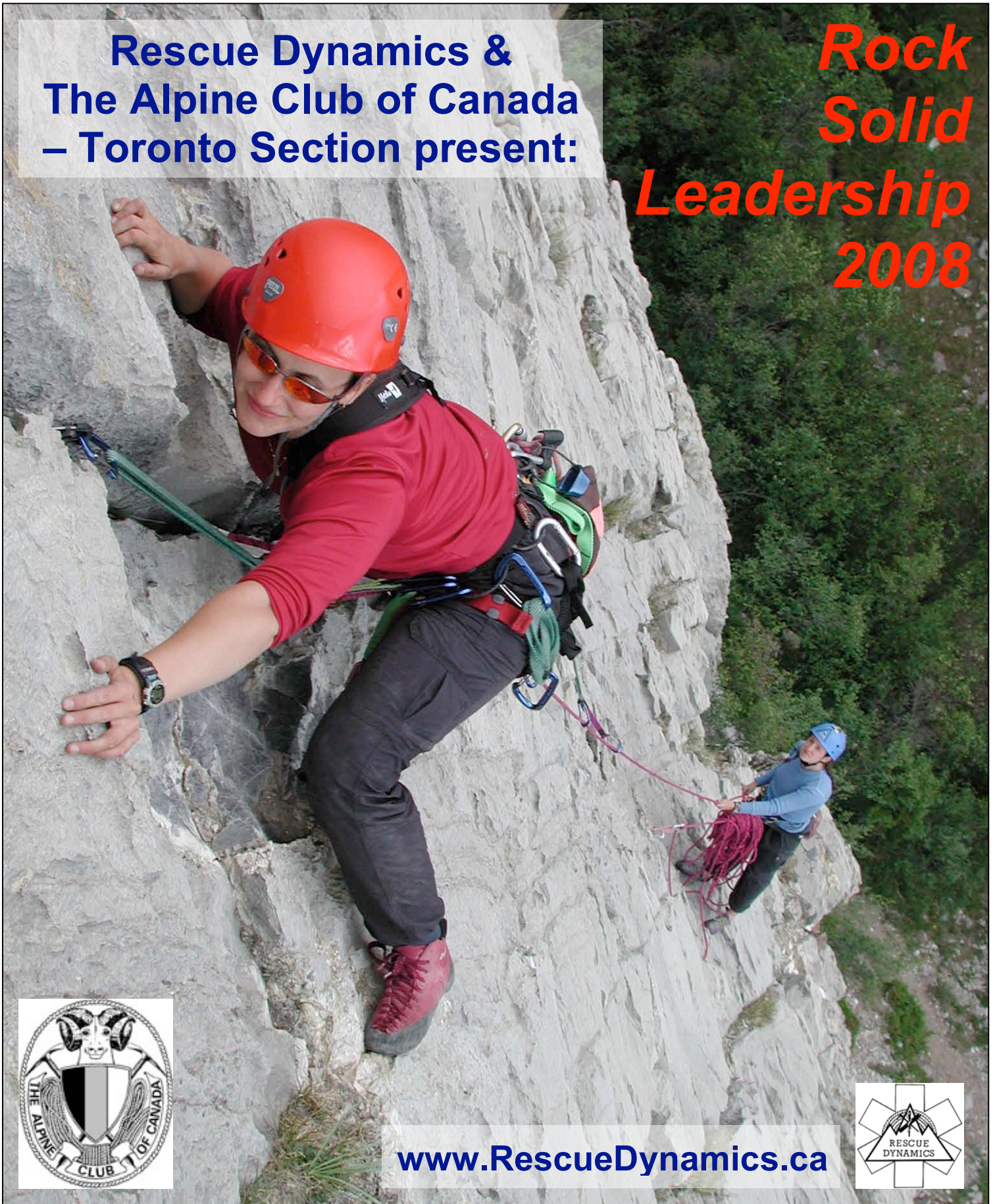


**Rescue Dynamics &
The Alpine Club of Canada
– Toronto Section present:**

**Rock
Solid
Leadership
2008**



www.RescueDynamics.ca



Rescue Dynamics - *Rock Solid Leadership 2008*

Jasper National Park – Alberta, Canada

Friday, June 20th to Friday, June 27th, 2008

Guides / Instructors: Cyril Shokoples, (780) 416-5040, resqdyn@telusplanet.net

Jeremy Mackenzie

Course Manager: Sandra Bowkun

Participants: 8

Fee: \$1650 including GST (includes instruction, course manual, meals and accommodation)

