

# HIGH ALTITUDE MOUNTAINEERING SCHOOL

The 2012 HAMS School will take place over three evenings and four weekends at sites to be determined. Students will be organized into rope teams of 3 or 4 presided over by a senior instructor. All of our senior instructors have extensive expedition experience and the low ratio of students-to-instructors allows for plenty of hands on experience.

## 2012 CURRICULUM: LECTURES & FIELD SESSIONS

### **Introduction to School: Wed, Jan. 18, 2012, Rooms A & B – AMC, 7p.m.-10p.m.**

During this evening students will meet their instructors and other students and form preliminary rope teams. A pass/fail knot test will be conducted. Elements of successful expeditions will be presented and will be the basis for instruction: Skills, Attitude, Physical Conditioning, and Weather. Equipment and clothing required for the class will be reviewed. Equipment furnished by the school will be distributed.

### **Fixed Rope Travel, Belays and Anchors: Sat, Jan. 21, Rooms A,B,C, & D - AMC, 7am-10:30a.m.; remainder of time will be spent either outdoors or St. Mary's**

The Z-Pulley method of crevasse rescue will be demonstrated and practiced. The use of ascenders on fixed lines and for self-rescue will be demonstrated and practiced. We will review belay methods learned in BMS and discuss those unique to snow travel and study various snow anchor methods. Time will be allowed for Z-pulley practice.

### **Glacier Travel, Climbing Styles, Food, & Review: Wed, Jan. 25, AMC 7pm-10pm**

Best practices for glacier travel will be discussed that will include climbing styles, route finding, anchors and snow conditions, sleds, wands and GPS. Food planning and stove types for expeditions will be explored. Team dynamics will be discussed. Z-Pulley rescue systems will be practiced.

### **Intro to Expedition Ice Climbing: Fri-Sun, Jan. 27-29, Ouray Ice Park**

A weekend trip to Ouray, at extra expense, will be organized. The days will be spent learning techniques required to safely and competently climb low and high angle ice. Topics covered will include the use of ice tools, placing ice screws, climbing styles and mixed terrain techniques. Top ropes will be set up.

### **Overnight Camp Planning/Crevasse Rescue Review: Wed, Feb. 1, AMC 7pm –10pm**

Make final plans for Expedition Overnight(s), and review crevasse rescue. Discuss expectations for team travel with or without sleds. Z & C Pulley crevasse practice indoors.

**Snow Practice: Sat, Feb. 4th, St. Mary's Glacier, 7a.m. – 5p.m.**

This all day session will be held at St. Mary's Glacier and will cover crampon techniques, self-arrest, ascending fixed lines, and rope team travel practice in a simulated crevasse environment and Z-pulley field practice.

**Expedition Camping: Sat - Mon, Feb. 11-13<sup>th</sup>, Location TBD**

A two-night expedition style camp will be established in simulated crevasse terrain. Topics covered will include rope team travel with sleds, choosing and designing a campsite, cooking, kitchen, and latrine set-up. We will explore alternative shelters like snow caves, trenches and igloos and build an emergency shelter. An alpine start for a summit bid will be made on a nearby mountain. On returning to camp we will break it down, re-pack and move camp for a second night. Focus will be on the unexpectedly long time it will take to accomplish this seemingly routine task. The last day will focus on setting up a Z-pulley crevasse rescue system and extracting a fallen team mate from a low angle slope with-in 15 minutes as the final test for passing this course.

**Makeup Date:** N/A Generally, HAMS field days are not canceled.

To graduate from High Altitude Mountaineering School, students must attend all lectures and field day trips, and demonstrate satisfactory proficiency in all exercises and/or climbs. You must learn and demonstrate the skills taught as well as set-up a Z-Pulley Crevasse Rescue system and begin hauling with one reset of the system within 15 minutes of a simulated crevasse fall. You must always demonstrate preparedness, consideration of safety, and have the necessary stamina and physical conditioning required for the field sessions.

Questions: contact Bob Dawson at [robinmts@yahoo.com](mailto:robinmts@yahoo.com)