

Trip Participant Guide

Where Do I Find Details of Club Climbing Trips?

Club climbing trips are posted in advance on the Sydney Rockclimbing Club Facebook page under events and on the Sydney Rockies website. All Club members are welcome to participate in Club trips that are consistent with their skills and experience. Members are notified of upcoming trips by the Trip Leader via the club email list.

What Experience Do I Need?

Trips will be listed as appropriate for climbers of a certain ability: minimal experience, moderate experience, proficient.

Minimal experience: you can tie in using a figure of eight knot and you have a harness, helmet, suitable footwear, one sling and a screw gate karabiner. These people can top-rope safely, a short multipitch would be possible if there was no abseiling

Moderate experience: you can tie in using a figure of eight knot, lead sport routes or have a gym lead pass, safely belay and second a lead climber outdoors, can abseil. Have a harness, helmet, suitable footwear, several long slings, two screw gate karabiners, nut pick and abseil/belay device. Belaying leaders, top-roping, and seconding multipitch possible. Doesn't need supervision to abseil

Proficient: you meet moderate criteria plus lead climb using traditional gear, set up belays on multi pitch climbs have all the above mentioned gear plus a rack and a rope. These people are independent, can lead routes and set up top-ropes.

How Do I Join a Trip?

Anyone who is planning on going on a trip must contact the trip leader well before the trip to register. This allows the leader time to organise enough experienced climbers to help out with new climbers on the trip and helps in organising transport so no one misses out. The Trip Leader will discuss your experience and gear you need to bring. Our trip spaces may be limited by the number of experienced leaders who come along, therefore it is recommended that novice climbers contact the Trip Leader as soon as possible to register interest. If you have any medical issues that may impact your climbing day or your safety, please inform the Trip Leader.

What Gear do I Need to Bring?

Your Trip Leader will advise you what to bring. Please note that the Club has no gear available for beginners to use. Ropes and protection may be generously provided by the trip leader and other experienced climbers on the trip. All climbers need a helmet and harness which are specifically designed for rock climbing and which adhere to UIAA, CE or equivalent, and climbing shoes. We encourage you to purchase your own rope and rack if you wish to climb regularly. Please consider the weight of your pack for climbing trips – is it too heavy for you to carry?

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Minimal Impact Whilst Climbing Outdoors

- Access - It is not a given we will be allowed to climb at our beloved crags, do not attract the attention of Land Managers by bad parking, rubbish, cairns, noise.
- Toileting - bring a kit: minishovel, hand sanitiser, toilet paper.
- Parking - park with consideration to the locals; disperse parking or park away from dense neighbourhoods.
- Don't monopolise the crag – take your turn, be polite to other users. Practice good public relations.
- Minimise chalk and tick marks.
- Leave no trace.

Responsibilities

Trip participants are responsible for their own actions, both in relation to obvious risks and in assessing their own climbing abilities

Leaders may suggest an alternative climbing option if they are not satisfied that a participant has the necessary level of skill and equipment for the location; this may be on the form of buddying up with an experienced club member on an alternative trip, or signing up for a skills course.

Leaders may advise that a climber cannot participate if their abilities are restricted due to:

- being under the influence of alcohol or other drugs, including prescription medication, that may affect performance
- being unable or unwilling to follow instructions
- having inadequate physical ability or experience for the activity
- being ill or injured
- behaving in a manner which is reckless and endangers themselves and/or others
- having a condition that could impact on safety that cannot be appropriately managed
- being fatigued to a level that endangers themselves or others
- not having available the necessary equipment including safety or rescue equipment.

Insurance and Risk Management

The club has a Personal Accident policy for members on club trips which may help in the event of a climbing accident. The club does not have public liability insurance. Risks are managed using the recommendations set out in the Australian Adventure Standard <http://sydneyrockies.org.au/AAS/> ; risks and mitigation are detailed in the Risk Management Plan <http://sydneyrockies.org.au/RMP/> created for each climbing trip. Refer to our website for examples of these documents.

Non Members

Non-members may join a club climbing trip to try out climbing with the club. It is expected the person will join the club if they want to join further trips.

Skills Development

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The Sydney Rockclimbing Club is open to climbers of all skill levels; it is hoped that, before members participate in a club climbing trip, they familiarise themselves with the basic skills necessary to climb safely outdoors. The minimum set of skills would include proper belay technique and being able to tie into a rope using a figure of 8 knot. More advanced skills would include lead climbing (sport or trad) and setting of anchors and top ropes.

Whilst the Sydney Rockclimbing Club itself does not offer instruction, we can recommend some organisations that will be able to help and who can offer a discount to Sydney Rockclimbing Club members. As a starting point we have compiled the following list that we hope is helpful to members looking to develop their skills. Check out our recommended training courses and providers <http://sydneyrockies.org.au/skills/>