



## **Summer Rocks Climbing Camps Logistics Package S2020**

The Junior Mountain Guides (JMG) Summer Rocks program is a summer camp for youth ages 13-17. The JMG is designed to inspire, develop and teach rock-climbing skills to the highest standards. These are excellent programs to prepare kids for entry into the adventure tourism industry or to fast track participant's personal mountain skills and awareness, not to mention meeting likeminded kids and families.

All instructors are certified through the Association of Canadian Mountain Guides (ACMG) and or the International Federation of Mountain Guides Associations (IFMGA); all staff have current advanced wilderness first aid certificates (all guides carry cell phones, spot or in-reach devices depending on location and first aid kits are on site). The skills taught and the developed curriculum is adapted from the ACMG/IFMGA highest standards, these standards and skills are world renown and the highest level of professional guide training in the world.

You can expect the kids to learn the following skills; many may be new to them, which will ensure a sense of accomplishment and challenge. The skills will add to a crucial foundation of knowledge that will pay off for years to come both recreationally and growing mentally and physically in school and beyond.

Once registered for the program you will receive a final logistics email with final details pertaining to the camp, which you have registered. The cost includes all permits, instructor costs, transportation to and from climbing areas and meeting location, all technical gear for the group and all personal gear if needed.

The AAA guides look forward to meeting the young keen climbers and sharing years of knowledge and adventure!

*Jeff Bullock*

Owner and Director of Operations  
ACMG/IFMGA Mountain Guide  
CAA Professional Member

## Skills Curriculum

### Day 1-2

- site safety and situational awareness, wearing a helmet & alpine eyes and ears
- harness's on correctly, what to look for
- knot school, the Canadian climbing standards for knots and how to recognize mistakes
- group safety checks including instructor checks
- belay school, belaying a top rope and lead climber including verbal commands for clear communication from belayer to climber
- stacking and coiling ropes, general care of gear
- understanding the gear, carabiners, quick-draws, alpine slings, anchor materials and belay devices
- climbing movement skills, body positioning awareness

Lots of climbing time!

### Day 3-4

Introduction to lead climbing, the kids will not be let loose to just go for it. The instructors will set up a system which has a top rope belay and the mock leader will trail a second rope. With zero room for error, the kids will experience what it is like to consider all of the details around leading

- reading and understanding guide books and route topo's
- racking up for lead
- mental preparation
- belayer considerations
- bouldering spot for off the ground moves until bolt is clipped

Anchor construction and cleaning, all instruction is ground based. Once competency is proven all active anchor construction is monitored by the instructors.

- setting top rope anchors
- cleaning top rope anchors
- rappelling, again this will be taught as a ground school until competency is proven and instructors monitor all systems

Lots of climbing time!

### Day 5

Kid's choice of skills to practice or just enjoy the wilderness and the climbing. For some kids there will be opportunities to instruct some rope rescue skills. Parents are invited to join the group on Fridays if possible.

## **JMG Summer Rocks Calgary Kids Logistics**

The Calgary kids program will meet at the [COP](#)/Winsport parking lot near the front doors at 07:15am daily. Please be prompt as late arrivals does affect the overall day's program. The kids will arrive back at COP/ Winsport parking lot for 4:30 pm. We will require a parent or designated guardian to pick up, if it will be a designated guardian please communicate when registering for program.

### **Locations**

There are many locations to choose from, we will have a set location for each day to help with the learning progression. These may change due to weather or other logistics, the parents will receive a daily morning text with final location. All locations are in K-Country and Banff National Park.

Day 1 Zygoat	K-country
Day 2 Heart creek	K-country
Day 3 Wasootch	K-country
Day 4 Sunshine Slabs	Banff
Day 5 Barrier or Baldy	K-country

### **COVID Protocol**

All parents will need to sign the declaration of health & exposure for their children. The instructors reserve the right to ask participants to skip a day or days if they are showing signs of sickness. It is important that we keep an honest dialog going around the current pandemic. We will ask that all participants have facemasks available to use when within 2m of other participants, this is an opportunity to get used to the masks before school begins.

The AAA vehicles will be cleaned after each day to ensure the safest environment for the groups.

### **[Waiver of Liability](#)**

### **[Declaration of Health & Exposure](#)**

### **Kids Gear list**

- 20-30 L backpack
- rain jacket
- fleece or warm hoody
- light gloves
- shorts can be worn on hotter days but please pack long pants
- lunch for a full day
- 2L of water
- approach shoes, these can be sneakers or light hiking boots
- flip flops, once at the crag you can use these to air out the toezees (optional)
- helmet
- harness
- climbing shoes
- chalk bag
- hiking pole (optional)
- sun hat & sunglasses

-personal toiletries & sunscreen

All climbing gear is included, BUT if you own your own gear bring it along.

### **Weekend Warrior**

Looking for more climbing? Two day [Weekend Warrior programs](#) introduce the kids to the world of multi-pitch climbing, using all the skills learnt from the Summer Rocks programs.

### **Transportation**

The JMG Summer Rocks programs do include transportation. AAA owns and operates a fleet of passenger vehicles, which are CVIP inspected every 6 months this is a legal requirement through the Provincial Safety Fitness Certificate program, which AAA holds. All vehicles have a fire extinguisher, commercial first aid kit and roadside safety kit.

All driving staff do hold a valid class 4 driver's license and go through in house training.

### **Trip Interruption Insurance**

It is highly recommended to purchase medical insurance (if applicable) and traveler's trip interruption insurance to cover travel costs and trip costs in the event you have to cancel your trip due to personal illness or injury, family emergency or other personal conflicts. If climbing within Canadian National Parks, the purchase of a park pass is required and this acts as mountain rescue insurance if needed. You can purchase trip interruption insurance through [TUGO](#) insurance

Contact the AAA office if you have any questions or concerns at  
info@[alpineairadventures.com](mailto:info@alpineairadventures.com) or 403.614.1733.



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