

登山學校(Mountain School)

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台灣山的面積佔了全島面積的三分之二，因此大部份的人幾乎每天都可以看見山，不論是開車或走路，甚至很多人就住在山裡，然而有如此多山的國家，且沒有專門教育山的單位，這當然會讓許多嚮往山的人們，就只得從許多錯誤和失敗的事件中，來記起教訓和學習，倘若台灣有登山學校，相信登山安全與教育，才能真的落實到每位登山者身上，但這個登山學校的名詞，在先進國家已推行了數十年了，在台灣則一直只是一個口號，很多人都說過想辦如此理念的技術訓練學校，至今仍有一段距離。

曾推出類似登山學校課程的單位：一是救國團的大專青年登山研習營，一是阿爾卑斯山野學苑的登山課程，可見已有人在努力，為登山學校及登山教育做了啟蒙的工作，畢竟台灣的登山者，對於登山安全的技術及環境保護的技術，仍有很大的學習空間。該二單位推出之課程如下：

救國團的大專青年登山活動研習營課程

序號	課程名稱	教 學 內 容	教學地點	天數
1	大專青年高山嚮導員暨中級登山活動安全研習會（每年暑假推出）	高山嚮導員解說、夏山裝備介紹、繩結與繩索的使用、繩索操作與岩攀技巧、岩攀實地演練、登山資料與記錄、簡易山野急救、地圖判讀、糧食採買、裝備整理與打包技巧、溯溪技巧、溯溪技能實地演練、急迫露宿、山野活動技能綜合演練、地圖與導航判讀綜合演練、認識台灣蛇類。	谷關，八仙山。	九天
2	大專院校運動社團幹部高寒地活動安全研習營（每年寒假推出）	雪地行進技巧、步伐演練、滑落制動、及捆纏點架設。	合歡山	八天

阿爾卑斯山野學苑 (Alpine Outdoor School) 課程

序號	課程名稱	教 學 內 容	教學地點	天數
1	暑期高山嚮導訓練營（每年暑假推出）	登山概論、登山環保、地圖指北針、登山裝備（服裝、睡袋、登山鞋、背包、其他裝備）、登山糧食、炊具、登山宿營、野外求生、登山醫學、山難預防、登山計劃、法律與責任、PA領導統御、帶隊技巧、水泡處理、登山杖使用、步道危險因子觀察、風景攝影、自然體驗、敬山儀式。	聖稜線	13天

2	冬季雪地攀登訓練 (每年寒假推出)	重裝雙重靴上坡, 呼吸法, 登山杖使用, 帶隊技巧訓練, 步道危險因子觀察, 環境保護技術, 雪地搭帳篷技巧, 帳內炊事技巧及安全事項, 雪地基本步伐練習, 基本滑落制動技術(坐式、前趴式), 滑落制動技術(前滾式、後倒), 繩隊攀登練習(四人、三人), 冰爪步法練習(正上正下、法式、美式、倒上、三步法), 砍劈踏足點(正上、橫渡、斜下、正下), 繩隊救難技術, 確保點架設技術, 雪洞求生技術。	雪山	12天
3	PA 領導統御訓練	破冰開心, 全方位價值契約, 領導技巧, 溝通技巧, 信任訓練, 問題解決, 自我省思, 自我行為改善, 挑戰個人極限, 團隊合作與分工。	埔里水頭山莊	二天
4	基礎求生訓練	用刀, 生火, 毒蟲毒蜂的防治, 緊急避難能力, 獨處, 求生植物的認識, 求生方法。	戛拉賀部落	三天
5	基礎攀岩訓練	繩結(8字結、水結、單漁人結、雙套結、單結、平結、普魯士結), 確保技術, 攀岩技巧, 垂降, 普魯士攀登, 攀岩安全注意事項。	復興山莊	二天
6	自然體驗訓練	以美國柯內爾自然體驗技術教導學員, 認識台灣的自然萬物。	山區、公園皆可。	二天
7	暑期青少自然成長營	以美國柯內爾自然體驗技術教導青少年, 認識台灣的自然萬物; 然後以 PA 改善青少年的行為, 使成為台灣善面的一群未來棟樑, 並藉登山達到自我挑戰及成長, 甚至肯定自我。	埔里水頭山莊、合歡山。	20天

專業人員的缺乏：

台灣的登山技術，幾乎都是從書上學來的比較多，很少有人願意為了登山技術而到先進國家去接受訓練，加上政府並沒有重視和協助這方面的提昇工作，

而登山界也各自為政的，自行推動“自己的登山課程”，雖然我國已有四位登山者登上了世界最高峰的“聖母峰”，歸來後的他們，仍以帶領登山健行活動為主，少有以推廣登山安全的教學及技術傳授為主，如此頂尖的登山者都沒有去從事專業的教育工作，那台灣就更沒有專業人員了；另外要說的是在國外的登山者都知這“技術”只能不斷的接受訓練，才能進步，所以他們常說“技術只有一途就是訓練、訓練、訓練”，技術更不能用閱讀、講課及看錄影片等的學習方式。

亟需建立一完善的檢定制度的：

我國雖然曾經有一民間單位，自行研定了一個檢定“師資的制度”，但該單位本身就不夠客觀，加上其內部也未曾有人，接受過國際專業的技術訓練，就說他可以檢定別人，這當然是很可議的。況且台灣的山頭林立，此時真的需要以政府的力量出面協調，並由政府聘請國外專家來台研究規劃此檢定制度的，亦可由客觀的學者先行規劃，再請國外專家配合，事實上，先進國家都沒有像台灣的入山管制（這原就是違憲的一條法規，以及不尊重

人民的權益)，所以在規劃此制度時，就該拋棄高山嚮導制度的想法，並以登山教練為思考方向，最後更要輔導民間客觀的單位來執行此工作；如 89 年時行政院航空安全委員會，為了提昇該單位之鑒識人員的山區行動能力，而舉辦一年期的山野訓練課程，並由該單位內聘五名非常客觀的評審委員，來聽取台灣登山教練的教學簡報後，再評選出理想的人選，來執行及教授該單位的山訓，這是值得台灣其他政府機關學習的好示範，有如此公正、公平的評選會，才能讓良好的人才出來，為自己的登山同好服務。再看美國、加拿大的登山學校教練，都必須是通過美國和加拿大登山嚮導協會的教練合格檢定，才能來執行登山技術的訓練工作；台灣需要有如此專業和客觀的組織來執行這檢定工作，不然沒有檢定制度，當然也不會有一定水準的登山教育者，所以也不會為登山者帶來更多的安全，以及讓環境得到更好的照顧。

師資培養：

看了加拿大登山學校及美國推動登山教育的單位，他們的教練都是通過登山嚮導協會，檢定合格的師資，反觀我國在此方面，還完全沒有如此的規劃，若要趕上美、加、日、法、英等先進國家，就必須由政府聘請國外的專業教練，來和客觀的台灣登山教育者，一起規劃台灣的登山教練課程，經培訓及檢定制度的考核後，才能有良好的師資，有師資才能推動好的登山教育課程，如此才能真的贖福台灣這片土地及人民。

我對台灣成立登山學校的期望

台灣在自然環境上，有許多天然條件也沒有美國、加拿大好，例如他們大陸型氣候比我們乾燥，雨季較短，這可方便戶外教學，另外他們的天然岩場，非常多而方便，這些條件都是我們所欠缺的，甚至我們也仍缺乏師資的檢定制度，但我們總該認真的思考和開始推動，相信只要有心，台灣的登山學校將不是一場夢，因此本人建議一邊規劃，一面則培訓師資才能有未來。

一、台灣登山學校的硬體設備

美國和加拿大的許多登山學校，其硬體設備都很小，但他們有天然訓練場、山莊和國家公園的配合；在台灣因雨多，總要把人訓練好，才去面對大自然的考驗吧，所以才參考國外山莊及登山訓練中心，提出本人對台灣登山學校，提出其應具備之硬體設備及個人看法。

台灣登山學校應有的硬體設備

序號	名稱	功能	容納人數	備註
1	登山學校教學辦公室	行政、教學課程設計。	10 人	
2	交誼廳	學員報到及夜間交流的場所	60 人	需要可坐下來輕鬆講話的坐椅。
3	講堂	一、上理論課程。二、急救員訓練。三、搜救課指揮中心。四、登山計劃及糧食分工。五、檢討會。	60 人	可容納 30 人的講堂二間。

4	背包裝備保管箱室	可分離寢室及裝備間，不但整潔，而且東西不易遺失。	60 人	可開 60 人的訓練班，30 人在山區，30 人在訓練中心，參考加拿大 Alpine Club 山莊內的設計。
5	4 人至 8 人團體寢室	供受訓人員住宿。	60 人	參考加拿大 Alpine Club 山莊內的設計。
6	浴室間	供受訓人員沐浴用。	15 人	同時可供 15 人使用的個人浴室。
7	盥洗室及廁所	供受訓人員盥洗及上廁所用。	20 人	同時可供 20 人使用的盥洗室及廁所。
8	洗衣間	需有投幣式洗衣機及烘乾機各五台，畢竟登山訓練，絕對是二個或三種課程在一起的訓練。	15 人	因山區訓練，若要再上山訓練，就能立即在換課程時，將衣服洗妥。
9	圖書室	提供本國及世界各國的登山雜誌及書籍，供受訓學員閱讀。	30 人	
10	自助式的廚房及餐廳	可供個人或受訓隊伍之自行使用	60 人	可參考美國、加拿大山莊 (Hostel) 的設計。
11	糧食室	供受訓隊伍來此計算打包上山的食物，也是登山訓練的第一課，糧食計劃和環境保護。	60 人	可參考加拿大登山學校。
12	裝備室	是保管登山訓練的特別裝備，如登山繩、鉤環、腰式安全吊帶、冰斧、冰爪、帳篷、爐具、鍋具、安全頭盔、雪樁、冰樁、雪鏟、阻雪板、建公廁鏟、攀昇器、公共廁所…等等設備。	60 人	需可提供訓練班人數的裝備，可參考加拿大登山學校，或 PA 機構的訓練場之裝備管理室之規劃。
13	室內攀岩牆 (寬 15 公尺，高 12 公尺。)	因台灣雨多，加上天然岩壁不足，所以非常需要如此的岩場，而且在岩牆設計上，需兼顧攀岩技能訓練和輔導與治療課程的設計，如此還可做青少年行為治療的課程，另需有垂降平台。	20 人	登山技術裡，攀岩是必修的課程，所以一定要設計此課程，但台灣的喜好者不多，因此應該有多功能的考慮，可參考美國輔導治療單位的岩場。
14	室外攀岩場 (寬 20 公尺，高 12 公尺。)	天候良好時，不但可讓訓練之學員，接觸好景觀及空氣，更可在健康的陽光下上課，更將學員分散在室內及室外二場地，增加學習效果，加上台灣天然岩壁不足，所以非常需要人工的岩場，而且在岩牆設計上，需兼顧攀岩技能訓練和輔導與治療課程的設計，如此還可做青少年行為治療的課程，另需有垂降平台。	20 人	同上。

