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United States Army Garrison Wiesbaden

Climbing Wall Manual



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Introduction

One of the newest and most exciting additions to the Sports and Fitness Center and Outdoor Recreation (ODR) is the Rock Climbing and Bouldering Wall. Located behind the USAG Wiesbaden Sports & Fitness Center; built to provide soldiers, family members and civilian users of the CLIMBING WALL an opportunity to try their hand at the exciting sport of rock climbing. The outdoor rock wall provides a fun and safe alternative form of recreation unique to the area.

Patrons and other users of the CLIMBING WALL will be able to take part in various classes, clinics, and events catered around climbing and the climbing wall. The climbing wall allows participants to practice their technique, learn new skills, or just plain exercise throughout the year.

Risk Management

Indoors or out, risk management is the key to climbing success. Being aware of the limits of your ability and the limits of your equipment is essential in maintaining a safe and fun climbing experience. There are inherent risks involved in climbing, however when the correct use of your equipment, and proper precautions are exercised these risks are greatly diminished.

In the case of an incident, regardless of severity, an Incident Report Form is to be completed by the OUTDOOR RECREATION/SPORTS & FITNESS help desk staff or climbing wall coordinator. The Incident Report Forms are filed in the vertical wall cabinet behind the help desk. When completed, this form is to be handed to the OUTDOOR RECREATION manager for routing.

Certification Procedure & Records

A climber must be ID Card holder and have on file a liability release form signed within the past six months in order to use the climbing facility. In order to help out new climbers or attempt to instruct other climbers, the climber must go through an ODR climbing orientation (*See Appendix 2*). After successfully completing this orientation by passing both the written and oral skills tests (*See Appendix 3 & 4*) the climber will then be free to utilize the facility and bring new climbers in to “show them the ropes.” During the orientation the climber will also be required to sign the Climbing Facility Agreement (*See Appendix 10*).

The Climbing Facility Agreement, Written Test, and Skills Test will be filed at the OUTDOOR RECREATION/SPORTS & FITNESS desk for future reference. The climber will also then be entered into the ODR/S&F desk computer in the Climber’s Data Base. An ODR Climber Form will be signed by the climber and instructor, dated, and then filed into a card catalog at the ODR/S&F Help Desk.

When the climber comes to the OUTDOOR RECREATION to climb, she/he must give their ID card to the ODR/S&F help desk employee. The OUTDOOR RECREATION employee will then look the climber up in the card catalog and pull their ODR Climber Form. Both the ID and the ODR Climber Card will be set aside and an ODR Climbing Gym green card will be given to the climber. The climber must have this card on them in a visible area while they are in the climbing gym. When the climber is done climbing she/he will return the ODR Climbing Gym green card to the OUTDOOR RECREATION employee in exchange for their ID. Their ODR Climber Form will then be returned to the card catalog for future use.

Equipment

The OUTDOOR RECREATION has purchased climbing equipment for the intent of on-site check-out purposes only. This equipment will be available for user's use at a nominal fee. Harnesses, shoes, belay devices and locking carabineers are all available for check-out. To ensure safe climbing, equipment should always be used properly. If damage is noticed on any of the equipment, stop climbing and report the damage to the climbing wall coordinator or other ODR staff immediately. The ODR climbing wall coordinator will be responsible for maintaining a current log sheet of all equipment. Climbing equipment will be replaced as needed or to comply with manufacturers recommendations.

The use of personal climbing equipment is allowed. However, the climber assumes all responsibility for the proper use and care of his or her climbing equipment. The OUTDOOR RECREATION reserves the right to prohibit climbing if equipment is found to be unsafe or if a climber does not demonstrate proper usage of his or her equipment. All climbing equipment is to be UIAA/CE Certified.

Climbing Wall Orientation Clinics

The OUTDOOR RECREATION will host numerous clinics and informal classes for students. The purposes of these clinics are to familiarize students with the sport of gym climbing and to promote gym climbing as a form of exercise, team building and just plain fun! Students who cannot pass the competency and skills tests will be required to re-attend one of these clinics. The clinics will consist of an overview of climbing, climbing terms, an introduction of climbing equipment, knot craft, belay practice, written and oral tests (*See Appendix 3,4*). The belay clinics can be offered immediately after the On-Belay Class for a nominal fee, as well as being offered at various times throughout each quarter as needed.

