



Greetings!

Thanks for signing up for Rock Spot Climbing's Top Rope 101 class. This handout has some important information for before, during and after the class to help you along your journey into outdoor climbing!

Top roping is where an anchor is constructed at the top of the climb and the rope is connected so that the climber does not need to worry about protecting the climb on their ascent. Specifically, we'll be talking about building anchors on natural protection like trees. We will not be covering placing protection or rappelling.

We'll provide all the gear necessary to participate in the class but it's always best to learn with your own. If you'd like to climb after the class we recommend you pick up the gear listed below. If you have any questions about the gear please don't hesitate to get in touch. Otherwise we'll cover everything during the course. Your confirmation email when signing up for the course included a 25% off coupon to help get you started!

#### Recommended Gear for the Class

- Durable, closed toe shoes (approach shoes are ideal)
- Rock climbing shoes
- Harness
- Belay Device and locking carabiner
- Water, sunscreen, bug spray

#### Recommended Gear for After the Class

- Dynamic climbing rope
- Rope bag w/ tarp
- 100' of static cord
- Two lengths of cord (6mm or 7mm, 10-15 ft. each)
- Two asymmetrical D shaped carabiners
- Two large, locking, pear shaped carabiners
- GRIGRI, Reverso 4 or ATC-Guide

The following material should help you prepare for the course. Some of the topics are things we will cover and knowing them will give you a head start. Other things are just good information to help you be a better climber.

Thanks again for joining us and we look forward to seeing you at the crag!



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## Sample Course Outline

*This outline is an example and the instructor may choose to omit, add or rearrange topics covered.*

- Outdoor Ethics (see attached material)
- Safety at the Bottom of the Climb
- Choosing Routes and Identifying Features
- Safety at the Top of the Climb
- Equipment Check
- Static vs Dynamic Rope
- Choosing Good Protection Points
- The ERNEST Anchor
- Building a Top Rope Anchor
- Accessing Edges
- Tips for Outdoor Belaying