15	領導統御室內訓練場	我國教育本來就沒這方面的課程，所以我國登山隊問題很多，國外都了解領隊的領導錯誤，可能造成全隊陣亡，因此各先進國之登山教育，一定有這項訓練。若領導統御的技術可推廣到台灣的社會及政府，那我國很快就能站到世界強國之列了，何況這設備還可以做到行為之輔導及治療，甚至心理治療之功能。加上台灣多雨，所以需要有室內訓練場。	12 人	可參考美國最好的領導統御教育單位 Project Adventure Inc. 的設備，並請求該單位規劃設計之。
16	領導統御室外訓練場	同上。不但可在晴天時，移到室外訓練，更可分散訓練之隊伍，讓學習效果更好。	24 人	可參考美國最好的領導統御教育單位 Project Adventure Inc. 的設備，並請求該單位規劃之。
17	台灣登山史博物館	讓台灣登山者能了解自己的文化及歷史。		
18	教練宿舍	教練有專職的，但有些特別專長課程時，需請專業教練，甚至國外的教練。	10 人	單人的套房 10 間。
19	急救站	學員受傷及生病時，可先處理，嚴重者則送醫。	1 人	最好有護理人員及急救藥品。
20	重量訓練室	這也是我國較缺乏的教育，造成很多的運動傷害。	15 人	透過對肌肉訓練的正確方式，不但可補救個人身體的弱點，減少運動傷害。
21	體能訓練場	不一定要有如學校操場的設備，可規劃一條步道，做為體能訓練場。		台灣的登山者，對正確的體能訓練方法，並不是很清楚，所以需要教導之。
註解	這些硬體內的軟體設備及其他內容，必須有更詳細的規劃，並多參考先進國家的內容。			

二、台灣登山學校推動之教育課程

在上述硬體設備規劃前，當然也需思考台灣山的環境，應推廣那些技術教育，對登山安全及環境保護有關係，再來才思考與世界登山技術相關的先進技能，以及在攀登其他國家山岳所需的技術，畢竟我國的登山者，也要有世界觀的觀念。我相信在硬體設備規劃後，我國已經有足夠的師資來推展登山教育，有關台灣登山學校可推動之教育課程，本人之淺見如后：

台灣登山學校可以推動之教育課程表

序號	課程名稱 (教練學員比)	課程內容	解 說	天數
1	健行技術 (1:6)	上、下坡步伐，上、下碎石坡步伐，呼吸法，步道危險因子觀察，帶隊技巧，安全的認知，基本裝備的認識，地圖與指北針技術，糧食計劃，環境保護技術，營地及搭帳技術，危險地形通過技術，登山杖的使用，渡河技術，登山計劃。	台灣缺乏較完整的教育方法，所以山難、運動傷害很多，尤其缺乏環境保護技術，若每位登山者都已經了解這項技術，土地當然可以得到好的照顧，到那時每位登山者都會是一名生態保護者了。	10 天
2	人工岩場攀 岩訓練 (1:2)	攀岩工具的使用及認識，攀岩的安全事項，繩結及繩索的使用，攀岩技巧，固定點架設，垂降技術，攀岩救難技術。	這是登山技術的基礎，並可協助民間救難隊的技能提昇。	5 天
3	天然岩場之 攀登訓練 (1:2)	岩楔之使用及繩隊攀登技術，帶領的技巧，攀岩之環境保護	可在太魯閣找二~三條 60~120公尺的長岩壁攀登路線，才能擁有國外的攀岩水準。	3 天
4	自然體驗課 程 (1:6)	學習用眼、鼻、手的觸覺和心去體驗自然的一切，以柯內爾的技術教導之。	登山教育若能加入此課程，所有的台灣登山者，都會成為很棒的生態愛好者。	3 天
5	領導統御技 術 (1:6)	溝通技巧，領導技術，團隊合作，傾聽技術，問題解決技巧，觀察力，自我認識，自我察覺。	這是每個人生活中，就該具備的技巧，這並非一位登山領隊才該來學習，何況台灣很少有這樣的生活課程。	5 天
6	溯溪技術 (1:2)	溯溪裝備和工具之使用與認識，溯溪技術，繩索及繩結之使用，固定點之架設，溯溪圖之判讀與製作，溪谷的認識，溪谷救難技術。	上這課前，必須先上過攀岩課程。	3 天
7	雪地攀登訓 練 (1:6)	雪地徒步步伐，穿冰爪行進步伐，滑落制動技術，雪地安全認識，雪地救難，確保點架設與製作，繩索及繩結之使用，冰斧的使用技術，雪地搭帳篷及生活技巧，雪洞建設，環境保護技術，地圖導航。	上這課前，必須先上過攀岩課程。	10 天
8	獨處基礎求 生 (1:6)	獨處，食用植物，求生技巧，環境保護。	可訓練登山者的危機處理能力。	3 天
9	青少年領袖 人才訓練營 (1:6)	這是綜合了健行、自然體驗、攀岩、溯溪及領導統御的課程。	可藉寒暑假，為我國培養領袖人才及野外活動的未來的專業人才。	25 天

登山學校(Mountain School)

10	搜救人員訓練 (1:6至1:2)	搜索技術，搜救指揮技巧搜索組的運作，追蹤技術，攀岩救難技術，溪谷救難技巧，環境保護技術，救難犬之使用，直昇機之配合技術。	協助政府及民間培養山難救難人才。	10天
11	問題青少年的輔導與矯治教育 (1:6)	可考察美國喬治亞洲彩虹學校的 PA 矯治中心之課程（它就是用 PA 輔導場地加野外活動，登山活動來輔導與矯治青少年罪犯）。	台灣一直缺少如此的輔導與矯治教育來幫助這些小孩，所以我們的社會才會越來越遭，事實上，有好的方法，這樣的孩子，還是有救的。	半年至2年
12	原住民文化訓練營 (1:11)	太魯閣族及台灣其他各族之認識，山與太魯閣族的關係，部落學習，環境保護技術。	台灣的山與原住民文化不可分。	5天
13	太魯閣深度訓練 (1:11)	地質、地形，環境保護技術，人文，動植物認識。	讓一些沒有體力的台灣人也可以來向山學習。	3天
14	代訓國家公園及國家風景區從業人員之山訓 (1:6至1:2)	這需綜合了健行、自然體驗、攀岩、溯溪及領導統御的課程，如此才能讓國家公園內的從業人員，更了解及安全的在其工作上。	如此才能真正的規劃好我們的國家公園。	30天
15	雪地救難訓練 (1:6至1:2)	雪地搜索，雪地特殊工具之使用如雪鞋（Snow Shoes）、雪橇（Ski），雪地安全攀登技術。	協助訓練政府與民間之山難搜救隊員在冬季之救難技術	15天
16	中老年人自然成長訓練營 (1:6)	這需綜合了健行、自然體驗、PA 輔導的課程。	讓中老年人也可有再進修和成長的機會。	5天
17	上班族的自然成長訓練營 (1:6)	這需綜合了健行、自然體驗、PA 輔導的課程。	讓上班族也有較健康的舒展及釋放壓力的機會，讓這個社會更健康。	2天
18	登山、山區搜救之師資培訓班 (1:6至1:2)	由先進國家聘請合格之師資來台開課。	補充我國師資不足的狀態。	依課程而定。
19	師資檢驗班 (1:2)	由先進國家聘請合格的檢定教練來台檢測。	讓師資接受世界級的教練，並以客觀而公正，公平的測驗。	依課程而定。
說明	台灣一直用演講來作為登山教育，殊不知登山技術是要以訓練才能做到提昇的工作，當然本人所學有限，不然應該有更多的訓練可以開發，畢竟在登山教育裡，台灣幾乎還未啟蒙。			

雖然登山學校這個名稱要把他變成真實，仍有一段要走，但本人真誠希望台灣的未來，能設立一所登山學校，如此才能讓登山者更安全，環境得到更好的保護，登山活動更是台灣人務實和敬業精神的開始。

他山之石：加拿大 Yamnuska Mountain School 登山學校

在推動登山學校的政府機構，真的需要去國外看看別人如何做，才不會浪費時間去摸索，何況在落後先進國家 10-20 年的狀況下，真的要去借重別人推行 30-40 的經驗，可以減短學習的時間。

本人上加拿大登山學校之登山技術訓練之課程內容：(Mountain Skills Semester)

訓練場地：加拿大的洛磯山脈 (Canadian Rockies)

