

Boulder Mountaineering School

Colorado Mountain Club

Mountaineers:

It is time to prepare for the 2007 sessions of the Boulder Mountaineering Schools. The 2007 Spring Schedule can be found below. (All of this information can also be found on our website: www.cmcbooulder.org.)

As instructors, you have the flexibility to choose to teach one, two or all modules that make up the full BMS curriculum. If you hold BMS Senior/Assistant status, you are able to teach any of the new modules that comprise BMS, including the Hiking Schools, Basic Rock School (BRS) and Snow.. If you hold Hiking School Instructor status, you are able to continue to teach any of the Hiking related courses, such as Hiking 1, Hiking 2, or Backpacking

In addition, please take note of the following Organization meeting and Instructor Reviews for all these schools. Since we have changed a number of technical topics in BRS, it is especially important for all seniors and assistants who are interested in helping with BRS or RLS to attend the BRS Instructor Review, and for all seniors and assistants who are interested in helping with Basic or Intermediate Snow to attend the Snow Review. These reviews are for all instructors and assistants, for both Spring and Fall sessions. (Note: we will not have any review session in the fall) In addition, we will have new instructor manuals available for all the school modules.

1. **BMS Instructor Organization Meeting.** This meeting covers the school schedule for both the Spring and Fall sessions, safety procedures, new policies, and instructional goals. We will answer any questions you may have about the school. Lecture and climb schedules will be available. This is a social as well as business occasion, and it's a great opportunity to meet your senior/assistant. This meeting will be held at 7:00 PM on **Tuesday, March 6**, at the BMS clubroom.
2. **Basic and Intermediate Snow Instructor Review** Basic ice axe use and self-arrest techniques will be reviewed and practiced. Attendance is strongly recommended, as we have restructured our Snow classes into two separate classes, and it may be the only opportunity for some to practice these techniques before actually having to demonstrate them in front of students. Meet at 7:00 AM on **Saturday March 10** at the parking lot located south of Neptune Mountaineering/Savers in the Table Mesa Shopping Center. The practice will be held at St. Mary's Glacier and carpooling is highly recommended since parking is restricted.
3. **BMS Instructor Rescue Practice.** This session is taught by volunteers from Rocky Mountain Rescue and will concentrate on rescue techniques using only the equipment you are likely to have with you on a climb. This is invaluable information

for any climber, and all instructors are encouraged to attend. Meet at 8:00 AM on **Saturday, March 17**, at the Dome parking area in Boulder Canyon.

4. **BRS Instructor Review (Rock)**. The school curriculum, teaching techniques, and safety issues will be reviewed and discussed. Attendance is strongly recommended and very much appreciated as new Instructors can learn from those who have taught before. Meet at 8:00 AM on **Saturday, March 24**, at the Chautauqua parking lot, 9th and Baseline, Boulder.

5. **Boulder Group Leadership Seminar**. If you are not currently a Senior instructor, but are interested in becoming one in the future, or you are interested in leading trips with the club, you will need to have Boulder Group "Leader" status. The first step to obtaining Leader status is to attend a Boulder Group Leadership Seminar. The leadership training will take place over two evenings at the Boulder Club Room **Tuesday Feb. 20th and Thursday Feb. 22nd** at 7:00 p.m-10pm. Seasoned leaders are encouraged to attend, as there is a new/easier process to scheduling trips and its always a good idea to review/ enhance your leadership skills.

If you are interested in helping out with any of these schools in the spring or fall schools, or plan on attending any of the Instructor Reviews or Leadership seminar please email the Instructor Response Form to Cindy Gagnon no later than **Feb 25**.

Please note that all Senior Instructors must have received First Aid and CPR certification within the last three years. This is a mandatory Boulder Group requirement from which we cannot deviate! (The CMC will accept CPR certification for 3 years, even though CPR certification is only valid for one year by the Red Cross and American Heart Association.) Senior Instructors: Please mail a copy of the front and back of your First Aid and CPR certification cards to Cindy. Emailing a scanned copy is also acceptable. Also remember that you need to be a current CMC member with dues paid for year 2007 in order to participate.

If you have any questions, please do not hesitate to contact me.

Thank you in advance for volunteering your time to the CMC.

