



AMC BOSTON CHAPTER
SPORT PROGRAM



Agenda

- Program Overview (25 mins)
 - Logistics
 - How to get the most out of the Program
- Lead Climbing Outdoors (25 mins)
- Lead Belaying & Demo (25 mins)
- Hands-On Small Groups (45 mins)
 - Gear Overview
 - Lead Belay Technique
 - Belay Devices
 - Ohm & Ohmegas
 - Two Knots: Figure-8 Tie-In & Barrel Knot

Program Goals

- Keep everyone safe
- Empower students to sport climb independently outdoors



Logistics: Schedule

Two Lecture Days: Thursdays August 6 & 13

RSM Office, Charlestown (here!)

Four Crag Days: Saturdays & Sundays August 8-9 & August 15-16

Rumney Crag, NH

Camping at Rattlesnake Campground (across the street from Rumney)

Lectures: Expose Ideas, Hands-On



Crag Days: Ideas in Practice, Applying them on the wall



Logistics: Rumney & Rattlesnake Campground

ARRIVE ON TIME
8:30 AM at
Rumney Large
(Main) Parking Lot

Review the
Gear List

Review Carpool
Spreadsheet



I am packing my climbing backpack...

To bring

- Helmet
- Harness
- Climbing shoes
- Belay device of choice
- Quickdraws
- Quad anchor incl. locking carabiners
- Rope incl. tarp

Not to forget

- **Crag approach shoes**
- **Water (3L!)**
- **Snacks (salty, calories)**
- **Sunscreen, Sunglasses**
- **Bug spray (w/o deet), Long pants**
- **Carry in/out, Biobreak/**
- **Headlamp / akku**
- Rain jacket / pants
- Wallet / cash, phone, first aid kit (*provided*)



Safety

- Helmets: while climbing, belaying, and at the base of the cliff
- ROCK!
- Full Safety Checks of belay systems
- No climbing without a rope and belay
- Speak up if you observe unsafe behavior



Progression System: Pink Books

2026

PINK BOOK

THIS BOOK BELONGS TO:



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www.amcbostonclimbers.com

Weekend 1: Required Progression

Instructor Name(s) (printed): _____

Required Progression (Instructors must initial; Students must complete all skills in one section before moving onto the next)

- _____ Top rope belay
- _____ Mock lead climb
- _____ Mock lead belay
- _____ Bolt Board: Build a 2-quickdraw anchor

- _____ "Live" lead climb; build and lower on 2-quickdraws
- _____ "Live" lead belay

- _____ Catch an intentional lead fall
- _____ Take an intentional lead fall

- _____ This student is approved to lead belay without a backup belayer (requires 2 Instructors' initials)

How to Succeed

- Practice this at home
 - Belay technique, knot tying, etc.
- Ask Questions
- Be Proactive
- Pair with different Instructors, Co-Leaders, and Students

Lead Climbing



What to Check Before Climbing?

1. Check the Climb
2. Check the Rope
3. Check the Plan
4. Check the Gear



1. Check the Climb

- Bolts/anchors/route direction?
 - Rope long enough?
 - Ledges, rock fall, other hazards? Identify no fall zones.
 - Download Mountain Project
-

2. Check the Rope

- Flaked in a good belay spot
- Free of sheath damage and core shots
- Stopper knot tied to the bottom end of the rope



3. Check the Plan

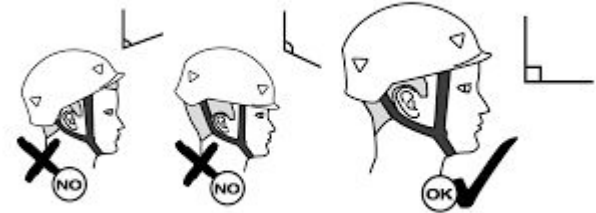
Action Plan

- How are you getting up?
- What gear are you putting up?
- How are you getting down?
- How is the gear getting down?