每隊學生人數：11 人，總受訓人數：33 人。

受訓時間：三個月。

序號	課程名稱及內容	教學考核項目	教練人數	訓練天數
1	登山：(Mountaineering) 上、下、坡步伐，上、下碎石坡步伐，水泡處理技術，緊急帳篷搭建，帶隊技術，冰河通過技術，繩隊技術，繩隊救難技術，滑落制動，確保點架設，環境保護技術，地圖導航，糧食計劃。	A. 冒險的領導能力 (EXPEDITION LEADERSHIP): 接受責任 (Accepts Responsibility)。 下決定的能力 (Decision Making)。 觀察力 (Awareness Of Other Needs)。 見解能力 (Judgment)。 個人態度 (Attitude)。 參與程度 (Interest)。 B. 縱走旅程 (TRAVEL): 團隊合作能力 (Ability For Group Travel)。 地圖與指北針技能 (Map And Compass)。 山路步伐 (Pacing)。 認步道的能力 (Route Finding)。 C. 環境保護認知：(ENVIRONMENTAL AWARENESS) 環境保護技術 (Conservation Techniques)。 觀察植物和動物 (Observation Of Flora & Fauna)。 參與程度 (Interest)。 D. 露營技術：(CAMPING) 對裝備的愛護 (Equipment Care)。 炊事技能 (Cooking)。 組織力 (Organization)。 E. 橫越冰河旅程和登山技術：(GLACIER TRAVEL AND MOUNTAINEERING) 參與程度 (Interest)。 冰上行動能力 (Movement On Ice)。 雪地上行動能力 (Movement On Snow)。 救難系統 (Rescue Systems)。 有效力 (Effort)。 繩索管理 (Rope Management)。 確保點架設 (Anchor System)。 安全認識程度 (Hazard Evaluation)。 	2	20

2	<p>攀岩： (Rock Climbing) 攀岩救難，大岩牆 435 公尺攀登，運動攀岩，攀岩救難，固定點架設。</p>	<p>A. 團隊互動： (GROUP INTERACTION) 對團隊的態度 (Attitude Towards Group)。 主動幫助別人 (Willingness To Help Others)。 觀察力 (Awareness Of Other Needs)。 B. 環境保護認知：(ENVIRONMENTAL AWARENESS) 環境保護技術 (Conservation Techniques)。 觀察植物和動物 (Observation Of Flora & Fauna)。 參與程度 (Interest)。 C. 露營技術：(CAMPING) 對裝備的愛護 (Equipment Care)。 炊事技能 (Cooking)。 露營的組織力 (Camping Organization)。 個人的組織力 (Personal Organization)。 D. 攀岩和繩索技術：(CLIMBING AND ROPE WORK) 參與程度 (Interest)。 攀岩的能力 (Climbing Ability)。 岩壁上的行動力 (Movement On Rock)。 專業的程度 (Pro. Placement) 有效力 (Effort)。 繩索管理 (Rope Management)。 安全認識程度 (Hazard Evaluation)。</p>	5	15
3	<p>冰攀： (Ice Climbing) 固定點裝置及冰鑽的使用，冰攀技術。</p>	<p>A. 團隊互動： (GROUP INTERACTION) 對團隊的態度 (Attitude Towards Group)。 接受責任 (Accepts Responsibility)。 觀察力 (Awareness Of Other Members Needs)。 主動幫助別人 (Willingness To Help Others)。 B. 冰攀技術：(ICE CLIMBING TECHNIQUE) 參與程度 (Interest)。 有效力 (Effort)。 繩索管理 (Rope Management)。 冰壁上的行動力 (Movement On Rock)。 專業的程度 (Pro. Placement)。 冰攀的能力 (Climbing Ability)。 確保點架設 (Anchor System)。 安全認識程度 (Hazard Evaluation)。 救難系統 (Rescue Systems) 個人安全的認識 (Personal Safety)。</p>	5	10
4	<p>滑雪： (Ski) 滑雪場的基礎滑雪訓練，冰河滑降，利用 Ski 攀登 2 公尺厚的降雪山區，以及上</p>	<p>A. 冒險的領導能力 (EXPEDITION LEADERSHIP)： 接受責任 (Accepts Responsibility)。 下決定的能力 (Decision Making)。 觀察力 (Awareness Of Other Needs)。</p>	2	16

	<p>坡技術，越野由山區滑降下山，雪厚風大的搭營帳方法，雪洞建設技巧，雪崩地區之辨認及救難技術。</p>	<p>見解能力 (Judgment)。 個人態度 (Attitude)。 參與程度 (Interest)。 B. 縱走旅程 (TRAVEL): 團隊合作能力 (Ability For Group Travel)。 地圖與指北針技能 (Map And Compass)。 山路步伐 (Pacing)。 認步道的能力 (Route Finding)。 C. 雪崩的認識:(AVALANCHE AWARENESS) 參與程度 (Interest)。 觀察的技術 (Observational Skills)。 危險的評定能力 (Hazard Evaluation)。 地形的觀察力 (Terrain Awareness)。 D. 露營技術和山莊的使用:(CAMPING OR HUT USE) 對裝備的愛護 (Equipment Care)。 炊事技能 (Cooking)。 組織力 (Organization)。 E. 橫越冰河旅程和登山技術:(GLACIER TRAVEL AND MOUNTAINEERING) 參與程度 (Interest)。 滑雪的能力 (Skiing Ability)。 冰河裂隙救難 (Crevasse Rescue)。 路線設計 (Track Setting)。 繩索管理 (Rope Management)。 安全認識程度 (Hazard Evaluation)。</p>		
5	<p>獨木舟： (Canoe Section) 單獨划舟，雙人划舟，各種划槳的技巧，水上救難，裝備防水技術，河流和激流的認識，並要接受划下三級瀑布的考試，然後有三天的獨處訓練和要航行 100 公里。</p>	<p>A. 獨木舟技術:(CANOE SKILLS) 二人合作划槳能力 (Tandem Paddling)。 划單人舟的能力 (Solo Paddling)。 B. 與人的關係:(PEOPLE SKILLS) 與別建立關係的能力 (Relating To Others)。 團隊合作 (Team Work)。 C. 個人的本質:(SELF SKILLS) 個人姿態 (Attitude)。 個人組織能力 (Personal Organization)。</p>	2	20
6	<p>野外急救員:(Wildness Emergency First Aid) 搜索和救難:(SAR)</p>	<p>A. 急救訓練：各種野外可能遇到的傷害之急救，最後需要通過加拿大紅十字會的術課與筆試的測驗。 B. 搜索與救難，主要訓練三部份：1. 是指揮中心的運作。 2. 是搜救組的職責與分工。3. 是失蹤者的搜尋方法。</p>	2	5
7	<p>領導統御技術： (Leadership Skills)</p>	<p>讓我們知道領導統御技術的重要，以及當領導者該具備的條件，更重要的是團隊合作、分工、溝通、信任等能力訓練。</p>	1	2
註解	<p>本人參加的是 1993 年秋季班，當時有 33 人參加訓練，分成三個班，每班 11 人在不同的地點，來完成這相同的 7 項課程，最後在結訓的晚會上這 31 人 (2 人受傷退訓)，才真的有機會相聚一堂。</p>			

加拿大 Yamnuska Mountain School 的裝備財產

資料來源：Yamnuska Mountain School

序號	裝備名稱	英文名稱	數量
1	16人座箱型車	Van	3輛
2	11mm*50M 登山繩	Rope	20條
3	冰壁用冰斧	Ice Ax	20對
4	冰爪	Crampons	20雙
5	岩楔	Rock Empire Robot Cam	11個
6	ATC 制動器	Black Diamond ATC belay device	15個
7	8字環	Figure 8 Rappel device	10個
8	安全吊帶	Mountain "Peak" climbing harness	17條
9	安全吊帶	Black Diamond "Vario" climbing harness	2條
10	安全吊帶	Rock Empire adj. harness	20條
11	安全頭盔	Edelrid "Ultralight" Climbing Helmet	39頂
12	Samba	Rock Empire Samba	22個
13	附安全鎖之大 D 鈎環	Locking Karabiner	71個
14	Munter 鈎環	Munter Karabiner	36個
15	一般鈎環	Regular Nonlocking Karabiner	56個
16	Quick draw	Austrilpin Regular Quickdraw	28個
其他說明 這是 Yamnuska 提供的設備，我相信還有很多小零件，他們並沒列入帳冊內。			

加拿大 Yamnuska 登山學校開課項目

序號	課程名稱	訓練內容	受訓之天數	教練與學生比
1	健行訓練 Backpacking	請參考附錄之英文內容。	7天至8天	1:11
2	基礎攀岩訓練 Basic Rock Climbing	同上	2天	1:6至1:2
3	探險攀岩訓練 Adventure Rock	同上	3天	1:5至1:2
4	完整攀岩訓練 Complete Rock	同上	6天	1:6至1:2
5	挑戰攀岩訓練 Hot Rock	同上	5天	1:2
6	登山技術訓練 Mountain Skill Semesters	請參考本人受訓內容。	三個月	1:6至1:2
7	自然領導訓練 Wilderness Leadership Certificate	請參考附錄之英文內容。	49天	1:6至1:2
8	登山活動帶領技巧 Skills For Mountain Leaders	同上	8天	1:6
9	基礎冰攀訓練 Basic Ice Climbing	同上	2天	1:2
10	探險冰攀訓練 Adventure Ice Climbing	同上	7天	1:2

11	完整冰攀訓練 Complete Ice Climbing	同上	7天	1:2
12	挑戰冰攀訓練 Hot Ice Climbing	同上	5天	1:2
13	基本滑雪訓練 Intro To Ski Mountaineering	同上	7天	1:6
14	冰河滑雪訓練 Wapta Icefields Traverse	同上	5天	1:6
15	阿爾卑斯式滑雪板訓練 Alpine Snowboard Descents	同上	5天	1:6
16	認識雪崩(1級)訓練 Avalanche Awareness One	同上	2天	1:8
17	認識雪崩(2級)訓練 Avalanche Awareness Two	同上	2天	1:6
18	探索雪崩安全訓練 Adventure Avalanche Safety	同上	6天	1:6
19	急救訓練 Wilderness First Responder	同上	8天	1:6

Yamnuska Mountain School Of Courses

Backpacking With Yamnuska

[ABOUT BACKPACKING WITH YAMNUSKA](#) / [BACKPACKING FAQs](#) / [BACKPACKING GUIDES](#)

Yamnuska offers three scheduled backpacking trips to three areas, each with its own unique ambience, beauty and challenge. These trips can be arranged for private groups if our dates don't suit you.

