

Ice Climbing Orientation Checklist

Instructor's Name: _____ Date of Orientation: _____

Preparation

- _____ Ice climbing preparation can take up to fifteen minutes
- _____ Ask climbers about any ice climbing history

Gearing Up

- _____ Crampons may never touch non-plywood areas while on the ground
- _____ Socks must be worn with rental boots (can purchase from ice rink for \$2)
- _____ Staff will adjust crampons to ensure a tight fit in the designated chair
- _____ Leashes must be worn at all times; leash-less tools are not allowed
- _____ Climbers own clothing may be torn by crampons or tools
- _____ Helmets with a visor must be worn by climbers

Climbing

- _____ Follow any instructions given by Climbing Wall staff
- _____ Rope must be clipped into directional before climbing
- _____ Never use tools on any holds that are not marked as a mixed route
- _____ When using tools on gray ice holds, they must be gently hooked and not swung
- _____ Do not swing tools anywhere near the main fiber wall
- _____ Never swing axe's near the washers
- _____ Always use an up and down motion to remove tools, never from side to side
- _____ If climber can't climb with enough control to not harm the wall or gear, they will not be allowed to ice climb

Lowering

- _____ Hold on to the top of the tools while lowering
- _____ Climbers must turn their body so they are facing away from the window
- _____ At no point should crampons ever touch any part of the wall while lowering
- _____ Climber may need to push off the plywood bouldering wall to keep crampons away from any walls
- _____ If climbers can't refrain from kicking the wall while lowering, they will not be allowed to ice climb

Climber's signature: _____ Date: _____

Climber's Name – Print: _____ Student ID # _____