4. Check the Gear

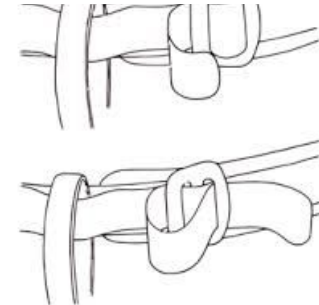
- Review from Climber to Belay
 - Helmets
 - Harnesses (front & back!)
 - Shoes
 - Gear for the climb
 - Figure 8 tie-in thru 2 hard points
 - Rope thru 1st quickdraw
 - Belay Device loaded correctly
 - Belay Carabiner locked to Belay loop
 - Rope flaked with stopper knot



PROPER FIT:



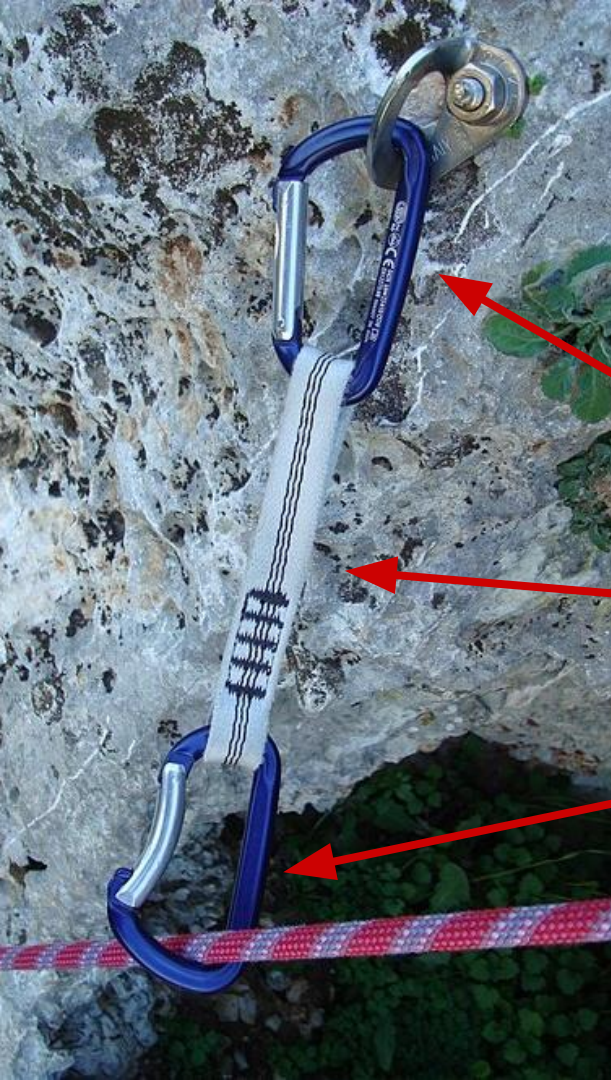
POOR FIT:



Communication

- Review commands with your partner *before* you climb
 - Short standard commands, closed loop
 - Start with your partner's name
 - “Kate, Slack!”
 - Use outdoor voice
 - Not understood? “Repeat!”
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Quickdraws



Two carabiners + soft nylon sling (“dogbone”)

Bolt End: Straight Gate: Loose to dogbone

Dogbone

Rope End: Bent Gate: Tight in dogbone

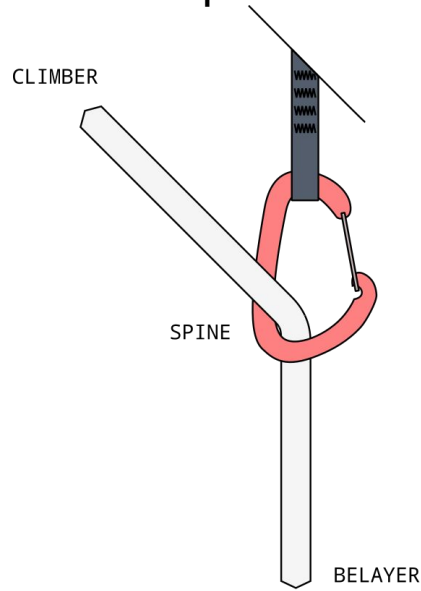
Clipping Rope to Quickdraw

Keep your hand out of the carabiner as much as possible!

