

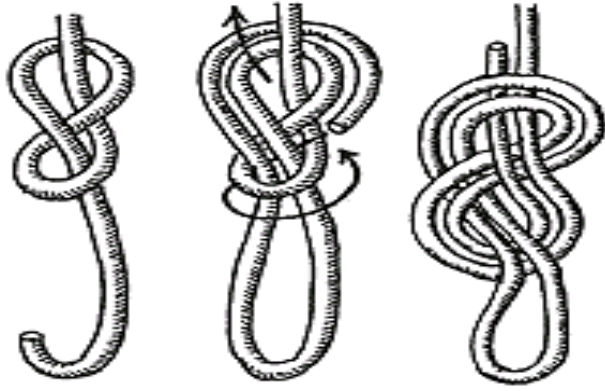
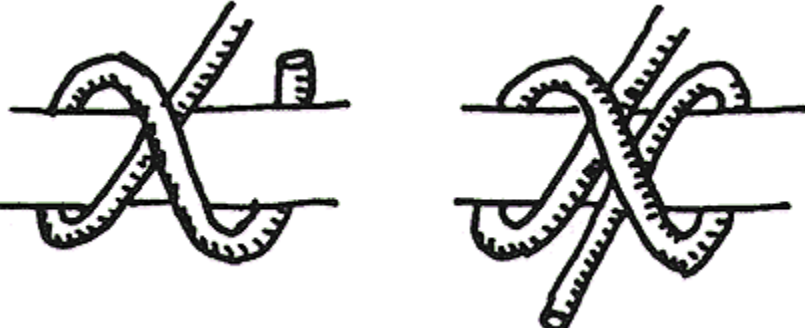

Pre-Camp Climbing

Climbing instructors are hired with vast differences in their personal skill levels from being involved on a consistent basis to doing some occasional recreational climbing. Our goal with the pre camp work is to have all of our instructors arrive with the same basic knowledge of terms etc. and actual climbing and coaching skills. This will allow us to focus our camp training on interactive ways of teaching kids.

Camp Foley has a 38 foot wooden tower with two sides giving the campers the choice of four routes, and a double sided bouldering wall. The climbing program at Foley is designed to teach campers the basics as well as advance their skills by challenging them. It is important that staff realize that they will have a teaching role when it comes to climbing at Foley.

TASK:

1. Go climbing! Think about becoming a member of the local climbing facility. Practice and develop your personal climbing skill, and take time to practice your skills on a bouldering wall as well! When climbing: Think about the things that you are doing, the position of your body, the way you hold your hands, feet, etc. Remember you are going to have to teach a camper to do this soon. Think about how you are going to transfer this information to the different ability levels.
2. Try to get different certifications related to climbing and/or belaying. This is not a requirement but an awesome addition to your skill documentation. Most colleges offer some sort of climbing program or classes if they have a facility. So do a number of climbing facilities.
3. Learn and practice some climbing games, for both a climbing wall and a bouldering wall. You should know the games well enough to be able to lead/teach them to campers. Search the web for different games and variations of games Find and learn 3 climbing games. Some good sites to start with are; http://www.indoorclimbing.com/climbing_games.html
<http://www.canadarockclimbing.com/games.html>
4. Learn and practice the knots below, these are the knots we use at camp It is **ESSENTIAL** that you arrive at camp able to tie these knots.

<p>Figure 8 follow-through: The main climbing knot that is used to attach the rope to the main carabiner that attaches to the climbers harness.</p>	
<p>Clove Hitch: This knot is used to attach a peak cord to the main climbing rope. Used when setting up the wall in the morning and closing the climbing wall at night.</p>	
<p>Stopper Knot / Double Overhand: This knot is used to backup the figure 8 knot, and at the ends of rope to prevent it from slipping through the Gri-gri belay device.</p>	

Following are some great links to animated videos of the knots mentioned above:

- Figure 8 Follow Through - <http://tinyurl.com/figure8followthrough>
- Clove Hitch - <http://tinyurl.com/clovehitchknot>
- Stopper Knot/Double Overhand - <http://tinyurl.com/doubleoverhand>

Please note that there are many ways to tie these knots. If you can tie these knots already please don't change your method; we will be assessing the final tied knot, and not your particular style of achieving them.

Foley's climbing tower operates under a climbing style known as '*Top Roping*'. Make sure you are aware of this climbing style before arriving at camp. A great place to start with this is: http://en.wikipedia.org/wiki/Top_roping

Foley also uses '*Petzl GriGri*' belay devices in place of traditional basket-style belay devices. This is largely due to their increased safety features. Make sure you are familiar with these devices before arriving at camp. A great place to start with this is:

[http://en.wikipedia.org/wiki/Grigri \(climbing\)](http://en.wikipedia.org/wiki/Grigri_(climbing))

Please email all your answers/findings to alli@campfoley.com.