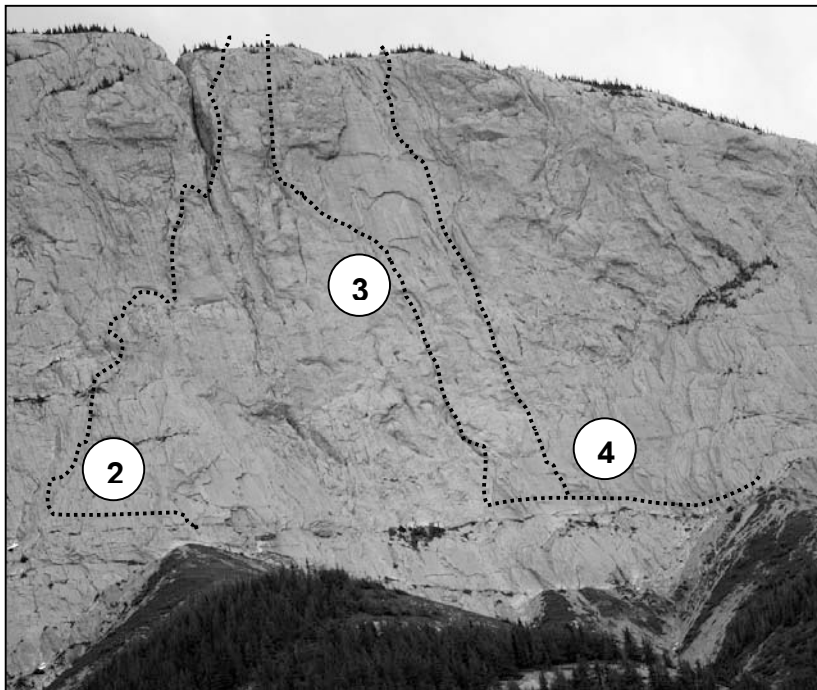


General Description

We are excited to say that we think there has never been a course quite like *Rock Solid Leadership*. Some courses are geared toward providing you with skills for placing gear. Some hone your climbing. Others work on techniques for leading. Yet other courses provide rock rescue training. A limited number work at improving your alpine rock climbing skills. Very few technical climbing courses provide soft skills to enhance your understanding of issues as a leader. And a large number of courses are simply too short to cover all the things that instructors and participants alike would love to address.

Enter **ROCK SOLID LEADERSHIP**. Created by Cyril Shokoples, a well-known western Canadian mountain guide with an extensive background in training mountain leaders. **Rock Solid Leadership** addresses all of these technical topics while focusing on leadership issues and filling in the gaps with soft skills. During course development the curriculum was scrutinized by Sandra Bowkun, an active leader in the eastern Canadian climbing community and advocate of leadership training at the climbing club level. Prior to this course, concurrent instruction in these areas could only be easily obtained by training to become a professional mountain guide. At long last all of these skills have come together in a single week long program designed specifically for the amateur leader with emphasis on the climbing club setting.

Rock Solid Leadership is a seven day course during which a number of hard and soft skills sessions related to leading club trips to rock climbing venues are presented. It is not a course about leading hard rock climbs but rather a course to introduce you to leading others on rock climbs of almost any grade.



We will spend some time dealing with managing personal and climbing club trips to shorter one pitch venues but our aim is to go well beyond that. Managing a small party during ascent and descent on multi-pitch rock routes and/or alpine rock routes will be what we are eventually striving for. We will also begin to learn and practice the art and science of shortroping, rock rescue, group handling, group dynamics and so much more.