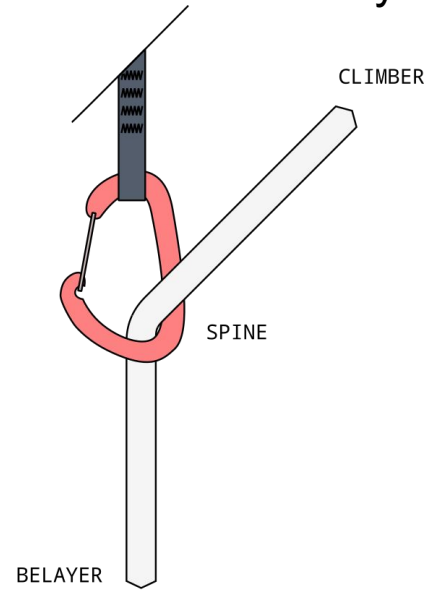


Orientation of Quickdraw in Route

Spine to the Line: Spine of the carabiner faces where you will go next



ROUTE VEERS
LEFT



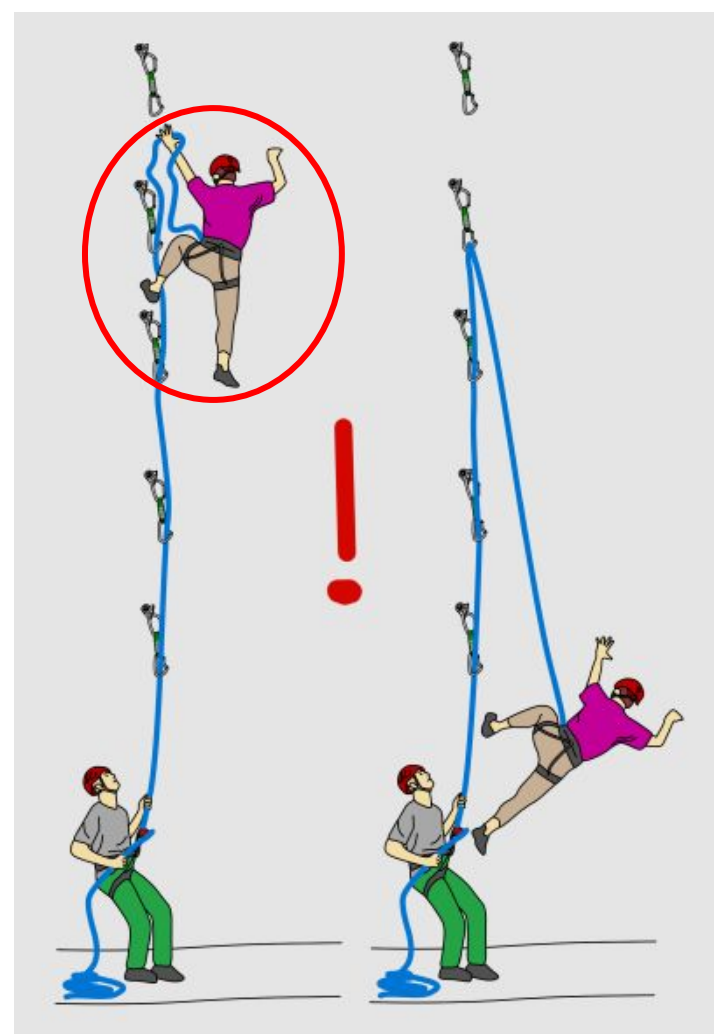
ROUTE VEERS
RIGHT

When to Clip

1. Am I in a **stable stance**?
2. Where is the **bolt** **relative to my waist**?

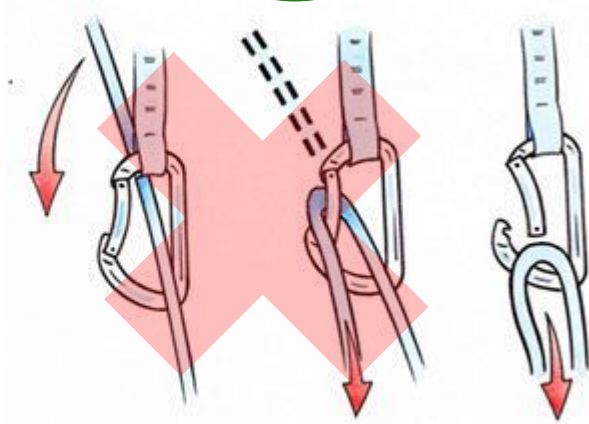
High clipping (*danger!*):