Climbing Wall Rules

- All climbers must pass skills competency tests, read climbing wall rules, and complete a liability waiver before climbing
- All climbers, student or faculty/staff must present ID in exchange for climbing wall card
- All climbers must wear, in plain view, climbing wall card while in the climbing area
- All climbers must use proper equipment, CE certified (check-out equipment is available for a fee)
- Only climbing shoes or stocking feet are to be allowed in the climbing area
- No barefoot climbing
- No unsafe conduct will be tolerated (loss of climbing privileges may result)
- Proper care of climbing equipment is a must (no stepping on ropes, dropping/tossing of carabineers or belay devices)
- No vertical free climbing (unroped or without a belayer) above red safety line
- When bouldering a spotter must be present, a crash pad is highly recommended
- No lead climbing without the permission of the OUTDOOR RECREATION staff
- No observers, non-climbers, or gear is allowed in the climbing area (lockers and coat racks are available within the Sports and Fitness Facility)
- All accidents, loose holds, and equipment damage must be reported to the climbing wall coordinator or OUTDOOR RECREATION staff immediately
- Removal of jewelry, croakies for glasses, and loose clothing tucked in is highly recommended
- No loose chalk (chalk and chalk bags are available for a fee)
- No figure-eight belay devices
- All belayers must have their hand on the brake at all times
- Knots, harness, and locking carabineers must be checked by your climbing partner (double check yourself, too)
- Only figure 8 knot is to be used for tie-in to climber
- NO locking carabineers can be used for tie-in to belayer rope must be passed through all three points of the climbing harness, (waist loop, leg loop, and belay loop)
- Only Dynamic Rope will be used for Climbing
- Equipment that has passed shelf life or experienced a major fall can not be used at the climbing wall for safety purposes. This equipment should be retired and destroyed!
- Always use proper commands

Route Setting

The ODR climbing wall was designed to allow climbing by all skill levels. To keep routes from becoming stagnant the hold placement may be changed. The changing of holds to accommodate various skill levels is to be accomplished by the climbing coordinator and the ODR Climbing Club. Due to the nature of holds on a new surface the likelihood of stripping t-nuts is very high without proper training. By restricting hold placement (route setting) ODR can insure that those placing holds have been trained to properly place holds.

If holds are loose they are to be immediately reported to the help desk or climbing coordinator so they may be evaluated and tightened. A t-wrench is available at the help desk for OUTDOOR RECREATION staff to make these adjustments.

Emergency Procedure

In the case of an emergency call/send for help. **Call DSN 117 or CIV 0611-143-548-7777 immediately.** Never move an injured person unless there is a life safety reason to do so. All accidents regardless of severity are to be reported by OUTDOOR RECREATION staff by completing an Incident Report Form. See section on risk management.

Available at the help desk is a full first aid kit and tape for hands and fingers.

Group Use of Climbing Facility

The ODR climbing facility may be checked out by groups both ODR and non-ODR during scheduled times. Climbers, if under the age of 18, are to be chaperoned at a ratio of 5 climbers to 1 adult. Climbers under the age of 18 are not permitted to belay on the ODR climbing wall without ODR certification. Group Chaperons are to complete orientation prior to group use if they wish to permit their under age climbers above the free climbing zone (approx. 6 ft.)

Gym rates, equipment check-out rates and liability release requirements for group are supplied per request. Groups wishing to use the ODR climbing facility may call 548-9830/9801 for availability and information.

Appendix One

Climbing Commands

ON BELAY – called by climber to let belayer know he/she is tied in

BELAY ON – called by belayer to let climber know he/she is tied in and has assumed
Responsibility of climber's safety

CLIMBING – called by climber to indicate he/she is ready to climb

CLIMB ON – final go-ahead called by belayer to indicate he/she is ready for the climber
to begin climbing (climber may not begin until he/she has gotten this signal)

OFF BELAY – called by climber to indicate he/she is no longer climbing

BELAY OFF – called by belayer to indicate they are no longer responsible for climber's
safety (after climber reaches the ground)

Other Climbing Signals

UP ROPE – called by climber to direct belayer to eliminate slack in the rope

SLACK – called by climber to direct belayer to loosen belay a little

TENSION – warning called by climber for belayer to take up slack and brace for hard
move or fall

TAKE – called by climber to indicate he/she wants to be locked off and held off route

LOWER – called by climber to indicate he/she is through climbing and wants to
lowered to the ground

LOWERING – called by belayer to indicate they are no lowering climber

FALLING – called by climber to indicate he/she is slipping off of the wall / lost grip of hold

ROCK – called by climber to indicate he/she has dropped something, to warn others below

ROPE – called by belayer to indicate the rope will be coming off the wall through carabiners