Participants must have experience following traditional rock climbs with an experienced partner. Some previous gym, outdoor sport and traditional leading experience is required with a minimum of a half dozen leads on each type of route required. You don't have to be leading hard routes but you should have begun your leading career. This is NOT a beginner course. If you attend this course you must be mentally and physically ready to lead. The days will be long and participants are expected to give a 100% commitment to the program.

This is a leadership course above all. You must be willing to spend at least as much time thinking about others as you spend thinking about your own needs. If all you want is to be a good rock climber, then you are better off seeking a good technical skills course. This course is about leading routes *and* leading others who may be perhaps far less experienced than you. There will be plenty of leading and technical skills involved but there will also be so much more.

Typical Soft Skills Covered

(a revised subset of the Rescue Dynamics weekend seminar skills)

- Waivers, information forms, legal liability
- Roles and responsibilities of climbing club trip leaders
- Attributes of a good trip leader in a climbing club context
- Conflict management
- Decision making on trips
- Risk homeostasis theory
- Risk taking on club trips
- Accident management

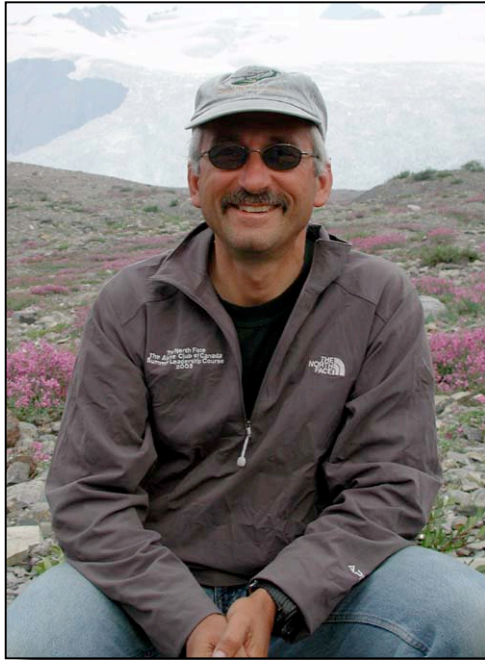
Typical Hard Skills Covered

- Gear placement
- Anchor construction
- Setting up a top-roping site
- Multi-pitch belay station management (2, 3 & 4 person teams)
- Multi-pitch rappel station management (2, 3 & 4 person teams)
- Shortroping
- Rope rescue
- Routefinding

The Setting

Rock Solid Leadership will take place in Jasper National Park. This beautiful mountain national park is over 100 years old and provides every possible type of venue for rock climbing from short sport crags to long alpine rock routes. In addition, Jasper Park has far less climber traffic than Banff, her better known southern sister. During the week we can expect to share the expansive venues with very few if any other climbers! It is the ideal setting for a course of this nature. Some of the multi-pitch traditional climbs and venues have only recently been documented and several climbing areas have only recently been developed. This is the climber's equivalent to finding sunken treasure. Most of the climbing is on limestone with some on classic quartzite.





Course Faculty / Staff

Cyril Shokoples will be our lead instructor. Cyril's professional mountain guiding began a quarter century ago and he is an internationally certified mountain guide. He is a past president of the Association of Canadian Mountain Guides and has received distinguished service awards from the Alpine Club of Canada and the Association of Canadian Mountain Guides. He was the coordinator of Prehospital Care programs at the Alberta Vocational College where he trained Emergency Medical Technicians and developed the Parks Emergency Responder course for national park wardens. He delivers that course all across Canada and teaches Wilderness Emergency Care to mountain guides. Cyril trains the Canadian Forces Search and Rescue Technicians in Mountain Rescue and is one of the primary instructors on the ACC summer and winter TNF national leadership courses.

Jeremy Mackenzie will be our second instructor. Jeremy is an ACMG Ski Guide and assistant Alpine Guide. He is one of the senior ski guides at RK HeliSki and will be challenging his final ACMG exam in 2008. He has guided at the ACC GMC and taught on the 2005 Central Canada Rock Leadership course in Quebec. Jeremy has skied and climbed extensively across North America.