Mount Assiniboine



Hike Beneath the "Matterhorn of the Rockies"! This beautiful wilderness trek begins with a helicopter flight to Mount Assiniboine Park from where we hike west to Sunshine Meadows and Banff via some of the most beautiful areas of the Canadian Rockies.

2001: July 7 -13; July 21 - 27; July 28 - Aug 3; Aug 5 - 11; Aug 11 - 17; Aug 18 -

Rockwall Highline



Our most popular trip leads us through a wonderland of spectacular peaks, flower strewn meadows, coniferous forests and turquoise lakes. Through Kootenay National Park we follow the magnificent ramparts of the "Rockwall" crossing spectacular passes to reach Floe Lake.

2001: July 14 - 21; July 21 - 28; July 28 - Aug 4; Aug 11 - 18; Aug 25 - Sept 1; Sept

Jasper Highlands



There is an incredible northern ambience in the highlands of Jasper National Park. If it wasn't for the lushly vegetated valleys below you could think yourself up in the mountains of the Arctic. Seeing Caribou grazing nearby and, in the Fall, the Northern Lights shimmering overhead reinforces the impression! If you've

24; Sept 2 - 8; Sept 8 - 14

8 - 15

Price: \$1060 (\$716 US)

Price: \$1000 (\$675 US)

(Full Prospectus)

(Full Prospectus)

enjoyed the Rockwall Highline you'll really like this trip which takes us from the Columbia Icefields in a circuit crossing Nigel, Jonas and Poboktan Passes.

2001: Aug 12 - 19; Aug 26 - Sept 2; Sept 15 - 22
Price

Yamnuska "Basic Rock"(1:6 to 1:2)

Course Agenda

Saturday Morning: (At Yamnuska Office)

Introduction, goals and agenda.

Knots and harnesses.

Head to local climbing area.

Saturday: (At Climbing Area)

Movement on rock ('bouldering').

Basic belay systems & belay calls.

Rappelling.

'Top-roped' climbing with lots of coaching.

Sunday Evening: (At Climbing Area)

Bouldering warm up

'Slingshot' belay systems.

Climbing and rappelling.

How to remove 'protection'.

Debrief and wrap-up by 5:00pm.

Yamnuska "Adventure Rock" (1:5 to 1:2)

Course Agenda

Saturday morning 0800: (At Yamnuska Office)

Course briefing and review knots and gear.

Head to climbing area.

Saturday: (At Climbing Area)

Bouldering and technical review. .

Review belays and rappels. .

Placing and removing 'pro' on top-rope. .

Anchor building. .

Evening session (At our office) on belaying dynamics, leading theory and anchors.

Sunday: (At Different Area)

Simulated leads.

Setting up and assessing anchors.

Monday:

Either: Multi-pitch climb (1:2 ratio) of classic rock route. Act as second leading on long routes work on stance organization (efficient use of ropes, re-racking gear, change overs). Or: Further lead climbing.

Yamnuska "Complete Rock" (From 1:6 to 1:2)

Course Agenda

From limestone to quartzite, from Yamnuska to Lake Louise, there's great climbing in the Bow Valley and we'll be making the most of them! Please note that this program is an example only as we vary it with weather conditions and student abilities and inclinations.

Day 1:

Meet at 8:30am at Yamnuska Office. Discuss program and goals.

Knots, harnesses, belaying and climber's calls.

Check equipment.

Travel to climbing area.

Movement on rock (bouldering).

Setting up ropes, rappelling, top-rope climbing.

Day 2:

Longer top-roped climbs.

Rappelling practice.

Protection placement.

Evening session on hazards, equipment and literature.

Day 3:

Instructor led multi-pitch climb. The real thing! an ascent of a rock face like Yamnuska.

Day 4:

Bouldering warm-up.

Anchor placements.

Simulated leads.

Evening session with belay drop tests, short lead techniques, "escaping the system".

Day 5:

Option between an instructor led multi-pitch climbs (longer, harder climbs if

appropriate) or a day of sport climbing on bolted routes with emphasis on the different safety techniques required for this popular aspect of rock climbing.

Day 6:

A day to consolidate and reinforce skills learnt on previous days. Lead climbing techniques, anchor building and sport climbing ... all possible!

Course evaluation and wrap-up by 5.00pm

Yamnuska "Hot Rock"

Course Details (1:2)

DATES - PRICE - CLIMBING AREAS - AGENDA - INSTRUCTORS & GROUP SIZE - DIFFICULTY, FITNESS & EXPERIENCE


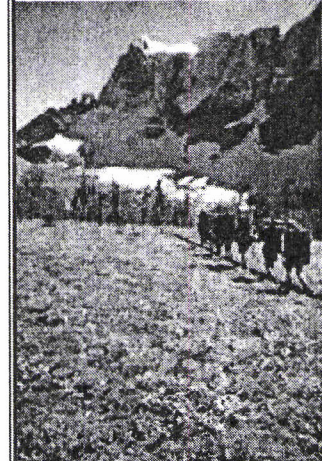

TRANSPORTATION - ACCOMMODATION & MEALS - GEAR

INSURANCE - BOOKING

No holds barred' climbing in a North American rock Mecca ... the Bow Valley! Myriad sport and long multi-pitch routes and low instructor ratios will ensure you'll get totally 'pumped'. A flexible agenda, personalized coaching and lots of climbing make this a rock classic!

The Bow Valley has a super abundance of varied and challenging climbing ranging from the limestone sport crags around Canmore to big wall routes on Yamnuska to the fabulous quartzite at Lake Louise and the objective of this program is to get out and climb it all!

Yamnuska Inc. is the leading mountain school and mountain guide company in the Canadian Rockies.

<p>Mountain Skill Semesters</p>  <p>(Click here for more details)</p>	<p>Wilderness Leadership Certificate</p>  <p>(Click here for more)</p>	<p>Skills for Mountain Leaders</p>  <p>(Click here for more)</p>
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<p>Three months of in-depth, accelerated practical training in high-end mountain skills and related outdoor subjects. A gateway program for future professional guides and a shortcut to all-round competence for new recreational mountaineers. Semesters are held in the Canadian Rockies and New Zealand.</p>	<p>details) A six-week training course designed for those developing a career leading outdoor youth challenge and similar programs.</p>	<p>details) An eighteen-day course geared to upgrading skills for those may already be leading trips in the mountains.</p>
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Yamnuska "Wilderness Leadership Certificatè"

Dates and Prices

2001 Schedule: May 7 - June 16

\$5000 Cdn includes meals, accommodation, on-course transportation, instruction, use of specialized gear, National Park backcountry user pass, GST and membership to the Alpine Club of Canada. Cancellation Insurance is \$300.

Sample Agenda

Day 1: Welcome, Introductions, Dinner, Course Agenda and Goals

Day 2: Navigation and Preparation for Initial Backpacking Trip

The morning will be spent learning and reviewing the basic navigational skills necessary for safe travel in the backcountry. The afternoon will be spent getting personal and group gear in order, working on trip planning and going through the food for the trip. All the essentials of backcountry trip planning will be introduced on this day.

Day 3 - 5: Three Day Hiking Trip

It is on this segment that you will first learn the skills of outdoor living and traveling. This trip will take place mainly on established trail and campsites. You will practice your navigation skills, 'Leave No Trace' environmental ethics and basic group management. It is also where you first get to know and work with your fellow participants. During the following weeks the group's ability to function well together will be crucial to the success of the program.

Day 6 -7: 'Leave No Trace' Trainer's Certificate

This certificate will enable you to instruct courses on 'Leave No Trace' environmental ethics.

Day 8: Interpretive Skills

Today will be spent with an instructor from the Bow Valley Provincial Park Interpretive Program. It will be a fun day of using drama with children in the outdoors and improving our story telling skills.

Day 9: Day Off

A well-earned rest and the chance to catch up on personal maintenance.

Day 10: Risk Management and Leadership

Risk Management and strategies for minimizing the potential for problems to yourself and your students will be discussed. The afternoon will be spent on developing your leadership skills in order to make you successful in that role. These skills will be put into practice throughout the entire course.

Day 11 - 15: Canoe Certification

The Canadian Recreational Canoe Association Flatwater Instructor Certificate will cover all the necessary skills for teaching and managing a group on flatwater. This will allow you to teach skills like strokes, pivots, sideways movement, landings as well as canoe and swimmer rescues in both tandem and solo canoes. Randy Clement of the Rocky Mountain Canoe School runs this section. There may also be an introduction to slow moving water skills.

Day 16: Emergency Response

To be able to efficiently and safely handle a rescue situation is an essential skill for every outdoor leader. The day will be spent devising plans of attack for various possible

situations and discussing the basic theory behind rescue operations.

Day 17: Day off

Day 18: Day Hike

This day will be spent on a day hike applying the 'Leave No Trace' principles and working on group management. It is an ideal opportunity to brush up on our knowledge of wildflowers and tree identification. Lunch may include special treats like freshly made rosehip or lavender tea.

Day 19: Weather, Learning Styles and Prep for Heritage Arts

The morning will be an introduction to the various ways that people learn. This background will make teaching more beneficial for both the students and the teacher. All of the necessary skills to take weather observations in the backcountry and the skills to begin predicting and tracking weather systems will be introduced. This is an important skill to have when leading groups in the backcountry. The afternoon will be spent preparing for the upcoming section.

Day 20 - 22: Heritage Arts

This section will allow you to practice the skills you have already developed as well as developing more. The days will be spent learning survival skills. The focus

of this course is to give you all the skills necessary to avoid ever being in a survival situation. In the event that it does happen, we do want you to be prepared. Even if you don't ever use them as survival skills, things like dingle-sticking a chicken, lighting a matchless fire or building a sweat lodge can be the highlight of a trip

Day 23: Initiative Games and Dealing with High Needs

Using similar principles as those used on the ropes course, initiative games can be used on the spur of the moment to help work through a teamwork or communication problem. They also come in very handy if the bus is late picking you and your group up! Some discussion on children with higher needs and strategies for helping them have an enjoyable time and preventing them from becoming a distraction. The focus will be on things like managing behavior problems and not with dealing with severe disabilities.