Appendix Two

ODR Orientation Clinic Outline

- I. Introduction
 - A. personal reasons for climbing
 - B. survey of group experience
 - C. why climb?
- II. Overview of climbing
 - A. safety precautions
 - B. time involved
 - C. practical skill for outdoor enthusiasts
- III. Introduction to climbing terms
 - A. belay, free, solo, bouldering, etc.
 - B. climbing commands
 - C. recommended literature
- IV. Introduction of climbing equipment
 - A. ropes
 - 1. static
 - 2. dynamic
 - 3. different sizes
 - B. hardware
 - 1. belay devices
 - 2. carabineers
 - C. harnesses
 - D. footwear
- V. Proper use of climbing equipment
 - A. how to store/clean equipment
 - B. when to replace
- VI. Knot craft
 - A. figure 8 follow through
 - B. student practice

USAG Wiesbaden - Outdoor Recreation Program - Climbing Wall Manual and Examinations

- VII. Belay practice on wall
 - A. feed/take drills
 - B. wall practice
 - C. rules of belaying
 - 1. BRAKE HAND NEVER LEAVES ROPE
 - 2. NEVER leave too much slack between climber and belayer
 - 3. PAY ATTENTION at all times
- VIII. Talk about safety
 - A. commands
 - B. equipment checks
 - C. do not climb alone
 - D. know your limits
- IX. Check out test (written and oral)

Appendix Three – ODR Written Test

Please (print) the below information legibly. Information will be used to contact you when climbing certification expires. Please provide email address if you'd like to receive information on rental discounts & climbing news!

Name	ODR ID#
Phone#	Date
Email	

Please mark the following statements “True” or “False”. Correct any “False” statements.

- | | | |
|---|---|---|
| T | F | 1. The brake hand should never leave the rope. |
| T | F | 2. An overhand knot is the knot used to tie the rope to the harness. |
| T | F | 3. Climbing commands need not be spoken if you regularly climb with the same partner. |
| T | F | 4. When setting up the belay, a locking carabineer is attached to the \ harness, which in turn is attached to the belay device. |
| T | F | 5. If the climber falls without warning, the belayer will arrest the fall. |

Please answer the following by writing the correct answer.

1. What is the most important factor in checking your harness?
2. What are 3 important safety factors you need to exercise while serving as a belay person?
3. After tying-in, the belayer and the climber should examine each other before proceeding to climb. What should each person look for?
4. As a belayer, why would it be necessary to anchor yourself to the floor?

5. The tension of the rope while belaying should be: (circle one)

- a. kept up with the climber
- b. slower than the climber
- c. faster than the climber

While climbing the dialogue between the climber and the belayer should be kept simple.
List the 6 commands used while climbing and define each of them.

_____ -

_____ -

_____ -

_____ -

_____ -

_____ -

Appendix Four – ODR Skills Test

Please (print) the below information legibly. Information will be used to contact you when climbing certification expires. Please provide email address if you'd like to receive information on rental discounts & climbing enews!

Name	ODR ID#
Phone#	Date
Email	

The climber must demonstrate the following skills to the satisfaction of the Climbing Wall Coordinator in order to approved to belay on the climbing wall and receive their climbing card. Failure to demonstrate any of the following skills he/she must take the test over again at another time.

- | Pass | Fail | |
|-------------|-------------|--|
| _____ | _____ | 1. Climber has demonstrated proper use of harness:
a. doubled back the harness, checked auto-lock
b. checked leg loops and buckle |
| _____ | _____ | 2. Climber has demonstrated the ability to tie a figure 8 follow through knot into harness. |
| _____ | _____ | 3. Belayer (testee) has demonstrated proper securing of belay device to harness |
| _____ | _____ | 4. Belayer has demonstrated proper belay techniques:
a. brake hand never leaves rope
b. proper stance and is alert
c. arrests fall with brake |
| _____ | _____ | 5. Belayer demonstrates proper belay commands. |
| _____ | _____ | 6. Belayer has demonstrated that he/she can manage the rope and arrest an actual fall.
a. takes up slack as climber climbs upward
b. keeps roped locked off when not taking up slack
c. arrests fall with brake |

Climber's Signature _____ **Date** _____
Instructor's Signature _____ **Date** _____

PASSED OR FAILED

Appendix Five – Public Groups Orientation Outline

Consisting of Participants Over the Age of 18

The following outline is a revision of ODR's standard orientation outline. This outline was designed in order to address the specific needs of non-calendar groups that will coordinate the climbing facility. This orientation was designed for all participants that are participating in climbing during the agreed program period. This orientation is designed to ensure compliance with risk management issues within the climbing wall. The participants will only be able to climb during the agreed program period.