Course Manager Sandra Bowkun will provide the perspective of the amateur leader and will be acting as the intermediary between the participants and staff. Her fourteen years of climbing have taken her across Canada,



the US and Italy. She has rock climbed at such venues as the Gunks, Canadian Rockies, Niagara

Escarpment, Bon Echo, Red Rocks, Joshua Tree, and Adirondacks. Sandra has attended six GMCs in western Canada and has been alpine rock climbing in the Dolomites, Tetons and Bugaboos. Sandra has held various positions with the ACC Toronto Section including sitting on the Leadership Committee. She has been the Section Chair and national representative for the past two years and is active at the ACC national level as a member of the national Leadership and Membership Committees. Sandra will chair the participant selection committee plus deal with pre-course inquiries and day to day coordination of activities.

Participant Instructor Ratios

This course has been designed to have an excellent staff to participant ratio. With only 8 participants and two guides plus a course manager, participants will not be lost in the crowd!

Course Outline

A tentative daily course plan can be found at the end of this document. The schedule is weather dependent, of course, and the staff will modify the schedule according to the conditions.

The majority of your time will be spent on the rock at various practice areas and crags or on the peaks honing your skills. In the evenings and during planned breaks during the day various soft skill sessions will be held. Everyone is expected to provide input into these sessions so that the experiences of the entire group can help us enhance our learning.

Course Manual

Each participant will receive a course manual with course objectives, course outline and a significant number of technical and leadership related articles (most written by your instructor Cyril Shokoples). The articles address subjects taught during this course and some deal with subjects on which little has been written.



Difficulty

This trip will focus on providing leadership training for those who are either actively leading trips or wish to actively lead trips in a climbing club setting in the future. Those who are rope leaders, trip coordinators and camp managers will be well served by the content provided. Applicants who are already active trip leaders will receive preference when participants are selected for this program.

The days will be long and challenging both mentally and physically. Multiple consecutive long days should be anticipated. Participants must come to the course adequately prepared and should be fit and confident. We highly encourage a gender mix in this program.

Getting to Jasper

The most convenient international airport to Jasper is the Edmonton International Airport. Jasper is a four hour drive from Edmonton

International Airport on excellent highways. From Edmonton, Highway 16 (the scenic Yellowhead Highway) leads directly to Jasper town site. Jasper can be reached by car, bus or train. Participants are encouraged to car pool with each other. Greyhound Bus Lines (1-800-661-8747) offers frequent service from Jasper to Edmonton.

Transportation

Transportation is not provided. Participants will be required to provide their own transportation once in Jasper. Participants are expected to carpool and should not rely on the staff or instructors for transportation arrangements. Car rentals are available in Edmonton and Jasper. The course manager will try to facilitate carpooling by providing a participant list to everyone accepted on the course.

The course manager will not actually make any of the travel arrangements. You will be sent this list along with confirmation of your final payment. You are encouraged to use the list to contact other participants to arrange carpooling to and from Edmonton or other locations. If you are unable to arrange transportation to our rendezvous location, call the course manager and we will try to assist you.

Rendezvous For The Course

Incoming participants will meet at the Palisades Training Centre at 7:00 pm (local time) on Friday June 20th, 2008. Supper will not be provided. You will received an email informing you of the exact room to meet in once you are accepted for the course. You will also receive a map for finding the Centre as it is NOT right in the town of Jasper.

Participants must check in with the course manager upon arrival to be sure medical forms, waivers and emergency contact information forms are signed and complete. You will be required to show a valid Park Pass for the vehicle in which you will be traveling.

Accommodation & Meals

Participants and staff will stay at the Palisades Training Centre located near the town of Jasper. The Palisades Centre is an absolutely magnificent venue for this course with the Colin Range looking down upon us from across the valley. The large array of nationally recognized historic buildings have been converted to suit the needs of groups wanting to meet in a casual, rustic atmosphere. It is operated by Parks Canada and is located 12km east of Jasper on Highway 16 and Snaring Campground Road. Participants will typically share a room with one or two others. Curious ? : (http://www.pc.gc.ca/pn-np/ab/jasper/edu/edu3_e.asp)



All of our meals will be provided and prepared by the staff at the Palisades Centre. Breakfast and supper will be at the centre. Bag lunches will be provided for each day. Participants will prepare their lunch from the items provided. Please bring an appropriate reusable lunch bag or container to avoid constantly wasting lunch bags on a daily basis.

