



2026 Field Day : Agenda

Welcome to the first OSAT Field Day! This is a freeform event. Some snacks, beverages, and pizza will be provided, but availability is not guaranteed. The only requirement is that you are a current OSAT member in good standing. If you have glacier or climbing gear, please bring it with you to better enjoy all the activities.

Setup: Please Arrive by 7:15 if you are able to help with setup.

Start: 8am. Arrive whenever you like

End: 3pm. Please help clean up if possible.

Climbing Area Safety:

Always wear a helmet when entering a climbing area. Be aware of what is above you at all times. Do not distract a belayer. Be mindful of ropes. Please review the best practices for climbing and belaying below. Do not bring any unprotected Ice Axes into the climbing area.

There will be station leads/safeties to assist and verify safe practices.

South Climbing Area - Toprope Climbing:

This area will be available for Toprope Climbing only. Helmet and belay gloves are required during belay. All groups must begin by going through a PBUS DEMO at a shorter rope with station instruction. Once everyone has practiced effective PBUS then the group will move to a climbing route to belay a climber.

North Climbing Area - Extended Rappel

We will have ICC Students available to help teach extended rappel techniques on the slab wall. Please follow all instructions provided. Helmets and personal gear is required for this area.

You will need:

- Personal Anchor System
- Belay Device
- Hero Loop
- Locking Carabiners (3x Minimum)

Boulder Area (or Wherever Anchors are Available) - Pulley Systems

Come practice all your rescue pulley systems! C-Pulley, Z-Pulley, and advanced 6:1 systems can be practiced or demonstrated here depending on your interest.



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Best Practices While Climbing and Belaying:

1. Tie In
 1. Climber Tie In
 - a. Harness waist belt secured per manufacturer's instructions
 - b. Rewoven Figure Eight knot through both hard points
 - c. Stopper knot (half a double fisherman's bend) to finish the tie-in.
 2. Belayer
 - a. Harness waist belt secured per manufacturer's instructions
 - b. Rope threaded through belay device correctly
 - i. Bight of rope threaded through aperture slot in device
 - ii. Locking carabiner clipped through the belay loop, bight of rope and device cable
 - iii. Brake strand down against teeth of belay device on dominant hand
 - iv. Climber's rope up toward anchor
 3. Double check - visual inspection
 - a. Harness waist belt secured per manufacturer's instructions
 - b. Tie In is through both Hardpoints
 - c. Knot is dressed properly (no crossed strands)
 - d. Knot is backed up with stopper knot
 - e. Pear Shaped Carabiner is LOCKED
 - f. Belay device is set up correctly
 - i. Brake strand down, in dominant hand, against teeth of belay device
 - ii. Climber's rope up toward anchor
 4. Climber - instructor monitoring
 - a. One instructor on the team is assigned to monitoring climbing skill of climber on the wall:
 - i. Properly using commands
 - ii. Focus on using legs for upward movement. Keep your arms straight when possible.
 - iii. Ensure climber stays on route and does not grab onto bolts or chains and does not climb above the anchor.
 - iv. Keeping hips close to the climbing wall.
 5. Climbing Commands:
 - a. Follow all proper Climbing Commands as demonstrated by the safeties
 - b. Check your GCC Skills Cards for more information