- I. Introduction
 - A. Survey group experience
 - B. Rules of the climbing gym

- II. Introduction of climbing terms
 - A. belay, traverse, bouldering
 - B. Climbing commands

- III. Introduction of climbing equipment
 - A. Harness
 - B. Carabineer and belay device
 - C. Shoes

- IV. Knot craft
 - A. Figure 8 follow through
 - B. Student practice

- V. Belay Practice
 - A. Feed and take drills
 - B. Wall practice
 - C. Rules of belaying
 - 1. Brake hand never leaves rope
 - 2. Never leave too much slack between climber and belayer
 - 3. Pay attention at all times

- VI. Talk about safety
 - A. Commands
 - B. Equipment checks
 - C. Do not climb alone
 - D. Know your limits

- VII. Check out test

Appendix Six – Public Groups Skills Test
Consisting of Participants Over the Age of 18

Name _____
Phone# _____
Instructor _____

ID/SS# _____
Date _____

The climber must demonstrate the following skills to the satisfaction of the Climbing Wall Coordinator in order to be approved to belay on the climbing wall and be certified to climb during the rental period. Failure to demonstrate any of the following skills he/she will not be allowed to climb during the rental period.

Pass

Fail

1. Climber has demonstrated proper use of harness:
 - a. doubled back the harness, checked auto-lock
 - b. checked leg loops and buckle

2. Climber has demonstrated the ability to tie a figure 8 follow through knot into harness.

3. Belayer (testee) has demonstrated proper securing of belay device to harness.

4. Belayer has demonstrated proper belay commands:
 - a. brake hand never leaves rope
 - b. proper stance and is alert
 - c. arrests fall with brake

5. Belayer demonstrates proper belay commands.

6. Belayer has demonstrated that he/she can manage the rope and arrest an actual fall.
 - a. takes up slack as climber climbs upward
 - b. keeps roped locked off when not taking up slack
 - c. arrests fall with brake

Climber's Signature _____

Date _____

Instructor's Signature _____

Date _____

PASSED OR FAILED

Comments: _____

Appendix Seven – Public Groups Orientation Outline

Consisting of Participants Under the Age of 18 (Climbers)

The following orientation is a revision of ODR's standard orientation outline. This outline was developed in order to address the specific needs of youth groups that will coordinate the facility. This orientation was designed for the climbers that will be under the age of 18 and will be under the supervision of the certified chaperons and the Climbing Wall Coordinator. These climbers will not be certified in any form and therefore will only be able to climb during the agreed program period. Because these climbers will be under the supervision of previously certified chaperons (*See Appendix 9*) and the Climbing Wall Coordinator they will not be tested. The following outline is just to inform the participants of the risk management issues that pertain to the climbing facility.

- I. Introduction
 - A. Survey group's climbing experience
 - B. Rules of the climbing gym

- II. Introduction of climbing terms
 - A. Belay, traverse, bouldering
 - B. Climbing commands

- III. Introduction to climbing equipment
 - A. Harness
 - B. Climbing shoes

- IV. Knot craft
 - A. Figure 8 follow through
 - B. Practice

- V. Talk about safety
 - A. Review climbing commands
 - B. Review climbing wall rules

--A test will not be required to be taken by the climber due to the fact that they must be supervised by a certified chaperon and are under the age if 18.

Appendix Eight – Public Groups Orientation Outline

Consisting of Participants Under the Age of 18 (Chaperons)

The following outline is a revision of ODR's standard orientation outline. The outline was developed in order to address the specific needs of youth groups that will coordinate the climbing facility. This orientation was designed for the chaperons that will be required to be present during the use of the facility by the renting organization. The following orientation is developed so that an authorized adult can belay a climber and check a climber to ensure compliance with risk management issues. Those that pass the certification will then be deemed qualified to belay and supervise non-certified climbers (from their organization) during the agreed program period of the facility. These certified belayers/chaperons would only be belay certified during the time that their organization has coordinated the facility and in the presence of the Climbing Wall Coordinator.

