others, shall not be brought on Mountaineer premises or taken on club activities.
5. All applicable and specific regulations of governmental agencies which affect Mountaineer activities and property must be obeyed.



6. Alcohol, illegal drugs and any drugs or medications incompatible with vigorous activities in the mountain environment are not allowed on **any** Alpine Scrambling activities, and are cause for dismissal from the course. This policy applies to students, leaders, and organizers, and includes all Committee-sponsored activities at *The Mountaineers* lodges, course field trips, and scrambles.
7. Compliance with the policies and course requirements imposed by the Board of Trustees, branches and divisions of The Mountaineers is required. Mountaineers who deviate from this philosophy and from the specific club regulations are subject to the disciplinary procedures of the club, including expulsion.

Mountaineering Personal Ethics -- A Code of Conduct

Webster's Dictionary defines "ethics" as a set of moral principles or values governing the conduct of an individual or group.

In the context of mountaineering, this relates to your responsibility to the members of your party. A definition of an "*ethical mountaineer*" is one of who is **committed** to the group, **cooperates** and **participates** as a member of the group, displays **consideration** toward his fellow Mountaineer, and is **honest** with them as well as with himself or herself.

Commitment

While each person may have a different reason for participating, all must have a serious, unshakable commitment to the group as a whole. You are interdependent on each for both the good times you will share, and also in times of stress or possible disaster. We never know what our reactions will be in a given situation. Some people will be calm, strong and take charge. Others may panic and think only of their own selfish needs. This is why it is necessary to make that conscientious commitment to the welfare of the party ahead of time. Your reactions may mean the difference between survival and tragedy.

Cooperation

Cooperation means working together for a common goal, sharing the load, and being supportive. It means doing your share of step-kicking, route-finding, carrying group gear and cleaning up. Nothing will wear out your welcome faster than never being around when there are chores to be done. Personal whims are secondary to whatever is best for the group.

Participation

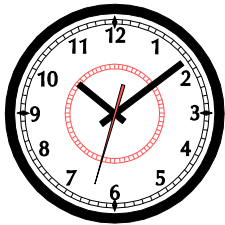
Physical participation on an outing is not enough. You must also participate mentally -- constantly thinking, evaluating, and planning. The leader cannot see everything and be everywhere at once. It's up to you to check the terrain and watch for landmarks, keep an eye out for a party member who may be having difficulty, observe weather changes, and be thinking about what to do if the leader becomes incapacitated.

Voice your observations when you feel they have merit to the group. On the other hand, don't be a loudmouth or a nag. Your fellow party members don't want to hear how wonderful you think you are. Phrase your ideas in a manner that doesn't undermine the leader's authority.

Consideration

We all have times when our tempers become short, emotions frayed, and our sense of humor takes flight. Instead of letting someone else's bad humor annoy you, be sympathetic to his/her problems. Lend a hand; be encouraging rather than negative.

There are some other forms of consideration, which you should keep in mind:



- Be on time. **Please be on time** to lectures, field trips, and scrambles.
- Have the gear you need.
- Do your best to help the leader keep your party together.
- Move carefully over loose terrain.
- Be patient with those who are having a bad day.
- Don't be loud - let others enjoy nature's serenity.
- Be receptive to help and advice.
- Respect the privacy of others.

Above all, try to be cheerful, regardless of blisters, aching shoulders, tired legs, etc. Remember that everyone else probably has the same problems. **SMILE - it will do wonders!**

Honesty

You must be honest with yourself and with others. This is no place for self-deception or for working a con on others. Be honest about your physical condition and your level of experience. Don't take on a trip that is beyond your ability. No one will chastise you if you say "NO" under those circumstances. They will, however, be very unforgiving if you attempt something you are not capable of and jeopardize their safety.

Be honest about how you feel. If you begin to feel sick, tell the leader immediately. Waiting and trying to tough it out may only make things worse later. Don't refuse help out of false pride. We all become dependent on others at one time or another.

Summary

Being an ethical mountaineer is not difficult. It is just a matter of applying the **Golden Rule: treat others the way you wish to be treated.** This will help assure you and your group of having safer and happier outings.