Emergency Contact

If you need to be reached because of an emergency while you are on the course, the contact is the Rescue Dynamics emergency cell phone at 780-916-7951. A message can be left on the voice mail. The voice mail will be checked every evening and you will be notified of the situation.

Medical Concerns & Contingencies

Jasper has a local hospital and ambulance service. The course will not have a doctor on staff but the guides are trained in first aid to deal with on-site emergencies until the arrival of EMS or mountain rescue personnel. Staff carry cell phones and/or VHF radios but coverage cannot be guaranteed in all mountainous terrain.

Rock climbing and mountaineering are strenuous activities. In order to enjoy this course and be a safe participant you must be in good physical condition. Your preparation and training for this course should include climbing (indoor and/or out) plus strength training and aerobic exercise. If you arrive at the course and do not have adequate fitness your instructors may limit or cancel your participation with NO REFUND.

Participants with any current or ongoing medical problems should see their personal doctor prior to arriving at the course. This information MUST be provided on the course application form. Anyone who discloses a serious medical condition MUST provide a note from their doctor, stipulating their fitness to undertake the strenuous activities, including altitude related concerns, involved in attending the course. Failure to disclose a relevant medical condition on the application form is grounds for immediate termination of participation on the course with NO REFUND.

Each participant should bring their own small Personal First Aid Kit to deal with common problems. Contents should include items such as blister care products, personal medications, items for wound care, Band-Aids™ and tape. Medications will NOT be available from staff for emergencies. Participants must bring their own personal medications and prescriptions to the course. Jasper has two pharmacies should the need arise to purchase any medications.

IMPORTANT: Those who have potential for severe allergies or anaphylaxis should recognize that we will be a long way from medical care on many of our climbs and rescue may not be readily available for many hours or even a day. A physician should be consulted to determine if antihistamines and/or a prescription auto-injector of epinephrine such as the single dose Epi-Pen™ or two dose Twinject™ should be carried. The staff DO NOT carry these prescription items in their first aid kits.



Blisters – commonly occur with new boots that are not well broken in and feet that have not been conditioned prior to activity. The long days spent on this course (particularly in the latter

half) put you at greater risk of blisters. Blisters can keep you from being able to participate on some of the more exciting and fulfilling parts of the course. Wear your footwear often before the course to make sure it fits properly and get to know the best sock combination for your footwear. You will need hiking or approach boots for the approaches and descents plus rock shoes that you can comfortably wear for up to 6 or more hours without stopping to take them off. Very tight rock shoes appropriate for sport crags will not serve you well on the longer alpine days. As soon as you detect problems notify the staff and take preventive action immediately. Even a half hour delay can result in painful open blisters.

Three products that have been found to be useful over the years include Moleskin™, Compeed™ (also marketed as Band-Aid™ brand Blister Block™), and Second Skin™. Moleskin™ and Compeed™ are used as preventatives. Compeed™ and Second Skin™ can be used to treat the problem once blisters have formed. Bring your own extensive foot care package, the mark of an experienced leader in the outdoors.

Sunburn – is extremely common and can occur even on cloudy days. It may occur rapidly due to the effects of increased altitude and high reflectivity of the light coloured limestone we will spend a lot of time climbing on. Sunburn problems are best limited by using a UV sunscreen with a minimum Sun Protection Factor (SPF) of 30. A sun hat or baseball hat is also essential.

Dehydration – causes many issues in the outdoors including cramps, fatigue and heat exhaustion. It is the leading cause of headaches in the outdoors. Staying hydrated is an important part of staying at your peak. In addition, to avoid hyponatremia on long days you should be sure you are not drinking water alone but are taking in electrolytes as well. Sport drinks or snacks containing adequate salt and other nutrients and electrolytes are important.