- I. Introduction
 - A. Ask for age to ensure everyone is qualified
 - B. Survey group experience
 - C. Rules of the climbing gym

- II. Introduction of climbing terms
 - A. Belay, traverse, bouldering
 - B. Climbing commands

- III. Introduction of climbing equipment
 - A. Harness
 - B. Carabineer and belay device
 - C. Shoes

- IV. Knot craft
 - A. Figure 8 follow through
 - B. Practice on themselves
 - C. Practice tying in to others

- V. Belay practice
 - A. Feed and take drills
 - B. Wall practice
 - C. Rules of belaying
 1. Brake hand never leaves rope
 2. Never leave too much slack between climber and belayer
 3. Pay attention at all times

- VI. Talk about safety
 - A. Commands
 - B. Checking equipment on oneself and others

Appendix Nine – Public Groups Skills Test
Consisting of Participants Under the Age of 18 (Chaperons)

Name _____
Phone# _____
Instructor _____

ID/SS# _____
Date _____

The tester must demonstrate the following skills to the satisfaction of the Climbing Wall Coordinator in order to be approved to belay on the climbing wall and chaperon during the check-out period. Failure to demonstrate any of the following skills will disqualify the tester from belaying during the check-out period.

- | Pass | Fail | |
|-------------|-------------|--|
| _____ | _____ | 1. Climber has demonstrated proper use of harness:
a. doubled back the harness, checked auto-lock
b. checked leg loops and buckle |
| _____ | _____ | 2. Climber has demonstrated the ability to tie a figure 8 follow through knot into harness. |
| _____ | _____ | 3. Belayer (testee) has demonstrated proper securing of belay device to harness. |
| _____ | _____ | 4. Belayer has demonstrated proper belay commands:
a. brake hand never leaves rope
b. proper stance and is alert
c. arrests fall with brake |
| _____ | _____ | 5. Belayer demonstrates proper belay commands. |
| _____ | _____ | 6. Belayer has demonstrated that he/she can manage the rope and arrest an actual fall.
a. takes up slack as climber climbs upward
b. keeps roped locked off when not taking up slack
c. arrests fall with brake |

Tester's Signature _____
Instructor's Signature _____

Date _____
Date _____

PASSED OR FAILED

Comments: _____

Appendix Ten – Assumption of Risk and Release Form

(Must be completed by each person and only valid for 6 Months)

UNITED STATES ARMY GARRISON WIESBADEN OUTDOOR RECREATION AND EDUCATION PROGRAM

Release and Hold Harmless Agreement

1. In consideration for being allowed to participate in the **Rock-Climbing, Repelling and Bouldering Program at the Wiesbaden Fitness Center Climbing Wall**. Hosted by the USAG Wiesbaden Outdoor Recreation, to be held on _____. I hereby release the USAG Wiesbaden Outdoor Recreation, USAG Wiesbaden Community Recreation Division, the United States Government, and any Contractors, to include all of their employees, instructors, volunteers, and all other parties involved from **ANY & ALL** claims, demands, damages, actions, debts, losses, liabilities, and attorney's fees arising from **MY** own or my **Child's** participation.
2. I agree that I will **NEVER** prosecute or in any way aid in prosecuting any demand, claim, or suit against the United States Government for any loss, damage, or injury to **MY** or my **Child's** person or property that may occur from any cause whatsoever as a result of **MY** or my **Child's** taking part in this **ACTIVITY**. I also understand and agree that I or my Child may be held **LIABLE** for any damage or loss to the United States Government that is caused by **MY** or my **Child's** own gross negligence, willful misconduct, or fraud.
3. I also understand that **Rock-Climbing, Repelling and Bouldering** are **HAZARDOUS** activities. I also understand that **Rock-Climbing, Repelling and Bouldering** have inherent and other **RISKS** of **INJURY** to any part of **THIS USER'S BODY** that reasonable care, caution, instruction, and expertise cannot **ELIMINATE**. I further understand that **INJURIES** (to include **DEATH**) are common and ordinary occurrences during this activity **Rock-Climbing, Repelling and Bouldering**. I hereby agree to **FREELY, VOLUNTARILY, and EXPRESSLY ASSUME, and ACCEPT ANY and ALL RISKS** of **ANY INJURY** (to include **DEATH**) to any part of this **USER'S BODY** while **Rock-Climbing, Repelling and Bouldering**.
4. I know that **Rock Climbing, Repelling and Bouldering** involves inherent and unforeseeable risks. The USAG Wiesbaden Outdoor Recreation can not purport to guarantee weather or terrain conditions at any time, therefore there will be no guarantee what the condition on the rented or personnel **Rock-Climbing, Repelling and Bouldering** equipment will be like after the program! All participants will be **Rock-Climbing, Repelling and Bouldering** at their own personal **RISK!** Participants are hereby advised that it is the duty of each individual to **Rock Climbing, Repelling, Boulder** and participate in activities within the limits of their ability, maintain reasonable control of speed and course while **Climbing, Repelling and Bouldering**, heed all posted signs, warnings or listen to all Outdoor Recreation employees, stay within and or on the designated (*marked*) routes, and **Climb, Repell and Boulder** carefully.
5. **I hereby authorize myself or my child to receive Medical Treatment** to include Medications, Injections, Blood or Plasma Transfusions, Rescue, Evacuation, and Transportation whenever deemed necessary at/to any U.S. Military Medical Facility or at/to any other Civilian Medical Facility when a U.S. Medical Facility is not available.
6. I am aware that this is a **RELEASE OF LIABILITY** and a **CONTRACT** between **Myself** to include **My Child** and the USAG Wiesbaden Outdoor Recreation, Community Recreation Division, and the United States Government, and I accept **All Terms and Conditions** and sign it of my own free will. I understand this agreement affects specific **Legal Rights**, which may vary from State to State. I also understand that it is not the responsibility of the USAG Wiesbaden Outdoor Recreation to pay for any Transportation Fees that might occur (*either Emergency or Non-Emergency*) to myself or others, because of my own or my child's gross negligence!