The *more* rope is out, the more distance you could fall



Common things to Watch Out for

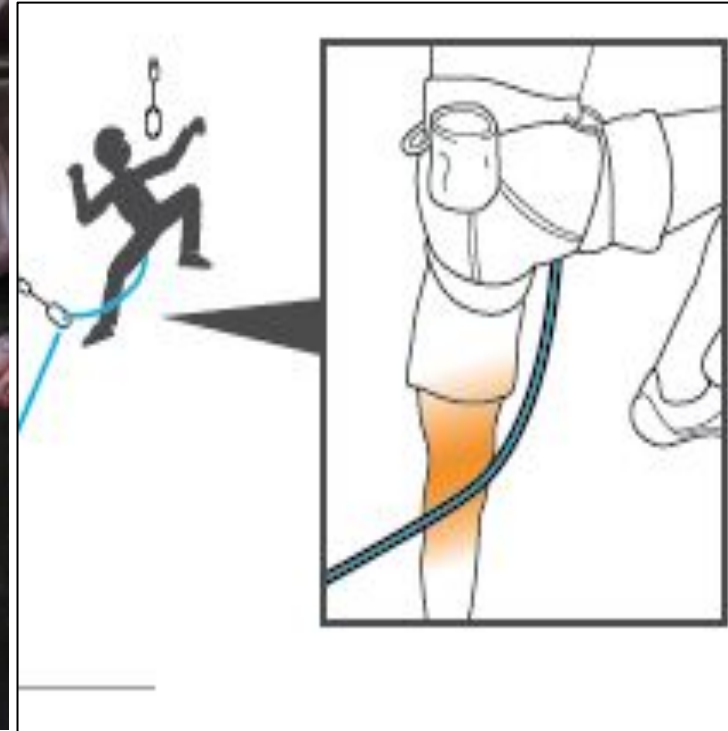
Back-clipping



Z-clipping:



Rope Behind your Leg



Anchor: Quickdraw

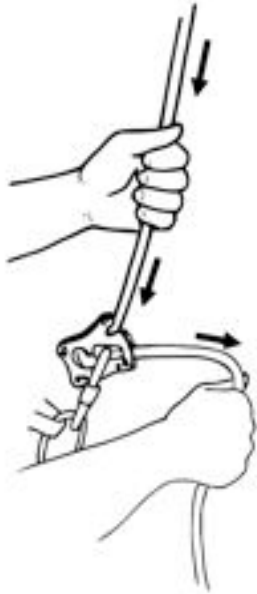
- 2 quickdraws, opposite and opposed
- Climbing rope thru both to create the primary point