## The ERNEST Anchor

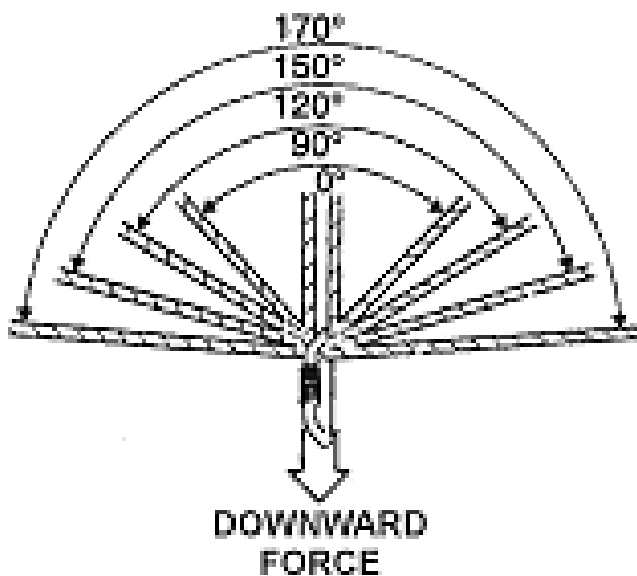
E – Equalized

R – Redundant

NE – Non-extending

S – Strong

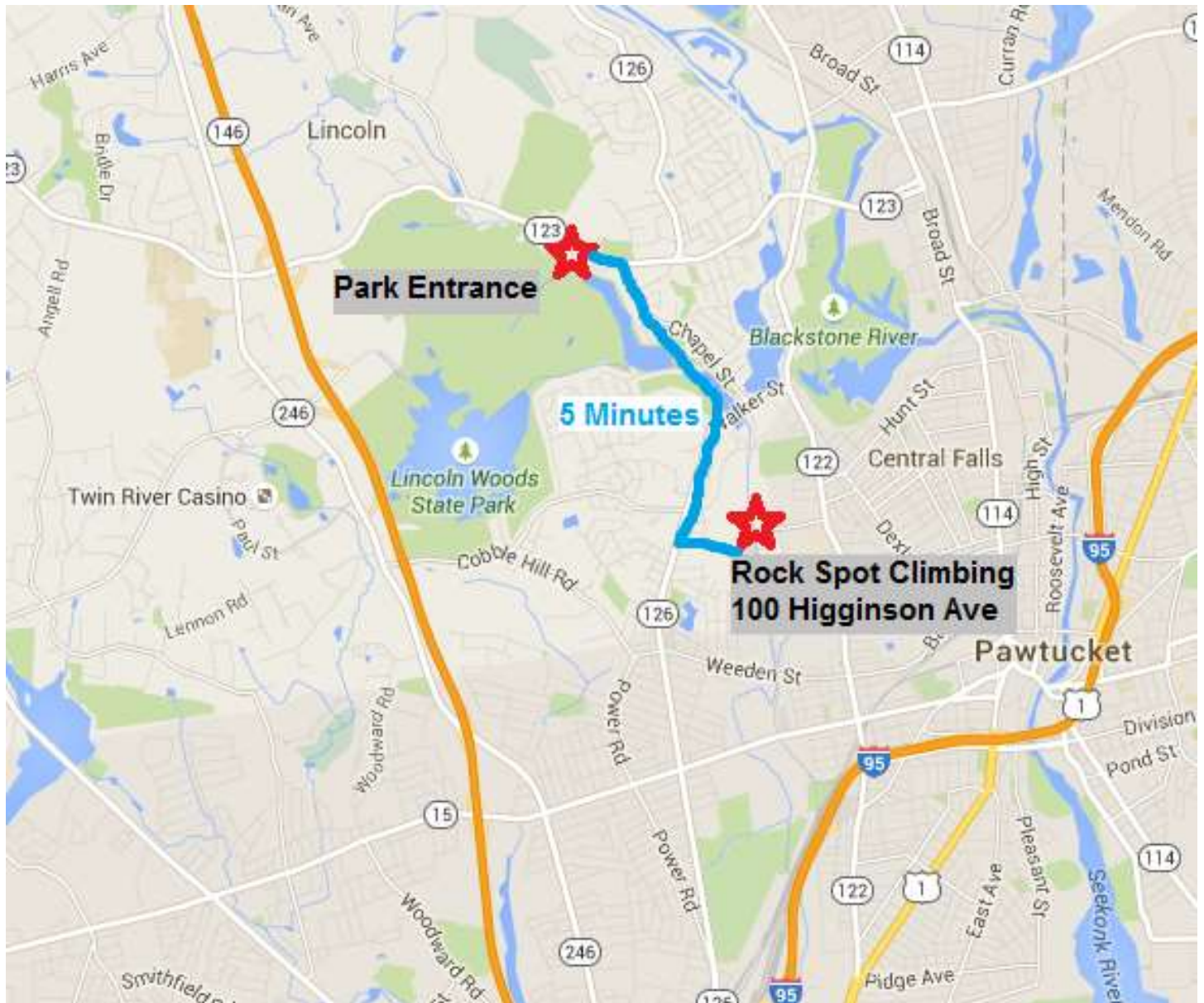
T – Timely



TENSION IN MULTIPLE ANCHOR RIGGING	
ANGLE	RESULTING LEG TENSION*
170°	1150%
150°	200%
120°	100%
90°	70%
0°	50%

\*On each leg relative to downward force.

# How to Get to Lincoln Woods



Enter the park from Route 123 ([Breakneck Hill Road/Great Road](#)). Continue straight at the entrance booth once you have crossed over the bridge. A little ways down the road, on the right, you will start to see dirt roads with picnic table numbers posted. Take the second road that reads “9B-14.” If the gate is closed you can park in the lot on the opposite side of the street. Otherwise, continue down to the end of the road.

You can view a map of the park [here](#).

## Plan Ahead and Prepare

- Know the regulations and special concerns for the area you'll visit.
- Prepare for extreme weather, hazards, and emergencies.
- Schedule your trip to avoid times of high use.
- Visit in small groups when possible. Consider splitting larger groups into smaller groups.
- Repackage food to minimize waste.
- Use a map and compass to eliminate the use of marking paint, rock cairns or flagging.