Park Passes and Mountain Rescue



Vehicles traveling in mountain parks are required to have a Park Pass. They can be purchased at the gate upon entering Jasper Park or at the Park Information Office. This pass allows you to travel to the various venues we will visit during the week. In addition, the pass is required to obtain mountain rescue services in the mountain parks at no charge. Technical mountain rescues are handled by wardens from Parks Canada. Without a pass you could be charged for any mountain rescue arranged on your behalf. You will be required to show your vehicle Park Pass when you fill out the paperwork on the first evening of the course. You will not be allowed to participate on this course unless the vehicle you are traveling in displays a valid Park Pass.

Maps And Guidebooks

Maps and guidebooks are available in Jasper at Gravity Gear or the Park information office. Route descriptions, photos and/or topos plus mini maps for all the routes we do on the course will be provided. Since we could be climbing at any one of 20 or 30 different venues during this course you would need about eight 1:50,000 scale topographic maps to cover the possibilities. We recommend the 1:100,000 scale Gem Trek™ *Jasper and Maligne Lake* map that covers a large portion of Jasper Park in adequate detail for our needs. It retails for \$10.95.

Environmental & Wildlife Considerations



This course takes place in a national park, and as such we must be sure that our interactions with the environment and wildlife are appropriate. On the first day your instructors will brief you on our environmental responsibilities. The best guidelines for interacting with wildlife can be found in the brochure produced by Parks Canada called *Keep the Wild in Wildlife*. It details appropriate actions to take when dealing with bears, deer, elk, cougars and other animals, both wild and habituated. Be sure you review this information prior to departing for Jasper. This brochure can be downloaded as a PDF file from the Parks Canada website. (http://www.pc.gc.ca/docs/pc/guide/nature/wild_e.pdf)

Travel & Medical Insurance Options

A hospital stay can be an expensive proposition if you do not have medical insurance, or if your provincial insurance does not cover it. Even a simple ride in an ambulance from one of our mountain venues to the nearest hospital can easily run to \$1000 or more. If your current insurance doesn't adequately cover you during this course we recommend considering insurance through Travel Underwriters (<http://www.travelunderwriters.com>). They are the insurer recommended by the ACC for many of their mountain adventures. They offer various annual and single trip policies, including medical insurance. Visit their website or call 1-800-663-5389. (If you are an ACC member quote reference #ALP762, as the ACC will benefit financially when you do so.)

Miscellanea

It is possible that you may arrive in Jasper and have forgotten something important. Jasper is a classic small tourist town with one or two of just about everything. There are; two grocery stores, several convenience stores, many gas stations, one good climbing store, many clothing stores, plenty of restaurants, several bars (even no smoking), two pharmacies, photo shops and a lot of souvenir stores so you can take something home for your family or loved ones that you have abandoned to go climbing yet again! If Jasper doesn't have what you need then stop at one of the larger chain stores in the town of Hinton (an hour away).

Applying to attend the *Rock Solid Leadership Course*

Unlike many other courses, you must apply for this course and be selected to attend. Simply having the time and money to attend is not enough. Deadline for applications is three months prior to the course start date.

Prerequisites:

- ❑ Minimum leading experience
 - 6 outdoor sport routes and
 - 6 outdoor traditional routes
- ❑ 2 letters of reference from your Section Executive, club members or other climbers familiar with your climbing background. You should also have the endorsement of your Section Executive.
- ❑ Complete a short essay detailing:
 - Why you wish to attend
 - Three things you wish to learn about rock climbing leadership
 - Your three biggest strengths in rock climbing
 - The three things you most need to improve in rock climbing
 - How you intend to give back to the climbing community after the course is over
- ❑ Submit a detailed rock climbing resume including:
 - Number of years as an ACC member
 - ACC section affiliation, other club affiliation (FQME, GMMC, VOC, etc.), and/or acceptance into an ACMG training or examination program
 - Number of routes climbed (sport, traditional) including names & locations of routes
 - Number of multi-pitch routes climbed including names & locations of routes
 - Number and type of ACC trips led
 - Other ACC related background (committees, activities, etc.)
- ❑ Complete and sign a release and waiver of liability form

Final acceptance will be based on a points scheme and a comparison of applicants. No applicant is guaranteed a spot.