Lead Belaying

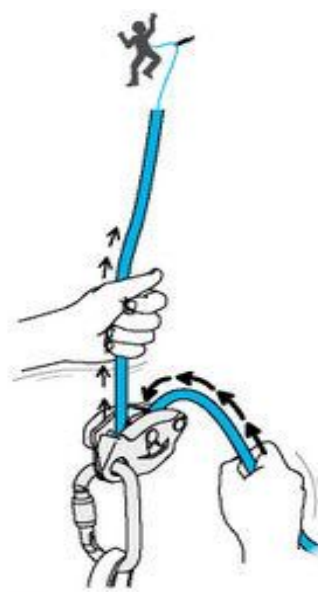
Top Rope

Belayer takes *in* rope while the climber is climbing

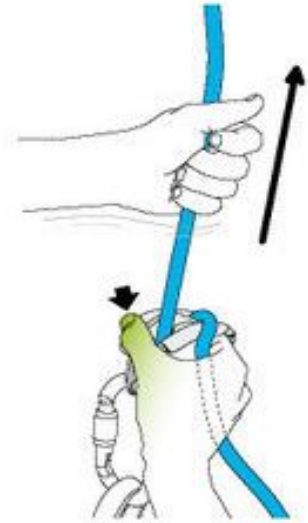


Lead

Belayer ***feeds out*** slack while the climber is climbing & clipping



Giving slack



Giving slack quickly

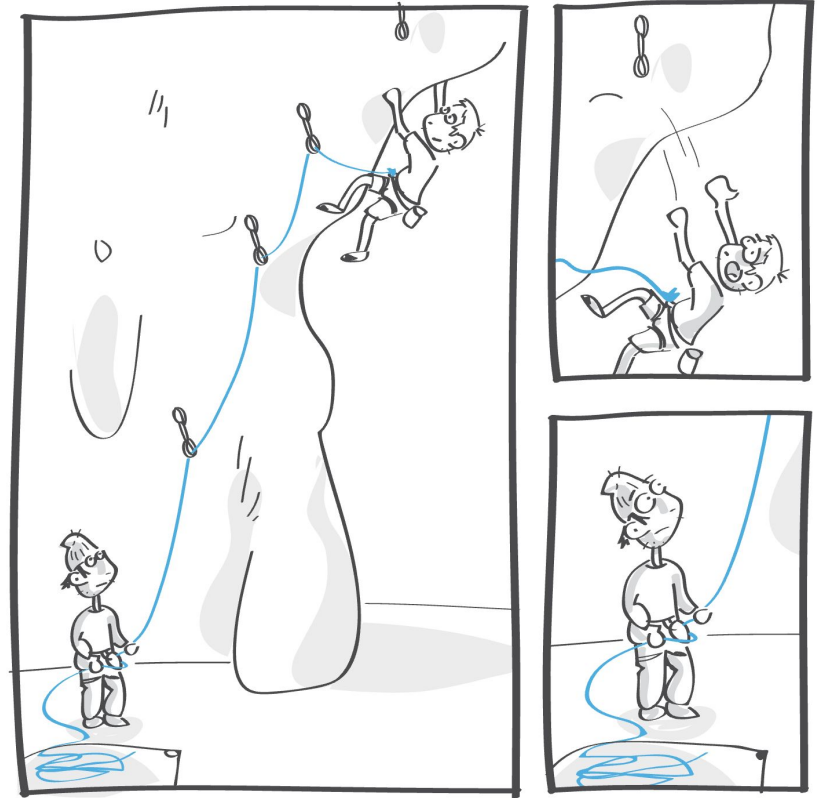
Four Fundamental Principles

- There should be a brake hand on the rope at all times.
- Belay cycle: increased friction (“brake position”) is valuable when holding a load; decreased friction is valuable when moving rope through the system.
- Any time the brake hand slides along the rope, the rope should be in the brake position.
- The hands and limbs should be positioned according to their natural strength.



Four Priorities

1. Climber does not hit the ground or ledge
2. Climber does not fall on you
3. Climber has enough slack to move & clip
4. Climber has enough slack for a soft catch

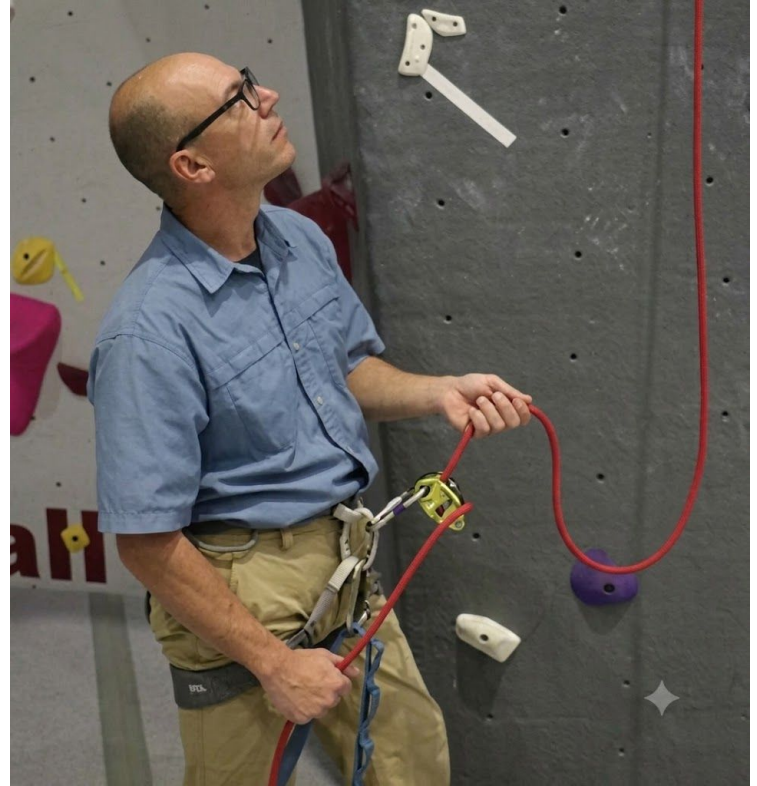


Belaying: How much slack?