## Travel and Camp on Durable Surfaces

- Durable surfaces include established trails and campsites, rock, gravel, dry grasses or snow.
- Protect riparian areas by camping at least 200 feet from lakes and streams.
- Good campsites are found, not made. Altering a site is not necessary.
  - In popular areas:
    - Concentrate use on existing trails and campsites.
    - Walk single file in the middle of the trail, even when wet or muddy.
    - Keep campsites small. Focus activity in areas where vegetation is absent.
  - In pristine areas:
    - Disperse use to prevent the creation of campsites and trails.
    - Avoid places where impacts are just beginning.

## Dispose of Waste Properly

- Pack it in, pack it out. Inspect your campsite and rest areas for trash or spilled foods. Pack out all trash, leftover food and litter.
- Deposit solid human waste in catholes dug 6 to 8 inches deep, at least 200 feet from water, camp and trails. Cover and disguise the cathole when finished.
- Pack out toilet paper and hygiene products.
- To wash yourself or your dishes, carry water 200 feet away from streams or lakes and use small amounts of biodegradable soap. Scatter strained dishwater.

## Leave What You Find

- Preserve the past: examine, but do not touch cultural or historic structures and artifacts.
- Leave rocks, plants and other natural objects as you find them.
- Avoid introducing or transporting non-native species.
- Do not build structures, furniture, or dig trenches.

## Minimize Campfire Impacts

- Campfires can cause lasting impacts to the backcountry. Use a lightweight stove for cooking and enjoy a candle lantern for light.
- Where fires are permitted, use established fire rings, fire pans, or mound fires.
- Keep fires small. Only use sticks from the ground that can be broken by hand.
- Burn all wood and coals to ash, put out campfires completely, then scatter cool ashes.

## Respect Wildlife

- Observe wildlife from a distance. Do not follow or approach them.
- Never feed animals. Feeding wildlife damages their health, alters natural behaviors, and exposes them to predators and other dangers.
- Protect wildlife and your food by storing rations and trash securely.
- Control pets at all times, or leave them at home.
- Avoid wildlife during sensitive times: mating, nesting, raising young, or winter.

## Be Considerate of Other Visitors

- Respect other visitors and protect the quality of their experience.
- Be courteous. Yield to other users on the trail.
- Step to the downhill side of the trail when encountering pack stock.
- Take breaks and camp away from trails and other visitors.
- Let nature's sounds prevail. Avoid loud voices and noises.



# Making the transition from **GYM** to **CRAG**

RESPONSIBLE OUTDOOR CLIMBING PRACTICES THAT HELP PRESERVE ACCESS

IN THE GYM	AT THE CRAG	DO THIS INSTEAD
Loud music fuels your climbing session.	Loud music may disrupt others trying to enjoy the outdoors, including landowners.	Leave the speakers at home or at least turn them off when others are nearby.
Lowering off the top anchors is the norm.	Top anchors may not be regularly monitored for wear.	Consider rappelling to lessen the impact on anchors.
Janitors clean up your chalk spills and discarded finger tape.	Chalk spills and trash are your responsibility.	Clean up after yourself and pack out your trash.
You stash your pack and unused gear in a locker.	Sprawling gear can crush plant life, trample sensitive soil, and disturb other climbing parties.	Be aware of where you're dropping your gear and contain it as much as possible.
Fixed draws on lead routes are standard.	Landowners may not appreciate the visual impact of fixed draws.	Know the rules before you go, and don't leave draws on your project unless they are allowed.
You do your business in the bathroom.	You do your business in the wild.	The best methods for human waste disposal vary depending on what kind of environment you're climbing in. Know before you go: <a href="http://www.accessfund.org/poop">www.accessfund.org/poop</a>
Climbing in large groups is no big deal.	Climbing in large groups is not always appropriate, especially when the crag is crowded or in areas where access is sensitive.	Stay low profile—climb in pairs at crowded crags and in areas where access is sensitive.
Gym managers oversee training and safety inside a controlled environment.	The great outdoors doesn't have a supervisor, and climbing outside is inherently more dangerous.	Be safe. Get a mentor or climb with someone who knows the ropes.



Protect America's Climbing