Signature: _____

Date: _____

Printed Name of Participant: _____

Parent or Guardian Signature: _____

Printed Name of Guardian: _____



WHAT IS O.D.R. ANYWAY?

The Outdoor Recreation and Education Program (ODR) is all about fun...that goes without saying. However, our larger goal is to teach the skills necessary to make good decisions for yourself, so you can enjoy the wild for a lifetime. Our programs are structured with the highest regard for quality of instruction and preservation of the environment while striving to stay number one in the jungle of customer service.

SKILL LEVEL KEY

*****Level 1, 2, 3 – What it means*****

This rating system is designed to inform you of the skill and fitness level, which is required to enjoy and be safe while participating in ODR programs.

Level 1 – No prior knowledge or experience necessary, basic fitness level.

Level 2 – Some previous experience recommended basic/moderate fitness level.

Level 3 – Familiarity with the activity, moderate to good fitness level.

Please note: Programs listed with multiple skill levels, have suitable terrain to challenge each level.

Customized Group Programming: Level 1, 2, 3

Outdoor Recreation and Education Program offers a broad range of trips and instructional courses for everyone, but maybe the dates printed below just don't fit your calendar. If you have your own group and would like to schedule one, or a combination, of the following courses you see, just give us a call. We do customized trips.

Individuals less than 18 years of age must be accompanied by an adult.

CLIMBING SERIES

Climbing Wall Instruction: Level 1 (On-Belay) a pre-requisite for all other Rock Climbing Courses

This introductory class will teach you knots, belaying techniques and climbing commands. After completion of this class, you will be certified to climb the outdoor climbing wall located at the USAG Wiesbaden Activity Center, and be ready to join us on the rock for the rest of the O.D.R. climbing series.

Dates:

Cost: \$ 30

Outdoor Rock Instruction: Level 2, 3 (Climb-On) Recommended Prerequisite: Climbing Wall Instruction

Come with us as our experienced guides take you into the less traveled realm of the vertical world! With the skills you acquired from the Level 1 class, you will be introduced to basic body movements for a variety of climbing styles, route selection, basic anchors and safety on and around rock.

Dates:

Cost: \$ 59

Rent a Belay

Are you a climber just needing to know where the local areas are or a good belay? Check out one of our instructors for a few hours. We will either meet you at the site or take you to an area meeting your level.

Dates:

Cost: \$20 per hour / per belayer

Top Rope Anchors and Setting Protection Clinic: Level 2, 3

Recommended Prerequisite: Outdoor Rock Instruction)

As the third class in our climbing series, the anchors class will give you the information needed to go climbing independently by building your own top rope anchors. You'll learn a bunch on this one!

Dates:

Cost: \$ 59

Lead Climbing Clinic: Level 2, 3

(Recommended Prerequisite: Outdoor Rock Instruction)

Lead climbing is a great way for individuals to further expand their range of climbing experiences. We will introduce you to traditional as well as sport protection, removal techniques, belaying a leader, route finding, and building lead anchors. ODR will ground you in the fundamentals so that you can reach new heights.