Day 24: Low Ropes Course

Today will introduce you to the various activities that are possible with 'low ropes' courses and how to safely manage a group on a course.

Day 25: Day off

Day 26 - 30: Rock Climbing

These 5 days will build on what was learnt in the introductory day. It will cover the basics necessary for setting up top ropes and assisting in the running of a climbing program. One day will be spent at an indoor wall learning how to run programs on walls.

Day 31: Environmental and Historical

Hands on experience in the environment working on tree and flower identification and brainstorming activities that include an environmental / nature component. Time will also be spent learning the legends and some of the old ways of the indigenous people of the area.

Day 32: High Ropes Course

We will use the skills learnt on the 'low ropes' course and expand on them to include high ropes course management and safety considerations.

Day 33: Day Off

Day 34: Job Applications, Resumes and Prep for Final Hike

The morning will be spent refining your resume and identifying the specifics that employers are looking for. A basic discussion on interviewing will also be included. The afternoon will be spent organizing all the details for the final student lead

trip.

Day 35 - 39: Student Lead Hike

This final five-day hike allows you to show off everything you have learnt over the past 5 weeks. The location and all the logistics of the hike will be organized by the students and the instructor will go along just to observe and provide support if necessary.

Day 40: Final Gear Sort, Course Debrief and Final Banquet

Day 41: Depart in the morning or begin the optional Wilderness First Aid Course
An optional 6-day Wilderness First Aid Course (Day 41-49) can be added to this program for those who are interested. On successful completion of the first aid section you will be awarded certification in Basic Wilderness Emergency Response and CPR.

Ice Climbing (1:2)

Basic Ice Climbing

Course Agenda

Friday Evening: (At Yamnuska Office)

Welcome, introduction, goals and agenda.

Knots and harnesses.

Adjust crampons and check gear

Saturday : (At Local Climbing Area)

Discussion of safety procedures

Ice "bouldering" - how to use 'crampons' in a safe environment a few feet off the ground - essential for confidence!

Basic belays and belay calls.

Top roped climbs.

Lowering.

Evening lecture(At office): Ice climbing, winter hazards, equipment talk and slide show.

Sunday : (At Local Climbing Area)

Bouldering warm up.

Ice "bouldering" - how to use 'crampons' in a safe environment a few feet off the ground - essential for confidence!

Introduction to steep ice climbing techniques.

Short, steep ice climbing practice.

Debrief and wrap-up by 4:00pm.

Adventure Ice Climbing

Course Agenda

Friday evening: (At Yamnuska Office)

Welcome, introduction, goals and agenda.

Knots and Harnesses.

Adjust crampons and check gear.

Saturday: (At Local Climbing Area)

Ice bouldering and technique review.

Placement and analysis of ice screws and other anchoring devices ('abalakovs').

Belaying review, 'Sling-shot' top rope review.

Placement of screws on steep terrain.

Anchor demonstration.

Evening session(At Office): Anchors and protection priorities of the leader.

Sunday: (At Climbing Area)

Bouldering warm-up.

Set up anchors with assessment by instructors.

Top-roped climbing.

Simulated leads (on top rope).

Monday:

Multi-pitch climb of classic route in small group (2 - 3).

Complete Ice Climbing

Location

The course is based in Canmore but expect to be traveling to different climbing areas throughout it. There are lots of places to climb ice in our area. These range from beginner climbs just outside Canmore to the famous "Weeping Wall" on the Banff-Jasper highway. Other climbs can be found on Banff's Cascade Mountain, at Lake Louise and in the Kicking Horse Valley near Field, B.C.

Course Agenda

Note: There is considerable flexibility built into the delivery of this course, no course is exactly the same. Ice and weather conditions as well as participant ability will dictate the order of presentation to some degree. Key topics will be constantly revisited during the program.

Day 1: * • Meet 7:30pm at Yamnuska office. - Discuss program and goals.

- Knots and harnesses. - Crampon fitting.

Day 2: • Leave for program area.

- Ice 'bouldering', how to use crampons in a safe setting just a few feet above the ground.
- Learn basic rope techniques. - Short climbs using the rope.
- Evening session: Hazards of ice climbing (may be held on different night)

- Day 3: • Consolidate techniques learnt on Day 2.
• Techniques for climbing steep ice.
• Evening session: Construction of an ice 'anchor'.
- Day 4: • A real ice climb! A multi-pitch climb that's within your limits. 2:1 ratio.
- Day 5: • Anchor building. - Ice screw placement.
• Placements on steep ground. - Rescue.
- Day 6: • Another multi-pitch climb at 2:1 ratio
- Day 7: • A skills review day which could include student leads when appropriate.
• Course ends around 4:00pm.

* The course after Xmas starts at 0800 on the morning of the first day!!! Day 1 & 2 are combined

Hot Ice Climbing

Location

The Canadian Rockies in our home area are renowned for both great climbing and reliable conditions. In the past we have based this program in Lake Louise, Bow Lake and Canmore. This year we are looking at running it in the incredible Ghost River area, an area of great beauty and wide ranging challenge.. Contact us for updates!

Agenda

This week is totally practical, there are no formal evening sessions. Climbs are selected day by day to best suit participants abilities and objectives.

Day 1: Meet at 6:30am at our office in Canmore to arrange that day's climbing before heading out to the ice.

Day 2 - 5: Climbing to the max, the only limit your energy!

Ski and Snowboard Mountaineering

Intro to Ski Mountaineering

Course Agenda(1:6)

Note: From Day 2 the course agenda and the amount of time spent on each subject will depend upon conditions in the program area, the weather, group and individual abilities and learning speeds.

Day 1: We meet at the Yamnuska Office in Canmore at 8:30am for introductions, a review of course goals and itinerary and equipment check. Then we drive an hour and a half north to Bow Lake, our start point. After an avalanche safety session, we commence the climb to Bow Hut, which is located at 7700 ft. on a shoulder adjacent to the snout of the Bow Glacier; this will take us between 3 and 5 hours. We cross frozen Bow Lake then ski up the canyon which leads to the amphitheater below Mounts Olive and St. Nicholas. After a final steep section we reach the welcome warmth of this spacious cabin. En route we get a real taste of route finding in avalanche terrain.

We ski 6km and climb 2000ft.

Day 2 - 6: Bow Hut is our base for the week. Its proximity to the glacier and to several peaks makes it easy for us to get out on to suitable instruction terrain every day. It's a perfect area for instruction. We will plan on doing an overnight tour involving snow shelters if possible and perhaps spending a night in one of the other huts in the region. Peaks often climbed on the course include Olive (10,200 ft.), Gordon (10,000 ft.) & Rhonda (10,000 ft.).

Day 7: Final day. We ski back down to Bow Lake and return to Canmore in the late afternoon.

Wapta Icefields Ski Traverse

Program Agenda (1:6)

Note: The Wapta Icefields can be prone to whiteout in storm conditions. If this happens on Day 5 we may not be able to cross the Balfour High Col. We can wait a day for conditions to clear but there is a chance we may not complete the Traverse as described and have to ski back out via Bow Hut. There is no way of eliminating this risk. Even if this happens the trip is still an excellent ski mountaineering experience.

Day 1: Meet us at our office in Canmore at 8:00am for introductions, trip review and equipment check.

Once ready we drive 45 minutes north to Bow Lake, our start point. After an avalanche safety session, we commence the climb to Bow Hut which is located at 7700 ft. on a shoulder adjacent to the snout of the Bow Glacier, this will take us between 3 and 5 hours. We cross frozen Bow Lake then ski up the canyon which leads to the amphitheater below Mounts Olive and St. Nicholas. After a final steep section we reach the welcome warmth of this spacious cabin. We travel 6km and climb 2000ft.

Day 2: It's only a couple of hundred meters until we're on the the Bow Glacier. Gradually we climb the 'Headwall' to see a vast icefield surrounded by peaks stretching before us. The easy slopes of our objective, 10,000ft. Mount Rhonda, lie 2km away and it's not long before we are 'skinning' onto its final ridge and the scenic section leading to the summit. After a summit snack it's off with the ski skins and a long enjoyable ski along the ridge and then back across the glacier towards the Hut. The 'Headwall' is fun to ski in almost all conditions and we may well put our skins back on for a repeat before finally heading across to the Hut and a hot drink and snack before supper.

Day 3: Today we start the Traverse, our objective Balfour Hut, located at 8000ft.

near the snout of the Balfour Glacier. We get there by climbing the 'Headwall' one last time then heading over the 9,500ft. high col between Mt. St. Nicholas and Olive. If it's a nice day we can leave skis on the col and climb a beautiful snow ridge to the summit of Olive at 10,200ft. From there we can see tomorrow's route over the Balfour High Col. A long, easy descent brings us to the Hut. It will take us upwards of 4 hours depending on whether we climb Olive or not.

Day 4: First light will see us heading out of the Hut and onto the crux of the Traverse, the crevassed slopes leading to the 10,000ft. Balfour High Col. This is undoubtedly the most spectacular section of the traverse as we pass beneath Balfour with its towering seracs and corniced ridges. We need reasonable visibility for this part. Once on the high col we can look across the gently descending slopes of the Waputik Glacier to Mount Daly with the Scott-Duncan Hut, today's objective, below. It's a phenomenal panorama ... to the north the Front Ranges and to the south the granite spires of the Purcells with the main peaks of the Rockies between! Life is magnificent! This section will take around 6 hours.

Day 5: Not far now! From the Hut we ski towards the rocky thumb of Mt. Daly where the fun really begins. This long descent sees us swooping down along snowy benches, through treed glades and along a canyon. We then finish skating across Sherbrooke Lake to a trail through the trees that brings us to the Trans Canada Highway at West Louise Lodge on the Kicking Horse Pass. We should be back in Canmore by late-afternoon.

