

## Day One

- Lesson 1 Equipment: Adjust crampons, harnesses, helmets and backpack set-ups
- Lesson 2 Environment: Leave no trace and wildlife discussion
- Lesson 3 Onsite safety: Current hazards and safety protocols
- Lesson 4 Crampons: Low angle ice cramponing and front pointing techniques.
- Lesson 5 Ice & tools: Momentum axe swing, proper stance, ideal ice placement
- Lesson 6: Ice movement, stability, stance and balance
- Lesson 7 Knots: Knots and tying into the rope.
- Lesson 8 Belaying, rope management, commands and safety systems for top rope climbing
- Lesson 9 MSA 3PX technique – summarized; Three points of contact, safe & stable position, effortless forward movement, economy of movement – straight arm or locked off position, the perfect swing, the perfect kick, dynamic forward motion
- Lesson 10 Perfecting 3PX technique towards expert technique (staggered ice axes, pacing and resting, advanced dynamic forward motion, steep ice technique)

## Day Two

- Lesson 1 Evaluate Weather & CAA Avalanche Forecast.
- Lesson 2 Choose an appropriate venue and route – use Parks Canada ATES Scale Safety reminder: Current hazards and safety protocols for ice Climbing. Equipment: Adjust crampons, harnesses, helmets and backpack set up Ice climbing warm up
- Lesson 3 Ice screws, protection placement stances, v-threads, bolted anchors, screamer draws, v-thread hooking tool, screw quick clips
- Lesson 4 Rappelling system: anchor/testing backing up v-threads
- Lesson 5 Setting up top ropes
- Lesson 6 How to best rack up and prepare for lead climbing: belayer position, climbing commands, picking a route, guidebooks
- Lesson 7 Demo lead climb

- Lesson 8 Mock leads (this is mock leading with the safety of a top rope)
- Lesson 9 Cleaning ice screws
- Lesson 10 Actual lead with safety, feedback and fine-tuning

\*\*Notice: MSAA pledges to always cover all of the critical skill sets. However, though rare, conditions or other constraints may cause for certain lessons to not be appropriate or safe to undertake. Be sure to address your instructor at the time if you have any concerns."