To confirm your spot you will be required to pay a deposit with the balance of your fees due at the payment deadline. If your fees are not paid in a timely fashion you may lose your deposit and forfeit your spot on the course.

Grants and Subsidies

Substantial grants and subsidies may be available to participants from ACC Sections. Some subsidies may be contingent upon the applicant continuing to actively lead trips in the future. Further information will be made public as it comes available.

For general information about the course, contact:

Sandra Bowkun <show@it.ca>

Cyril Shokoples <rescuedynamicsinfo@telusplanet.net>

RESCUE DYNAMICS - *Rock Solid Leadership Course*

EQUIPMENT LIST

Be sure you arrive properly equipped, with all of your gear in excellent condition. If you lose or damage an item it may be possible to replace it at Gravity Gear in Jasper, but our schedule may make it difficult or impossible to visit the store during business hours. If you have inappropriate or inadequate equipment this may preclude your ability to participate in some activities.

Weather in the mountains is extremely variable. One moment you can be wearing shorts and a T-shirt and an hour later it could begin raining or even snowing. It can get below freezing at night and mornings can be cold. Prepare for ALL weather. This is primarily an outdoor course.

ESSENTIAL PERSONAL EQUIPMENT

- Climbing day pack - waterproof, sufficient to carry climbing gear/spare clothing/lunch on a long climb (45 litres or larger)
- Sandwich bag or box - for daily lunch, no bags or wrapping materials are provided
- Water bottle(s) – 1 litre, plastic with a tight lid (2 litre optional)
- Dark sunglasses or glacier goggles; side shields recommended
- Sunscreen – SPF 30 or more recommended
- Insect Repellent
- First Aid Kit – personal size
- Headlamp (small & lightweight, to carry in your pack) – bring spare batteries and bulb
- Underwear – long arms and legs, even for summer!
- Shirts – two long sleeved
- Sweater – (fleece, wool or down)
- Down jacket or vest – for cold days or evenings
- Hiking shorts – for hot days
- T-shirts – long and short sleeved
- Mountain Jacket or Anorak; Gore-Tex, 60/40, medium nylon, etc.
- Climbing pants - durable, and non-restrictive; no blue jeans
- Rain gear – jacket and pants providing good wind and rain protection
- Socks – synthetic or wool. Several pairs (for a week)
- Casual footwear i.e. running shoes
- Gaiters – knee length (we recommend a waterproof bottom section)
- Toilet supplies
 - Towel
 - Washcloth
 - Soap
 - Razor
 - Personal medication and hygiene items
 - toilet paper (small personal supply)
- Sun or baseball style hat
- Sandals for indoors
- Ear plugs (for blocking out a snoring room mate)