Alpine Snowboard Descents

Course Agenda(1:6)

ROGER PASS

Day 1: Meet at the Glacier Park Lodge at Roger's Pass for 7:00am (PST) for introductions, day trip preparation and equipment check. After a practice session with avalanche transceivers we'll be heading as high as we can to kick off a week of great alpine descents!

Day 2 - 5: Each day we pick an objective based on current weather and snowpack conditions. Roger's Pass has an array of incredible boarding descents and we'll be hitting as many of them as we can over these days .. Young's Peak, Hermit Basin, the Dome Glacier, Little Sifton and the Loop Brook area are just a few of the options.

LAKE LOUISE

Day 1: Meet at the Lake Louise Alpine Centre in Lake Louise for 7:00am (MST) for introductions, day trip preparation and equipment check. After a practice session

with avalanche transceivers we'll be heading to the alpine bowls behind the ski area to kick off a week of great alpine descents!

Day 2 - 5: Each day we will pick an objective based on current weather and snowpack

conditions. The descents around the Lake Louise area are some of the best the Rockies has to offer. Options include Observation Peak, Cirque Peak, Mt. Hector, and Crowfoot Peak.

Avalanche Safety Courses

These safety courses follow curriculums established by the Canadian Avalanche Assn.

Avalanche Awareness One

Course Agenda(1:8)

WEEKEND COURSE

Saturday 9:30 am: (At Yamnuska Office)

- Registration; - Introduction to avalanche phenomena; - Recognition of avalanche terrain.

12:00pm - Lunch break.

1:00pm - Theory and use of avalanche beacons; - Changes in the mountain snowpack; - Safety equipment.

4:00pm - Class ends.

Sunday 9:00 am: (At Bow Summit, on Highway 9, 35 km west of Lake Louise)

- Meet at field area; - Transceiver practice; - Snow profiles and field tests; - Route selection; - Mock rescue.

4:30 pm - Debrief and end of clinic.

MID-WEEK/SATURDAY COURSES

Tuesday 7:00 pm - 9:30 pm: (At Yamnuska Office)

- Registration; - Introduction to avalanche phenomena; - Recognition of avalanche terrain.

9:30 pm - Finish for evening

Thursday 7:00 pm - 10:00 pm: (At Yamnuska Office)

- Theory and use of avalanche beacons; - Changes in the mountain snowpack; - Safety equipment.

Saturday 9:00 am: (At Bow Summit, on Highway 9, 35 km west of Lake Louise).

- Meet at field area; - Transceiver practice; - Snow profiles and field tests; - Route selection; - Mock rescue.

4:30 pm - Debrief and end of clinic.

NOTE: Agenda may vary with instructor and with field conditions. A short ski-tour

is integral on the Sunday but if you're not a skier, snow shoes are adequate. It is important that you be properly equipped (you will be sent a gear list on booking).

Avalanche Awareness Two

Course Agenda(1:6)

Each day we head into the mountains for a ski tour with all the current weather and avalanche information. Typically the first day might be spent in Peter Lougheed Provincial Park, the second in Banff National Park. In each case we are looking for locations that offer lots of routefinding alternatives and where safe routefinding is required.

Saturday: 8:00am, meet at Yamnuska Office in Canmore.

Course introduction and briefing.

Assess weather and avalanche forecasts.

Check gear.

Head off for program area.

Sunday: Meet at Trailhead, this being decided upon Saturday)- Discuss weather and avalanche forecasts.

Check gear, confirm trip plan.

Ski-tour!

Note: The emphasis will be on covering as much terrain as possible this weekend so that participants are exposed as many different route finding problems as possible. Discussion of these problems and their solution will heighten powers of observation and of hazard awareness.

Advanced Avalanche Safety

Course Agenda(1:6)

Day 1: Meet at the Lake Louise Alpine Centre at 9:00am for introductions, a review of course goals and itinerary. A classroom introduction to the avalanche phenomena will be followed by an afternoon field session. In the afternoon we get out and onto the snow. Evening seminar to follow.

Day 2 - 5: Each day there will be a field trip to a different area. These will be in the Rockies within a 50km radius (including the Lake Louise Ski Area), the Purcell Mountains near Golden, B.C. (45min. drive) and Rogers Pass is 1.5hrs away. Destinations will be decided on weather and snow conditions. Evening seminars will be organized on some of the evenings.

Day 6: Final day. The course finishes after a last field trip.

Wilderness First Aid Courses

Yamnuska Inc. also hosts wilderness first aid courses by Wilderness Medical

Associates, Canada (WMA).

Wilderness First Responder

March 27 - April 4, 2001 (includes day off)(1:6)

Recert: April 3/4

The 8-day (72 Hours) Wilderness First Responder (WFR) course is fast becoming the Canadian standard for wilderness trip leaders. The WFR is complete medical training for anyone tripping or working in remote areas. Wilderness Medical Associates - internationally recognized as the leading wilderness medical training organization are teaching the course.

Patient Assessment

Hands-on simulations with theatrical make-up and video feedback

Wilderness Medical Protocols:

anaphylaxis treatment, dislocation reduction, spinal assessment, advanced wound management, modified CPR protocol

Accident Management and Leadership

Long Term Care of the Sick and Injured

Improvisation Skills

Basic Search and Rescue

Patient Packaging and Evacuation Techniques

其他美國及法國教導登山技術之網址：

<http://www.nols.edu> (American National Outdoor Leadership School)

<http://www.cobs.org> (Colorado Outward Bound School)

<http://www.outwardbound.org> (Outward Bound USA)

<http://www.chamex.com> (French Chamonix)

<http://www.chamonix.net> (French Chamonix)

美國登山嚮導協會的資料：



American Mountain Guides Association

Member of the International Federation of Mountain Guides Association IFMGA / UIAGM

General
Information

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About the AMGA

Our Mission

The AMGA is a non profit organization that seeks to represent the interest of American

mountain guides by providing support, education, and standards.

What We Do

The AMGA offers training courses and certification exams in three different disciplines: rock, alpine and ski mountaineering.



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AMGA Programs and Courses

The AMGA offers four guide programs and an accreditation program for guide services.

Read about each program here, or download the [course catalog](#) NEW!.

General Course Information

[Course Program Overview](#)

[2000-2001 Course Schedule](#) NEW!

[Frequently Asked Questions](#)

[IFMGA Certified Mountain Guides Overview](#)

Guide Programs

[Alpine Guide Program](#)

[Rock Guide Program](#)

[Top Rope Course](#)

[Ski Mountaineering Program](#)

Accreditation Program

[Abbreviated Description of Accreditation](#)

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American Mountain Guides Association

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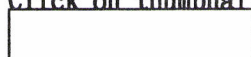
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ROCK GUIDE PROGRAM

[Click on thumbnail](#) for Rock Guide Flowchart



The two courses in the Rock Guide Program train aspiring guides and experienced guides who work in a variety of rock environments, including areas with long and complex routes. The two exams certify guiding competency for those who work in these same environments.

Rock Instructor Course (RIC)

The ten-day RIC is designed for those with a strong rock climbing background who aspire to become professional rock climbing guides, and for instructors and guides who are interested in improving their skills and increasing their knowledge. It is the first step in the AMGA Rock Guide Education and Certification Program.

You meet the prerequisites for the RIC if you:

- 1) are a current Professional or Associate Member of the AMGA;
- 2) have at least five years of rock climbing experience;
- 3) provide a personal climbing resume of at least 60 climbs, showing each of the following;
 - a) that you have led or shared lead on at least 50 different traditional, multi-pitch routes, including at least 5 routes Grade III or longer and at least 2 routes Grade IV or longer;
 - b) that you have led at least 10 traditional routes rated 5.10a or harder (if these are multi-pitch, they may be included in the 50 above);
- 4) have multi-pitch rappelling experience;
- 5) can safely and comfortably lead crack and face climbs rated 5.10a at the time of the course;
- 6) possess equipment suitable for Grade III routes;
- 7) know the prerequisite skills (see list below);
- 8) are at least age 18;

Prerequisite Skills for the RIC

Before the course, you must have complete mastery and expertise in the use of the following:

- Knots: figure-8 (follow-through, and on a bight), bowline (single, double, on-a-coil), clove hitch, Munter hitch, prussik, double fisherman's, Klemheist;
- Traditional protection: hexes, stoppers, Tri-Cams, SLCD's;
- Belay methods: mechanical (more than two types of devices) and non-mechanical (hip belay);
- Multi-pitch rappels using a carabiner brake, figure-8 and plate device (ATC Pyramid,

Tuber, etc.);

- Improvised, non-mechanical ascending;
- Z (3:1) and C (2:1) mechanical advantage pulley systems;
- Belay escapes.

Required reading

Mountaineering: The Freedom of the Hills; 6th Edition; \$24.95; Chapters 6-8, Ch. 10-12, Ch. 14 (pgs. 353-360 only), Ch. 20 (pgs. 467-473 only), Ch. 21, and Ch. 23-24

Suggested reading

Knots for Climbers; Craig Luebben; \$4.95

Rope Tech; Bill March; \$12.95

Weathering the Wilderness; Sierra Club Guide William Reifsnnyder; \$8.95

Climbing Anchors; John Long; \$11.95

The following may carry the titles listed:

Chessler Books

26030 Highway 74

P.O. Box 399

Kittredge, Colorado 80457

800-654-8502

The Mountaineers

1001 SW Klickitat Way

Seattle, WA 98134

800-553-4453

What is taught in the RIC?

