

## 2019 Alpine Scrambling Course (ASC)

---

The ASC Program consists of two parts:

### (1) ASC Course

**Workshop 1:** Thursday, May 9, 2019, 6:30 – 9:00 p.m., Location: TBA

**Workshop 2:** Thursday, May 16, 2019, 6:30 – 9:00 p.m., Location: TBA

**Basic Skills Session 1:** Saturday, May 18, 2019, 5 a.m. – 6 p.m., Location: TBA

**Basic Skills Session 2:** Saturday, June 1, 2019, 5 a.m. – 6 p.m., location: TBA

Alternate Basic Skills Session in case of bad weather: Sunday, May 19, Sunday, June 1

**Instructor Orientation:** Thursday, March 14, 2019, 7:00 – 9:00 p.m., Location: TBA

**Instructor Rock Review:** Saturday, May 4, 2019, 6 a.m. – 5 p.m., Location: TBA

**Instructor Snow Review:** Sunday, April 28 & Saturday, May 11, 2019, 5 a.m. – 5 p.m., Location: TBA

Attendance and satisfactory completion at both Workshops and the Basic Skills Field Day are required to participate in the Elective Scrambles field trips. Within the current session there is no provision to make-up a missed course event so please ensure you are available for these dates.

### (2) Elective Scrambles

Throughout the summer, students who successfully complete the course portion have the opportunity to participate on Elective Scrambles. Successful completion of at least three, each progressively more challenging, Elective Scrambles is required for the student to complete the ASC Program. Completing the ASC Program will then be

noted in the student's CMC profile under "My Schools." The Elective Scrambles are arranged so that the easier scrambles are scheduled early in the summer, moderate scrambles mid-season and more difficult scrambles late in the summer.

## **Course objectives**

The aim of the course is to provide a framework for learning that will allow you to acquire the skills and experience to more safely and confidently climb Colorado peaks. In particular:

- Improve your ability to move more securely and efficiently on alpine scrambling terrain.
- Improve your ability to manage exposure.

## **Course fee**

\$100 - The Course fee is due on the first day of classes on 05/09/2019, payable to 'Colorado Mountain Club'.

Refunds: No refund after 05/09/2019

There are no fees for participation in Elective Scrambles.

Registration instructions: See below.

## **Required equipment:**

Students must either purchase, rent, or borrow the following equipment:

Ice ax

Adjustable climbing helmet

Seat harness (or emergency diaper sling)

Optional - crampons

2 locking carabineers

Sewn slings and accessory cord

Text and reference book: *Mountaineering - The Freedom of the Hills, 9<sup>th</sup> Edition*

Guide book: *Colorado Scrambles* by Dave Cooper (The guidebook provides useful information for Elective Scrambles)

The required equipment will be discussed during the first student meeting so please refrain from buying new gear until after that date. However, if you have a time-limited discount, and would like to use it for a purchase, consult the equipment and gear section of the ASC Student/Instructor Manual.

## **Prior preparation**

At least one season of moderate to moderately strenuous on trail and off trail hiking.

Awareness of basic personal security and safety in the outdoors.

Some familiarity with emergency procedures.

Good physical condition.

One way to meet these prerequisites is completion of the CMC

Mountain Hiking School (MHS) or Wilderness Trekking School (WTS).

Age 18 or older, or with permission of parent or legal guardian.

## **Course overview**

Most Colorado summits are accessible by scramble routes, so the skills acquired in this course will improve your ability to reach the summits of the Colorado 14ers as well as hundreds of other peaks. The Alpine Scrambling Course is also a good choice for those interested in climbing semi-technical non-standard routes. While much of the enjoyment of scrambling is freedom from technical gear and complicated rock climbing techniques, unroped scrambling in exposed situations is potentially one of the more dangerous aspects of mountaineering. For this reason, education and training specific to scrambling is important for safe and confident climbing.

The ASC student will practice elementary technical methods in preparation for the more challenging scrambles. A review of ice axe self-arrest, fit-and-usage of a climbing harness and helmet will provide for a safer climbing environment. Leaders of scrambling trips will carry a rope and some protection gear during field days. Technical gear may be used for security on exposed sections, or to facilitate a safer retreat in case of difficulty. Sustained use of the technical gear is not taught in this course. A goal of the course is to assist students to become more comfortable with exposure since that is a significant aspect of scrambling.

Although many find the ASC a logical bridge between a hiking course and a technical climbing course, others find the ASC an end in itself. For those with moderate goals and aspirations, the ASC will provide a rewarding experience. For those with more lofty ambitions, the ASC will add skills, confidence, and conditioning in anticipation of moving to technical climbing courses.

