

2026

PINK BOOK

THIS BOOK BELONGS TO:



AMC BOSTON CHAPTER
SPORT PROGRAM

www.amcbostonclimbers.com

Lecture 1: Lead Climbing & Belaying, Knots

Instructor Names (printed): _____

Required Skills

- _____ Demonstrate lead belaying w/ Tube Style Device
- _____ Demonstrate lead belaying w/ Assist. Braking Device
- _____ Demonstrate Personal Anchor System (PAS)

- _____ Demonstrate knots:
 - ☐ Rewoven Figure 8
 - ☐ Barrel Knot

Optional Skills

- _____ Review quickdraw components
- _____ Quickdraw clipping technique
- _____ Demonstrate loading and using Ohmega

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)

Section 1

_____ Top-rope belay; after signing, this Student can
top-rope belay without a backup belay

_____ Mock lead climb

_____ Mock lead belay

_____ Bolt Board: Build a 2-quickdraw anchor

Section 2

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

_____ Live lead belay (w/ instructor brake-strand backup)

_____ Catch an intentional lead fall

_____ Take an intentional lead fall

Section 3

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

Weekend 1 : Required Skills

Instructor Names (printed): _____

Required Skills (Instructors must initial; can be completed in any order)

- _____ Stick Clipping the first bolt on the route
- _____ Downclimbing practice
- _____ Soft catching practice
- _____ Understand how to mitigate climber and belayer weight difference (using an Ohmega, etc.)
- _____ Demonstrate knots:
 - ☐ Rewoven Figure 8 ☐ Figure 8 on a Bight
 - ☐ Overhand on a Bight ☐ Double Fisherman's Bend
 - ☐ Clove Hitch ☐ Girth Hitch ☐ Barrel Knot

Optional Skills (complete at any time)

- _____ Stick Clip: additional approaches and uses
- _____ Set Alpine draws on a route
- _____ GriGri belay technique
- _____ Butterfly coil a rope (mountaineer's finish)
- _____ Review risks and circumstances for high clipping

Lecture 2: Building & Cleaning Anchors

Instructor Names (printed): _____

Required Skills

- _____ Bolt Board: build a quad anchor
- _____ Bolt Board: cleaning anchor with open hardware
- _____ Bolt Board: cleaning anchor with closed hardware

Optional Skills

- _____ Bolt Board: building a pre-equalized anchor
- _____ Bolt Board: cleaning an anchor by threading the tail
end of the rope thru closed hardware

Weekend 2: Required Progression

Instructor Names (printed): _____

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

Section 1

- _____ Bolt Board: build a quad anchor
- _____ Bolt Board: clean anchor with open hardware
- _____ Bolt Board: clean anchor with closed hardware
- _____ Complete live lead climb and intentional lead fall from

Weekend 1

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Section 2

- _____ Lead a climb and set up a quad anchor for top-roping
- _____ Set up directionals for top roping
- _____ Clean sport anchor with open hardware
- _____ Clean sport anchor with closed hardware

Weekend 2: Required Skills

Instructor Names (printed): _____

Required Skills (Instructors must initial)

- _____ Use Guidebook or Mountain Project to independently pick climbs and climbing area
- _____ Use Guidebook and available maps to navigate to desired climbing area
- _____ Correctly identify climbs based on description and pictures in Guidebook and Mountain project

Optional Skills (complete at any time)

- _____ Setting & extending alpine draws on a route
- _____ Clean quickdraws off a route using a tram
- _____ Bailing on a route
- _____ Discuss & demo a pre-equalized anchor

Additional Climbs

Attempt 4 different lead climbs, and take at least 1 lead fall in total. Climbs as part of other sign-offs do not count.

Climb Name: _____ Grade: 5. _____

Instructor: _____

Climb Name: _____ Grade: 5. _____

Instructor: _____

Climb Name: _____ Grade: 5. _____

Instructor: _____

Climb Name: _____ Grade: 5. _____

Instructor: _____

Additional Belays

Proficiently lead belay on 3 different climbs, and catch a lead fall at least 1 time. Belays as part of other sign-offs do not count.

Climb Name: _____ Grade: 5. _____

Instructor: _____

Climb Name: _____ Grade: 5. _____

Instructor: _____

Climb Name: _____ Grade: 5. _____

Instructor: _____

PROGRAM INFORMATION

Session

Lecture 1: Lead climbing, Lead
belaying, Knots

Weekend 1: Mock leads, Lead
belaying, First leads

Lecture 2: Building and
Cleaning Anchors

Weekend 2: Building and
Cleaning Anchors, Setting up
Top-ropes

Dates

Thurs, August 6

Sat-Sun, August 8-9

Thurs, August 13

Sat-Sun, August 15-16

Rumney: Crag overview

Note: The forset service is currently working on new trails that are designed to reduce our impact on the land... Please use these up to date trails as they are established...

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