This course will demonstrate where climbing with a partner stops and where guiding begins. It will include instructional clinics and hands-on guiding practice. In addition, the concepts of application and transition will be introduced along with the following topics:

- Client orientation and preparation
- Equipment selection
- Time and pace management
- Anchor construction as it relates to guiding
- Rope management with multiple clients

- Choosing appropriate belay methods and stances
- Short rope and short pitch techniques
- Rappelling and lowering with clients
- Belay escapes
- Performing improvised ascending methods
- Raising systems for guiding
- Evaluating risk and risk management in your own guiding

Rock Guide Program

Advanced Rock Course (ARC)

Designed for professionals with significant experience, this ten-day course teaches skills and techniques useful on longer, more complex routes. It is also essential in preparing for the RGCE.

Because this is the second step in the AMGA Rock Guide Education and Certification Program, guides wishing to take this course must have complete understanding and mastery of all the techniques and concepts covered in the RIC.

You meet the prerequisites for the ARC if you:

- 1) have successfully completed the RIC and professionally guided 40 days since taking that course;
- 2) are a current Professional Member of the AMGA;
- 3) have at least seven years of rock climbing experience;
- 4) provide a personal climbing resume of at least 85 climbs, showing each of the following:
 - a) that you have led or shared lead on at least 75 different traditional, multi-pitch routes, including at least 7 routes Grade III or longer and at least 2 routes Grade V or longer;
 - b) that you have led at least 10 traditional routes rated 5.10b or harder (if these are multi-pitch, they may be included in the 75 above);
- 5) can safely and comfortably lead crack and face climbs rated 5.10b, A2 at the time of the course;
- 6) have multi-pitch rappelling experience with clients;
- 7) possess equipment suitable for Grade IV routes;
- 8) have current Wilderness First Responder certification;
- 9) are at least age 21;

OR

You may enroll in the ARC if you haven't completed the RIC* but instead:

- 1) have at least 200 days of documented and diverse, multi-pitch, professional guiding in the last five years (you must list and identify these 200 days);
- 2) have complete understanding and mastery of every technique and skill presented in the RIC (provide resume of training received);
- 3) fulfill all other ARC requirements.

** Although this shortcut method is possible, it is not recommended. Participants who have taken a guide course prior to an advanced course do better than those who have not.*

1999 AMGA Course Catalog and Membership Booklet

What is taught in the ARC?

The ARC trains guides in a broad range of skills essential to guiding in a variety of rock environments, including areas with long and complex routes. This comprehensive, ten-day training course focuses on developing strategies for multiple clients on longer routes, including simultaneous multi-client belaying, lowering and rappelling. Significant time is spent on short-rope and short-pitch techniques in single- and multiple-client scenarios. Additional practice and coaching is given in the areas of choosing an appropriate technique in a given circumstance (application) and the ability to efficiently adjust or change technique based on a change in terrain (transition). It also addresses challenging guiding situations, including traverses and descents where complete client protection is often difficult to arrange, and improving client security in third- and fourth-class terrain.

Participants will role-play as guides on multi-pitch routes and get significant hands-on practice. There is a great deal of demonstration and coaching. Individual de-briefings will be held on the final day.

A good guide now commands from ten to fifteen dollars a day. I know of one who has received twenty-five a day. He is, of course, equipped with character, knowledge, tact, and years of experience. Too many young men learn their way to the top of a peak or to the bottom of a canyon, guide for one or two years, and then are ready to drop out the instant some other work appears attractive or even offers a slight increase of salary.

Enos Mills, 1910

Rock Guide Program

Rock Instructor Certification Exam (RICE)

The six-day RICE certifies rock instructors that demonstrate a high level of

expertise consistent with the standards introduced in the ten-day RIC. Basic short roping skills must be demonstrated. The exam serves both to assess and educate. Daily debriefs and critiques provide an opportunity for improving guiding skills.

The first five days of the exam are conducted on routes chosen by the examiners. During the climbs, participants serve as guides to the examiners and other participants and will encounter complex guiding and routefinding situations. Participants are required to solve a specific rescue scenario at a scheduled time. Details are available from the office. In addition, impromptu rescue situations can occur at any time during the exam. Throughout the exam, particular focus is placed on client and guide security.

Examiners grade specific skill areas each day. Areas of greatest importance, such as

client and guide security, are weighted more heavily. Participants receive copies of their daily score cards by mail after the exam. The final day of the exam includes an individual debrief and exam evaluation. Though the ratio of clients to guides on the exam will vary from climb to climb, the overall participant-to-examiner ratio will be 2:1.

You meet the prerequisites for the RICE if you:

- 1) have successfully completed the RIC and professionally guided 40 days since taking that course;
- 2) are a current Professional Member of the AMGA;
- 3) have at least seven years of rock climbing experience;
- 4) provide a personal climbing resume of at least 110 climbs, showing each of the following:
 - a) that you have led or shared lead on at least 100 different traditional, multi-pitch routes, including at least 7 routes Grade III or longer;
 - b) that you have led at least 10 traditional routes rated 5.10c or harder (if these are multi-pitch, they may be included in the 100 above);
- 5) can safely and comfortably lead crack and face climbs rated 5.10c, A3 at the time of the exam;
- 6) have multi-pitch rappelling experience with clients;
- 7) possess equipment suitable for Grade IV routes;
- 8) are at least age 21;
- 9) have current Wilderness First Responder certification.

OR

You may enroll in the RICE if you haven't completed the RIC* but instead:

- 1) have completed at least 400 days of documented and diverse, multi-pitch, professional guiding in the last five years (you must list and identify these 400 days);
- 2) have complete understanding and mastery of every technique and skill presented in the ARC (provide resume of training received);
- 3) have at least nine years of climbing experience;
- 4) fulfill all the other RICE requirements.

** Although this shortcut method is possible, it is not recommended. Past exams have demonstrated that participants who have taken a course prior to an exam do better than those who have not.*

1999 AMGA Course Catalog and Membership Booklet

Rock Guide Program

Rock Guide Certification Exam (RGCE)

The five-day RGCE certifies rock guides that demonstrate a high level of expertise consistent with the standards introduced in the ten-day ARC. The exam serves both to assess and educate. Daily debriefs and critiques provide an opportunity for improving guiding skills. A heavier emphasis is placed on expertise in short roping clients on longer routes than in the RICE.

You meet the prerequisites for the RGCE if you:

- 1) have successfully completed the ARC and professionally guided 40 days since taking that course;
- 2) provide a personal climbing resume of at least 110 climbs, showing each of the following:
 - a) that you have led or shared lead on at least 100 different traditional, multi-pitch routes, including at least 7 routes Grade III or longer and at least 3 routes Grade V or longer;
 - b) that you have led at least 10 traditional routes rated 5.10c or harder (if these are multi-pitch, they may be included in the 100 above);
- 3) fulfill all the other RICE requirements.

Are there different types of rock certification?

There are two levels of rock certification. The first is Rock Instructor Certification. It is designed for the many people in the US that work on routes that are Grade III and shorter. While these routes may be multi-pitch, they are relatively straightforward and may not involve complex approaches and/or descents. Time factors, while important, are not as pressing on these routes. Participants will be examined

on climbs up to Grade III in the RICE. Basic short roping skills are required. Rock Guide Certification Exams are generally conducted on Grade IV or V routes. This level certifies a person as able to guide the full spectrum of rock climbing in non-glaciated environments. Participants will be expected to display full competence and expertise in areas such as short roping and multiple-client guiding. Participants need not pass the RICE before attempting Level II.

Rock Exam Skills List

- Client security
- Guide security
- Anchors and belays
- Objective hazard awareness
- Rescue techniques
- Short rope techniques
- Routefinding
- Leadership, decision making, stress reaction
- Rock climbing ability & ability in third- and fourth-class terrain
- Pace and time management
- Client care, comfort and well-being
- Rope management
- Equipment selection, state of equipment, guides pack
- Communication and teaching skills
- Fitness and stamina
- Client orientation, trip planning and preparation
- Technical knowledge of equipment
- Environmental consciousness
- Professionalism, personal appearance
- Meteorology, geology, natural history



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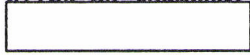
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AMGA Ski Guide Program

Ski Mountaineering Program

Click on thumbnail for Ski Guide Flowchart



Ski Guide Course (SGC)

The Ski Guide Course is the first step in the AMGA Ski Program. This eight-day course is designed for the working ski guide or aspiring ski guide wishing to learn the current standard of client/guide safety and client's quality of experience with a skiing emphasis.

You meet the prerequisites for the SGC if you:

- 1) are a current Professional or Associate Member of the AMGA;
- 2) have four years of personal ski touring experience, including leading multi-day tours and peak ascents;
- 3) are able to comfortably and confidently lead a group of advanced skiers (PSIA level 8/9) on varied terrain types and in diverse snow conditions;
- 4) safely and comfortably lead fourth-class snow, ice and rock;
- 5) have basic rope management and rappelling skills;
- 6) are in excellent physical condition;
- 7) have completed a Level II Avalanche Course;
- 8) have current Wilderness First Responder Certification.

What is taught in the SGC ?

Topics covered include: snowpack evaluation, stability testing, and data collection; hazard awareness and risk management; avalanche forecasting and rescue; routefinding, tracksetting and ski technique; group management, client assessment and care; record keeping for guides; navigation with map and compass; transceiver use; winter survival; simple anchors; lowering clients and toboggans; and decision making.

The course will include a day of alpine or telemark skiing at a nearby resort, peak ascents including one bivouac and several nights in huts, and snowcat skiing if facilities are available.

Ski Guide Program

Ski Mountaineering Guide Course (SMGC)

Designed as the second step in the ski mountaineering guide education and certification process, applicants for the SMGC must have complete understanding and mastery of the material presented in the SGC.

You meet the prerequisites for the SMGC if you:

- 1) have successfully completed the SGC;
- 2) are a current Professional Member of the AMGA;
- 3) have at least one year of professional ski guiding experience (averaging 20 days per year, including multi-day ski tours and peak ascents) OR three years of professional alpine guiding experience (averaging 20 days per year);
- 4) are able to comfortably and confidently lead a group of advanced skiers (PSIA level 8/9) on varied terrain types and in diverse snow conditions;
- 5) safely and comfortably lead low fifth-class snow, ice and rock;
- 6) have advanced rope management and rappelling skills;
- 7) are in excellent physical condition;
- 8) have completed a Level III Avalanche Course or equivalent;
- 9) have current Wilderness First Responder Certification.