Elective Scrambles are typically rated at the C hiking classification level. C classified trips can be up to 15 miles roundtrip and/or up to 3,500 feet elevation gain. The earlier Elective Scrambles are not likely to reach these limits, a few of the later scrambles may get close or exceed them. The physical and mental demands of the ASC are not to be underestimated. A typical 4 a.m. meet time, long approach hikes

while carrying a 20 lb pack, challenging scrambles with exposed climbing, and a late afternoon return to the trailhead, can be demanding on mind and body.

If you believe that you may have issues handling exposure on your own or in a group, you are encouraged to start gradually with the easiest scrambles earlier in the season. Elective Scramble listings include descriptions of the hiking distances, climbing difficulties, and degree of exposure that you can expect on each trip. Ramping up the difficulty of your trips allows you to gradually increase your comfort level. Missing the early scrambles may result in attempting a later, more difficult, climb without being mentally prepared for it which would be discouraging for everyone.

More Information: John Raich, ASC Director, [john.raich@colostate.edu](mailto:john.raich@colostate.edu)  
You can request a copy of the ASC manual for a closer look at the overall program.

## **Course registration**

To register for the Alpine Climbing Course, read over the ASC self-evaluation, complete the registration form and send it to the ASC Director. Directions are below.

## **ASC Self-evaluation**

The Alpine Scrambling Course found that by asking potential students to assess their level of hiking and climbing stamina and skills and their comfort level with exposure, we can do a better job placing you with other students and instructors with best compatibility and advising you on the type and level of field trips that you should consider.

### **Hiking ability and stamina**

- (1) I am a casual or beginning hiker. I can comfortably hike 6 to 8 miles per day (return trip) at a moderate pace. I can hike uphill at about 500' per hour with a short break. A 6 hour hike is a full day for me,
- (2) I am a moderate hiker. I can comfortably hike 10 to 12 miles per day at an uphill pace of 750' to 1,000' per hour with periodic breaks. An 8 hour day gets me tired.
- (3) I am a strong hiker. I can hike 15 miles per day at an uphill pace of 1,000' per hour or faster. I can keep going all day.

### **Climbing ability**

- (1) I seldom use my hands except for stability on uneven ground. Steep grass, talus, scree and boulders make me uncomfortable. I may be awkward on rough terrain.
- (2) I use my hands and feet for security and to assist upward/downward movement on steeper terrain. My agility is average.
- (3) I can find and use even small handholds and footholds on steeper terrain. I consider myself very agile on rough terrain.

### **Exposure (fall potential inducing fear of heights)**

- (1) I am very uncomfortable with any exposure. I don't want to go near drop-offs where there is a possibility of falling and injury.
- (2) I am uncomfortable with moderate or severe exposure but am usually able to cope through careful travel and added security such as through a rope belay.
- (3) I can manage moderate exposure through careful travel and severe exposure through added safety measures.

### **Technical climbing gear (helmet, ice ax, rope, crampons, slings, carabiners)**

- (1) I am not familiar with technical climbing gear and don't really want to use any of it.
- (2) I am familiar with some of this gear, not familiar with other gear, but am willing to learn.
- (3) I am very familiar with most of this gear and am ready to start using it with a bit of instruction.

### **Comments on the self-evaluation**

If your responses are mainly (1)'s, you may want to take a bit more time to achieve better conditioning for hikes, practice travelling on steeper grass, scree, talus, try to get a bit more used to steeper drop-offs, and get familiar with some of the technical gear, such as a ice ax. Enrolling in a session of the Mountain Hiking School would probably do it.

If you marked (2)'s or (3)'s, we will attempt to place you in a group with compatible members. But keep in mind that the focus of the course is on acquiring and practicing new skills, and not a fitness or skills contest.

---

## **ALPINE SCRAMBLING COURSE - REGISTRATION FORM**

Please indicate your best responses in the four categories by writing a number in the appropriate box below. Please send the form to John

Raich, ASC Director, [john.raich@colostate.edu](mailto:john.raich@colostate.edu) (or by mail to:1413 Osprey Court, Fort Collins CO 80525).

**NAME:** \_\_\_\_\_

**E-MAIL:** \_\_\_\_\_

**PHONE:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

\_\_\_\_\_

**CMC MEMBERSHIP NUMBER:** \_\_\_\_\_

	<b>Enter 1, 2, or 3</b>
<b>Hiking Ability</b>	
<b>Climbing Ability</b>	
<b>Exposure</b>	
<b>Technical Gear</b>	