Dates:

Cost: \$ 69

Multi-Pitch Climbing: Level 2, 3 (Recommended Prerequisite: Outdoor Rock Instruction)

This course is the pinnacle of our climbing program series. Students are exposed to long traditional rock climbs located in the Austrian or Swiss Alps. In this program we teach the importance of efficient movement up rock, gear placement and removal, and belay anchors. This is your chance to experience the joy of climbing some of the best and most beautiful routes in Europe. (If the below dates don't work for you, call and schedule your own date or ask for tourist information at a climbing site of your desire!)

Dates:

Cost: \$ 349 for 1 client/w one guide, \$ 180 per person for two clients w/one guide

Climber's Self-Rescue: Level 3 (Recommended Prerequisite: Outdoor Rock Instruction & Top Rope Anchors Clinic)

What do you do when you are climbing and the leader you are belaying falls, gets hurt, but there is not enough rope to lower them to the ground? Or what do you do when you are multi-pitch climbing and your second can not climb past a difficult section? What do you do on a belay ledge 300 feet off of the ground and an electric storm is almost overhead? The answer? Learn self-rescue skills! This course covers anchoring principles, escaping belay systems, use of prussiks, and raising/lowering systems. You can always hope for the best, but this course will help prepare you for the worst.

Dates:

Cost: \$ 99

Grauerstein Bouldering Trip: Level 1, 2, 3

Come discover the Grauerstein Bouldering Wall! This secluded Rock is well located at the foothills of the Taunusstein Mountain Range has unusual rock formations just sticking out of the ground behind Wiesbaden. Take a day trip with our guides and boulder your heart out!

Dates:

Cost: \$ 49

Morgenbachtal Climbing Trip: Level 1, 2, 3

Come discover the Morgenbachtal Canyon! This compact, hidden canyon on the western side of the Rhein River Valley is one of the most unique climbing areas in the central Region of Germany Take a day trip with our guides and climb your fingers to the core!

Dates:

Cost: \$ 99

Outdoor Emergency Care Course

This is a National Certified Course with Certification upon completion designed to instruct individuals on emergency medical techniques and issues within an area where speedy evacuation is not possible. The course is 84 hours of instruction, hands on classroom and outdoor training. Topics covered include; patient assessments, paramedical record transfer, Outdoor Emergency Care development, improvised medical aids, and patient evacuation. All equipment is provided for the course.

The price for conducting the Climbing Safety Course will be:

Dates:

Cost: \$ 249 per participant Maximum of 20 participants

Introduction to Rappelling

Learn to techniques, equipment and safety procedures to enjoy the sport of rappelling. The program is a one day course that outlines the basis of proper rappel.

Dates:

Cost: \$ 39

The Following are a listing of Programs which will be offered in the future:

Mountaineering Course Descriptions/Requirements

ROCK CLIMBING COURSES (Sport)

Basic Rock Climbing Course: ODR will offer a Basic Rock Climbing Course designed for individuals with little or no climbing experience, it is necessary for the individual to be in average physical condition, and over 15 years of age. The course teaches the technical and safety skills necessary to engage in the recreational activity of sport climbing. Sport Climbing is defined as; rock climbing utilizing a fixed anchor system consisting of pre-bolted crag, quick-draw with carabineers, rope, and harness, for one (1) pitch (rope length). Individuals wishing to participate in the course will receive 10 hours of instruction on safety, equipment specifications and usage's, belay systems, rope craft, climbing techniques, rating systems, and environmental impact. The course instruction will consist of 3 hours classroom and 8 hours practical application at developed climbing sites. ODR will provide all equipment necessary to engage in these activities to include; helmet, body harness, carabineers, quick-draws, and ropes. Rock climbing shoes will not be provided. Individual's participating in the course will only use the ropes provided by ODR. ODR will conduct the course with a minimum of 1 individual but will not exceed 6 individuals. The price for conducting the Basic Rock Climbing Course will be:

Dates:

Cost: \$ 79 Individual
 \$ 65 per person w/2-3 participants
 \$ 55 per person w/4-6 participants

Introduction to Lead Climbing

Designed to follow the Introduction to Rock Climbing Course, this course focuses on lead climbing. This will be a two (2) day course offering 16 hours of instruction. All instruction takes place at Morgenbachtal. The topics to be are; protection placement, anchoring techniques, belay stance design, the psychology of leading, retreat and elementary self-rescue techniques, physics as applied to the static and dynamic forces of climbing, and equipment characteristics and selection. Individuals participating in this course must provide all of their own equipment. ODR will conduct program with min. 1 individual but will not exceed 4 participants.

