EPIC 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
___ Use the designated chair to put on crampons
___ Leashes must be worn at all times; leash-less tools are not allowed
___ Climbers own clothing may be torn by crampons or tools
___ Helmets must be worn by climbers
___ If climber can’t climb with enough control to not harm the wall or gear, they will not be allowed to ice climb.

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 holds, they must be gently hooked and not swung at
___ Do not swing tools anywhere near the imprint wall
___ Never swing axe’s near the washers
___ Always use an up and down motion to remove tools, never from side to side

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.