ESSENTIAL CLIMBING EQUIPMENT

NOTE: All of the following should be CE / UIAA approved and in good repair

- ❑ Climbing rope – must be CE approved single rope, 60m length and in excellent condition
- ❑ Climbing ropes – optional two CE approved double ropes, 60m length in excellent condition
- ❑ Hiking or approach boots – waterproof or water resistant; sturdy, supportive and comfortable to wear on rugged off-trail conditions including scree for a long day or in bad weather.
- ❑ Pocket knife – Swiss army style
- ❑ Climbing helmet – CE / UIAA approved
- ❑ Climbing harness – must be modern CE / UIAA approved and in good condition
- ❑ Rock Shoes (comfortable enough to wear for 6 to 8 hours without stopping to remove them; You may want to bring 2 pairs, one for hard climbs, one for long easier climbs)
- ❑ Belay device (for single and/or double ropes as necessary) – Petzl Reverso™ or Black Diamond Guide™ style belay devices with auto-locking and manual belay modes is highly recommended.
- ❑ Rappel device (for single and/or double ropes as necessary)
- ❑ Four Locking carabiners – CE / UIAA approved
- ❑ Two (minimum) HMS / Munter style carabiners (pear shape) – CE / UIAA approved
- ❑ Twenty Non-locking carabiners – CE / UIAA approved
- ❑ Set of wired nuts, complete set – CE / UIAA approved
- ❑ Set of spring loaded cams, complete – CE / UIAA approved
- ❑ Nut removal tool
- ❑ Gear Rack
- ❑ Two accessory cords – 6 meters long, 7 mm diameter (NO substitution)
- ❑ One accessory cord – 1.5 meters long, 7 mm diameter (NO substitution)
- ❑ One 1” nylon webbing – 3 meters long
- ❑ One 1” nylon webbing – 5 meters long
- ❑ Draws (sport climbing style)
- ❑ Open webbing runners (sewn nylon or spectra / single and double lengths – several each)
- ❑ Three pitons (type and size will be specified)
- ❑ Rock Hammer (only if you have one)
- ❑ Rescue Pulley, lightweight (only if you have one; don't buy a cheap one!)
- ❑ Load Limiting Runners (i.e. Screamer™ only if you have some)

OPTIONAL EQUIPMENT

- ❑ Compass / Altimeter / GPS
- ❑ Maps / Guidebook
- ❑ Umbrella – small / collapsible, in the event of rain
- ❑ Collapsible hiking pole(s) – for long approaches
- ❑ Camera (plus film if necessary)
- ❑ Spare eye glasses
- ❑ Reading / writing material
- ❑ Personal drinks / treats

Rock Solid Leadership 2008 – Course Outline

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Day 0

- 7PM: Meet for orientation to program and introductions
- Purpose of the program
- Expectations
- Participant Contract
- Learning Journals

Day 1

- Review of knots, equipment and harnesses
- Rope handling, belaying technique and mechanical belay systems
- Piton, nut (artificial chockstone) and SLCD placement
- Belay anchor establishment – EARNEST / IDEAL
- Review and enhancement of techniques of movement on rock
- Top - roped leading – safe preparation for traditional lead climbing
- Double Rope Technique introduction (doubles vs. twins)
- Rappelling and related safety systems part I – BRAKES
- Ascending / prusiking at instructor's discretion

Day 2

- Leading sport climbs
- Setting up anchors and lowers on sport climbs.
- Placing running belays (placement / removal)
- Seconding pitches with running belays
- Belay station rope management
- Rock climbing skill refinement
- Belay technique refinement
- Rappel technique refinement
- Rappel safety systems part II – practice & additional methods
- Practice leading on easy traditional "Gear" routes
- Routefinding - 3Ms - Macro / Medium / Micro
- Safety in leading - multi-dimensional experiments and recipes for failure

Day 3 Rescue Day (scheduling flexible)

- Stretchers and carries
- Tie offs and basics of simple pulley systems
- Options System concept
- Lowers for climbing and rescue – 1 person and multi-person
- Rappel safety systems part III – practice & additional methods

Day 4

- Traveling at Light Speed - Rock
- Shortroping on rock - it is NOT roped soloing or simul-climbing
- Shortening the rope - over shoulder / in pack
- Moving with coils vs. running belays vs. short pitches vs. regular belayed climbing
- Direct belays / body belays sans anchor / indirect belays - body, mechanical
- Routefinding on alpine rock terrain
- Increasing safety / reducing weight - packing appropriate to objective
- Time loss areas - group, routefinding, belay stations, poor timing
- Using terrain on approaches - the shortest distance is NOT a straight line
- Shortroping and multi - person belays
- Geology of the route you are on
- Route descriptions
- Relating major features to where you are - photographic memorization
- Review 3Ms - Macro / Medium / Micro
- Efficient travel during roped climbing - physical and mental techniques
- Situation awareness / attentional capture / perceptual narrowing

Day 5

- Multi-pitch rock climbs according to participant skill levels
- Multi-pitch rappel descents

Day 6

- Groups lead an alpine rock route involving both shortroping and technical pitches

Day 7

- Rock Climbs TBA
- Wrap up and party

Day 8

- Participants depart