The price for conducting the Introduction to Lead Climbing Course will be:

Dates:

Cost: \$ 199 Individual
 \$ 149 per person w/2-3 participants
 \$ 99 per person w/4 participants

Clip and Go (Advanced Techniques in Rock Climbing)

This is a repeatable course designed to assist individuals who climb at the 5.11 ability level and above, enhance their climbing skills as applied to advanced rock climbing. The instruction is for two (2) days, 16 hours. Individuals will be evaluated for weaknesses in technique and then given corrective training schemes. Each participant will also learn to develop his or her own safe training plan. Specialized techniques covered include; managing overhangs, red-point ascents, fall recovery, and route working. Individuals must provide their own equipment for the course.

The price for conducting the Introduction to Lead Climbing Course will be:

Dates:

Cost: Price per participant - \$ 149

Introduction to Alpine Course:

The Basic Alpine Course is designed to teach skills necessary to attempt multi-pitch climbs in the upper elevations of an Alpine environment. It is open to individual's who have completed a Basic Rock Climbing Course and a minimum of 18 years of age. The subjects covered during the course include; equipment usage and selection, anchors and belays, placement of protection, pace and time management, rescue techniques, trip preparation and planning, geology, leadership, rope management, communication, meteorology, and rock climbing ability/movement in 3rd and 4th class terrain. The course will consist of 16 hours of instruction. The one (1) weekend secession will involve an over-night stay in a Alpine Hut or a mountain bivouac. All equipment necessary for the climbing portion of the course will be provided as needed, to include; helmet, harness, artificial protection, and ropes. Equipment for overnight stays is not provided nor any meals. The areas of instruction will be near a water and re-supply source. N.B. the policy concerning shoes and ropes, as mentioned in the Introduction to Basic Rock Climbing description, apply to this course. Individuals participating in this course will not lead climb.

The price for conducting the Basic Rock Climbing Course will be:

Dates:

Cost: Price per participant - \$ 399 individual
\$ 199 2 participants

Alpine Climbing (Beginning Level) Guide

Alpine Climbing Guide for the Beginning Level offers guided ascents on routes ranging from Class 2 to Class 3 terrain, up to an elevation on 2500 meters. All individual climbing equipment will be provided to participants (excluding Shoes). All other needs of the participants must be provided by themselves (meals, appropriate clothing, shelter, etc.). ODR will place and retrieve all equipment and hardware throughout the climb. The participants will be lead/guided throughout the trip.

Prices per day for the guided trip will be:

Dates:

Cost: One (1) participant \$ 349
Two (2) participants \$ 189 each
Three (3) participants \$ 129 each

Intermediate Alpine Course:

The Intermediate Alpine Course is designed to further instruct individuals in the art of Mountaineering. The course is open to individuals who have completed the Basic Rock Climbing Course and Basic Alpine Course and have one year experience after the completion date. It is also open to individual's who have documented and led over 40 single and multi-pitch routes, have 3 years of alpine experience, ability to comfortably lead 5.5YDS/5a Fr. in rock shoes and 5.4YDS/4c Fr. in stiff mountain boots, and a minimum of 18 years of age. The subjects covered include; equipment selection and usage, pace, risk assessment, group management and communication, short roping on snow and ice, ice anchors, rope strategies for snow, ice and glaciers, glacier route finding, rescue techniques, lowering techniques, and abseiling. The course would run over a two (2) weekend period. One two hour classroom secession, with two overnights at alpine huts or mountain bivouacs. The instruction sites will be located in the Dolomites. All equipment for the course will be provided to include; helmet, harness, ice-ax, full set of protection devices to include; 1-7 friends, 1-15 hex's, 2 ea. jumars, piton hammer, slings and webbing, and ropes. Equipment for overnight stays is not provided nor any meals. The areas of instruction will be near a water

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and re-supply source. N.B. the policy concerning shoes and ropes, as mentioned in the Introduction to Basic Rock Climbing description, apply to this course.

The price for conducting the Intermediate Alpine Course will be:

Dates:

Cost:	one (1) participant	\$ 499
	two (2) participants	\$ 259 each

Alpine Climbing (Intermediate Level) Guide

Alpine Climbing Guide for the Intermediate Level offers guided ascents on routes ranging from Class 3 to Class 4 terrain, up to an elevation of 4000 meters. All individual climbing equipment will be provided to participants (excluding Shoes). All other needs of the participants must be provided by themselves (meals, appropriate clothing, shelter, etc.). ODR will place and retrieve all equipment and hardware through the climb. The participants will be lead/guided throughout the trip.

Prices per day for the guided trip will be:

Dates:

Cost:	One (1) participant	\$ 699
	Two (2) participants	\$ 369 each