Important Course Contacts

Title and Role	Contact Information
Course Chair Responsible for a successful course	Bob Keranen 360-340-1882 keranen@hctc.net
Co-Chair Backup to the course chair, instructor, filed trip leader, scramble leader and problem solver	Chris Lott 360-413-1565 gonehikin06@comcast.net
Co-Chair Backup to the course chair, instructor, filed trip leader, scramble leader and problem solver	Dean Taylor 360-705-1857 area1342@comcast.net
Wilderness Skills Module Leader Organizes and oversees the Wilderness Skills entry level program, lectures and workshop	Jim French (360) 754-6551 jimfrenchwa@comcast.net
Snow Scramble Module Leader Organizes and oversees the Snow Scrambling lectures and workshop	Jim French (360) 754-6551 jimfrenchwa@comcast.net
Rock Scramble Module Leader Organizes and oversees the Rock Scrambling lectures and workshop	TBA

BASIC SKILLS WORKSHOP

DURATION: Approximately five (5) hours for scramblers.

LOCATION: Woodland Elementary School Gym

REVIEW: 10 Essentials, Clothing and Equipment for Scrambles, Knots, Harness, Navigation

PURPOSE:

This is the first of several field trips organized to allow students to put into practice what they have learned from reading assignments in Freedom of the Hills and from the course lectures. At this Field Trip students will be given hands-on instructional opportunity to learn new skills. Students with no prior experience in basic techniques find this field trip very useful in helping them develop the skills that have been presented in lectures, text books and instructor demonstrations. Students who have already mastered some or all of these basic skills will be asked to help their more novice classmates. One important aspect of this field trip is that students all reach a common understanding of their skills and skill level that will be expected of them. On future field trips your instructors will not only teach new skills, but will also assess your level of skill development.

To maximize your learning opportunity, we suggest you bring the kind of equipment you will be wearing or bringing to future field trips. Students are to dress, pack and carry your principle Scrambling equipment to allow the instructors to help students assess the suitability of their equipment. Instructors are to share their ideas on their own selection of clothing and equipment as well as answer your questions.

OBJECTIVES:

The primary student objectives of this Basic Techniques Field Trip are:

1. Learn about the selection and use of equipment (including the 10 essentials)
 2. Practice tying required knots
 3. Learn to construct and use a seat and chest harness
 4. Practice using a map and compass.
- A. Volunteers will be available to check your 10 Essentials and to answer specific questions about the selection and use of outdoor equipment and clothing, including the following:
- Ten (10) Essentials
 - Footwear
 - Clothing
 - Day Packs
 - Miscellaneous (little things which can make your outdoor trips more enjoyable)
- B. **Knot Demonstration** - students will demonstrate the ability to tie the following knots:
- Single Bowline
 - Square Knot
 - Water Knot
 - Figure Eight Rewoven
 - Figure Eight Loop
 - Prussic Knot
 - Double Fisherman Knot (Grapevine)

See ***Freedom of the Hills*** for a good explanation of each knot. Start practicing the knots in advance.

C. Navigation and Route Finding are likely to be new skill to many students. This Navigation exercise is designed to give each student an opportunity to practice at their own skill level and to share knowledge and skills. In pairs, students will be given a written exercise to complete. The exercise also includes taking a set of bearings in a Gym or open field, depending on weather conditions.

BASIC TECHNIQUES and SKILLS EXPECTED		
<p><u>Skill</u></p> <p>Ten Essentials</p> <p>Knots</p> <p>Single bowline</p> <p>Square Knot</p> <p>Water knot</p> <p>Figure 8 rewoven</p> <p>Figure 8 loop</p> <p>Prussic</p> <p>Double Fisherman</p>	<p>Route finding</p> <p>Pre-trip study</p> <p>Observation of terrain</p> <p>Picking a route</p>	<p>Map & compass</p> <p>Orienting the map</p> <p>Finding your position</p> <p>Taking a bearing</p> <p>Navigation in bad weather</p>

DON'T FORGET TO CARPOOL, HELP THE ENVIRONMENT !