OR

You may enroll in the SMGC if you have not completed the SGC, but instead:

- 1) have five years of documented professional ski guiding experience with an average of at least 20 days per year;
- 2) meet all other requirements for the SMGC.

What is taught in the SMGC?

Participants in the SMGC can expect to learn snow and ice climbing techniques and glacier travel techniques as they relate to ski guiding; rope management skills, including lowering and rappelling; equipment selection techniques; building complex anchors; performing improvised rescues; overnight ski tour and snow camping techniques; and avalanche rescue skills. This course will address the specifics of working on glacial terrain, differences of this type of terrain and how one maintains the same level of safety as on non-glacial terrain.

Other topics that may be covered include: utilizing snowcats, helicopters, radios and global positioning system (GPS) devices in guiding situations; cross-country skiing, snowshoeing, and snowboarding techniques as they relate to guiding; ski mountaineering history; fitness and stamina; weather; using client profiles; and assessing and managing risks.

The course will include a multi-day high-level-route ski tour and several all-day tours and peak ascents.

Ski Guide Program

Level I Ski Guide Certification Exam (SGCE)

The purpose of the Level I exam is to certify ski guides working in nontechnical mountaineering or glacial terrain including snowcat operations or other mechanically-supported operations.

AMGA Level I Ski Guide Certification is for the professional working in non-glaciated terrain for heli/snowcat skiing operations, ski touring companies and ski mountaineering schools. An AMGA Certified Ski Guide should be able to lead a group in ski ascent up to class 3 mountaineering and downhill a slope up to 45 degrees in non-glaciated terrain, ski mountaineering up to class S4. A Certified Ski Guide may work under the supervision of a Ski Mountaineering Guide in glaciated terrain and above class 3 mountaineering and above class S4 ski mountaineering.

An AMGA Certified Ski Guide should be able to:

- lead a group of skiers that are at level 9 PSIA;
- efficiently ski any type of snow with an average-weight pack up to 45 degrees;
- adapt to all snow conditions and demonstrate proper technique required for the situation;
- teach techniques related to skiing in the backcountry;
- prepare a lesson using teaching methodology and coaching tips;
- demonstrate a good knowledge of industry standard equipment;
- demonstrate experience and knowledge in at least one other discipline (e. g. cross-country, telemark, snowboard);
- organize and perform a rescue evacuation
- demonstrate: guiding skills, uphill and downhill techniques, risk management, decision making, client care, navigation, winter overnight camping, environmental consciousness, and technical systems.

You meet the prerequisites for the SGCE if you:

- 1) are a current Professional Member of the AMGA
- 2) have completed a Level III Avalanche Course or equivalent;
- 3) have at least 20 days of professional ski guiding experience;
- 4) ski at PSIA Level 9;
- 5) have personal skiing experience of 5 years;

- 6) have current Wilderness First Responder Certification;
- 7) have rescue training equivalent to what is taught in the SGC;
- 8) have rope management training equivalent to what is taught in the SGC.

Ski Guide Program

Level II Ski Mountaineering Guide Certification Exam (SMGCE)

You meet the prerequisites for the SMGCE if you:

- 1) have successfully completed the SGC and the SMGC;
- 2) are a current Professional Member of the AMGA;
- 3) have completed a Level III Avalanche Course
- 4) have current Wilderness First Responder Certification;
- 5) have obtained at least 20 days guiding experience since taking the SGC and SMGC;

OR

You may enroll in the SMGCE if you have not completed the SGC and the SMGC*, but instead:

- 1) have five years of documented professional ski guiding experience with an average of at least 30 days per year;
- 2) meet all other requirements for the SMGCE.

** Completion of both training courses is strongly recommended before attempting this examination.*

How is the ski examination run?

The seven-day exam will be a high-mountain ski tour with peak ascents and descents. Each exam candidate will serve as guide to the examiners and be scored for at least three days. There will be a minimum of two examiners and the average participant-to-examiner ratio will be 4:1. The scoring system will use three marks: pass, marginal and not pass, and will include extensive notes by the examiners. Each day a candidate is scored, they will receive a separate mark for each applicable category. At the end of the exam, an average will be calculated.

At the end of the exam, if a candidate's average score for a given category is a not-pass mark, they will not pass the exam. No marginal score may exist in the safety and risk management or client care skill areas (listed below). Only two marginal scores may exist in all other categories. If a not-pass results from inadequate skiing skills, a candidate may be reexamined in a skiing-only exam.

Ski Guide Program

Ski Exam Skills List

- 1) Safety and risk management
 - hazard recognition
 - hazard analysis
 - minimization of risk
 - emergency response
- 2) Client care
 - client assessment
 - comfort
 - control
 - communication/rapport
 - quality of experience
- 3) Technical systems
 - safeguarding methods
 - rappelling/lowering
 - rope management
 - rescue
 - navigation
- 4) Planning
 - route information, conditions
 - client preparation/orientation
 - time management
 - alternatives, escapes, emergency plan
- 5) Movement skills
 - skiing
 - climbing
- 6) Terrain utilization
 - route selection
 - routefinding
 - track setting
 - group movement strategy
- 7) Instructional technique
 - progression design
 - teaching methodology
 - adaptability to learner-types
 - coaching/tips
- 8) Application
 - "Use of the right technique at the right place and the right time."
- 9) Physical condition
 - Fitness and stamina appropriate to the guiding situation
- 10) Mountain/guiding sense
 - general knowledge
 - judgment
 - guide's error correction
 - stress management
 - environmental consciousness



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Top Rope Site Manager Course
(Formerly Top Rope Instructor Course)

Check our current course [schedule](#).

Overall purpose: An entry level course emphasizing the educational and technical proficiency necessary to instruct top rope climbing in a group setting.

Course Description: The American Mountain Guides Association (AMGA) top rope site management training course emphasizes the technical and educational proficiencies necessary to safely and professionally instruct rock climbing and climbing related activities in a group setting. The forty-five hour course is intended to help transition recreational climbers into becoming model climbing instructors. All participants will receive an evaluation at the end of the course and be granted a one year associate membership in the AMGA. An AMGA certification in Top Rope Site Management will be granted to participants who successfully pass the AMGA Top Rope Site Management exam on the final day of the course.

The course revisits and improves existing personal recreational climbing skills and introduce guide specific skills. Topics include expanding your repertoire of belay systems, knots, harness choices, and rappelling methods; exploring and practicing methods of teaching and modelling these skills; coaching participants effectively, noting external and internal hazards; and sorting through the equipment, administrative, legal and ethical expectations and responsibilities associated with being a climbing instructor; developing quick and effective anchoring techniques using natural, artificial and bolt anchors; practicing a variety of anchor configurations and learning many subtleties about anchoring; establishing and managing re-directed and traditional top rope climbing sites including various belays and backup methods, extending anchors, negotiating the edge when rappelling, general site management, environmental concerns, coaching, belay transfers; assisting and rescuing climbers; promoting Leave No Trace, and understanding the experiential education model along with briefing and debriefing processes and learning and teaching styles.

Target audience: Outdoor instructors, aspiring guides, and climbers who facilitate top rope climbing programs in group settings such as camps, schools, universities, therapeutic groups, and climbing schools.

Course Pre-requisites: Participants should have prior top rope climbing experience that includes an ability to comfortably set-up climbs, to belay, and to rappel without guidance. Familiarity with anchoring principles, natural and artificial anchors is also required. If you are unsure of your skill levels we suggest hiring a certified rock guide to evaluate / enhance your skills prior to participation.

Summary of pre-requisite skills:

Knots: Figure 8 family, Two Loop Bowline, Grapevine, Ring Bend

Belaying: use of belay plates

Rappelling: use of figure 8 or belay plate

Anchoring: able to comfortably utilize natural and artificial anchors (ie. stoppers, hexes, Tr--cams, spring loaded camming devices) to create equalized and redundant anchor systems that have minimal extension. Comfortable with use of cordellettes and runners.

Climbing: able to climb comfortably on 5.6 - 7 terrain and to rappel over edges without coaching.

Gear: has required gear for the course and is comfortable with its use.

Participants may be asked to demonstrate skills at the beginning of the course.

Course length and ratios:

The course is a minimum of 45 hours in length and will not exceed a ratio of six students to one certified guide. The course may be taught over variable lengths and set-ups such as four consecutive days, or multiple weekends. The maximum number of students per course will be twelve. Because the course addresses group leadership and site management, all certified guides should seek to have a minimum of three - four participants to better facilitate group concepts. However, the majority of the curriculum can be effectively taught to a single person if necessary.

Course Completion:

Upon completion of the course, participants will receive a performance evaluation. Participants who elect to then take the certification exam will receive an additional evaluation and, upon passage of the exam will receive a AMGA Top Rope Site Management Certificate. The certification is only valid when accompanied by the evaluation and is valid for three years from date of issue. Participants will also be granted one year associate member status in the AMGA. After three years, participants will need to maintain their skills through participation in another course or upgrade their skills through other AMGA guide courses.

Marketing Use by participants:

Organizations who teach or utilize only top rope climbing methods may advertise that their instructors have "completed an AMGA approved top rope instructor training program" only if all of their climbing staff have participated in such a program. Otherwise programs may only market a specific program that will be staffed by at least

one certified Top Rope Site Manager per six students. Programs not meeting the above criteria or teaching other aspects of climbing should seek out instruction through certified guides and undergo AMGA accreditation and peer review.



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AMGA Certified Alpine Guides

Certified Alpine Guides

The American Mountain Guides Association (AMGA) offers training and assessment for rock and alpine climbing and ski-mountaineering guides in the areas of leadership, judgement, client care, technical expertise, rescue skill, and environmental consciousness, and certifies those individuals who demonstrate a high level of knowledge and ability in all these areas.

(This page updated August 2, 2000 TCF)

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