Cindy Gagnon
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CMC Boulder Group Spring 2007 (Fall Schedule will be released at a later date)

Spring 2007	Date	Description
Spring School Orientation and Sign-ups	Tuesday, 2/27 7:00 pm Boulder Group Clubroom.	Come find out all about the 2006 Boulder Mountain Schools Spring/Summer Clinics including Hiking 1, Hiking 2, Basic Rock School, Basic Snow, Backpacking, Intermediate Snow and Rock Leading Schools. Applications for all schools will be available. Bring your checkbook!
Boulder Group Leadership Seminar	Tues Feb 20 & Th Feb 22 7:00-10:00 pm Boulder Group Clubroom.	Have you ever wondered how to become a leader for the CMC? The first step is taking the Boulder Leadership Seminar. The 2 evening seminar will cover topics including the requirements to be a leader, how to schedule trips, leadership skills, & risk analysis. No prior experience is necessary. Seasoned leaders are encouraged to attend, as there is a new/easier process to scheduling trips and its always a good idea to review/ enhance your leadership skills.
Hiking I: Basic Wilderness Survival <i>(Old Hiking School and BMS combined)</i>	Lectures: Tuesdays 3/27 & 4/3 Field trip: 4/7-8 weekend (either sat or sun)	Concerned about what to do if you have to spend the night in the outdoors? What are the ten essentials and why do we need them? This course covers trip planning, essential equipment, and wilderness survival techniques including fire and shelter.
Basic Rock School <i>(First 2 lectures /3 field trips of old BMS curriculum)</i>	Lectures: 4/10 & 4/17. Field Trips: 4/21-22, 4/28-29, & 5/5-6 weekends (either sat or sun)	Basic Rock School is an introduction to rock climbing basics & safety techniques. Well suited for newcomers to rock climbing or for those with some experience that want to review and update best safety practices. You will learn about equipment & knots, belaying, multi-pitch climbing, communication, rappelling, basic self-rescue, and emergency situations.
Basic Snow Travel <i>(BMS Snow and Hiking Snow , but without Rope work)</i>	Lecture: 4/30. Field Trip : 5/12-13 weekend (either sat or sun) Fall Makeup : 5/19-20	Basic snow travel techniques, useful for Colorado peaks in late spring / early summer. Learn about safe ascent and descent of moderate snow slopes using an ice axe, self-arrest and self-belay techniques, and other considerations for snow travel. Helmets and ice axes provided. Prerequisites are Hiking School or equivalent.
Hiking II: Navigation and Routefinding <i>(Old Hiking School and BMS navigation)</i>	Lectures: 5/1, 5/8 & 5/15. Field Trip: 5/19-20 weekend (either sat or sun)	Learning to find your way with a topographical map and compass is a fundamental skill to safely enjoying the outdoors. This course covers navigation, route finding problems, navigating in adverse conditions, weather, clothing, and trip planning. Pre-requisites are Hiking 1.
Backpacking School	Lecture:6/12 Field Trips: 6/16-17 (one-night option & 7/20-22(2 night option)	Backpacking School covers all aspects of overnight hiking. A great experience for hikers, climbers, or mountaineers. You will learn about proper equipment, trip planning, site selection, meals, finding water, bear-bagging, leave-no-trace principles, and more. One-night and two-night options for field trips . Prerequisites are Hiking 1 and Hiking II.
Rock Leading School (RLS)	Lectures: 6/6 Field Trips: 6/16, 6/23 & 6/30	RLS is the next step for climbers who have been through BRS, can climb well at 5.6 or above, and are ready for the "sharp end". Course includes one lecture and three field trips, covering anchor building, pro placement, rope drag, fall forces, mental aspects of being on the "sharp end". Prerequisites are BRS.
Intermediate Snow School <i>(Old BMS Snow, ropes part + old Intermediate snow)</i>	Lectures: 6/5 Field Trips: 6/10 & 6/30	Hard snow travel techniques on steep snow/ice. First trip entails roped travel, snow anchors, belaying and self-arrest practice. Second trip focuses on crampon use, ascent/descent on steep snow/ice, and snow/rock transitions. Techniques useful for COpeaks in mid/late summer. Prerequisites are BRS and Basic

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