When they first start climbing

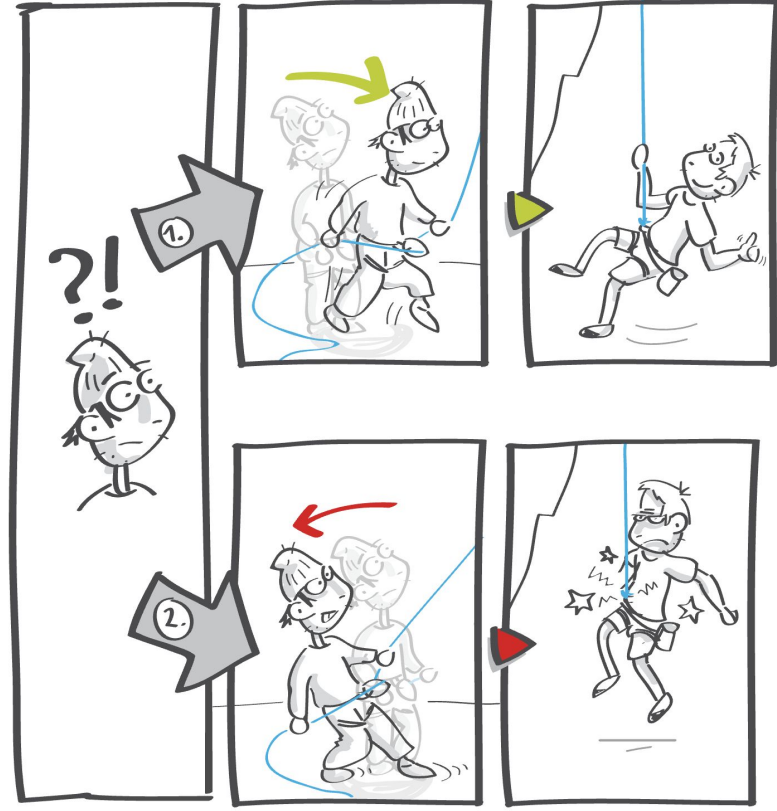
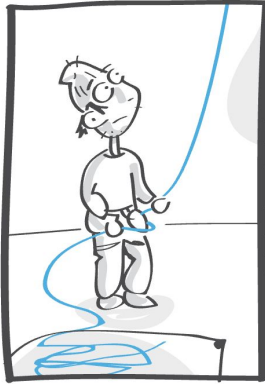
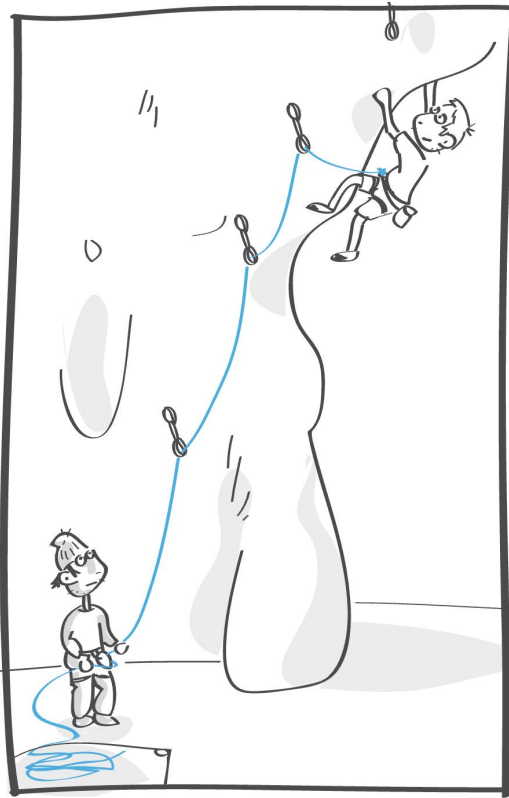


Later in the Climb



This changes depending on climber size and location on climb!

Lead Belaying is ACTIVE belaying



Belaying: Protecting the First Bolt

The rope is useless until it is clipped to something



Climber & Belayer Weight Differences

Can be mitigated via:

- devices like Ohmega or Ohm
- have your belayer wear a heavy pack
- using a ground anchor



Mock Lead Climb System



Small Groups

- Harness and Helmets on
- Connect your PAS to your harness
- Show off your belay devices
 - Show how to load and safety check them
- Demonstrate Lead Belay Technique
 - ATC Method: feeding rope into the device on the brake side
 - ABD Method: feeding slack quickly
- Review Quickdraws & Clipping Technique
 - Bear Claw
- Complete two Knots ahead Weekend 1: Figure-8 Tie-In & Barrel Knot
- Demonstrate loading and using Ohms & Ohmegas
 - If there's not one in your group, head to the Ohmega Station