



Outdoor Bouldering II

Outdoor Bouldering II is for the climber who is familiar with outdoor bouldering and wants to take their pebble wrestling further. This class will consist of one full day: the first half of instruction and the second half free bouldering time together. Class will be in Leavenworth, WA and specific instructions for meeting details will be sent out closer to the class date. Forestland most likely.

A few things to note:

- In order to take this class, you must have no current lower leg injuries.
- 15ft or more is considered a highball and will not be allowed in this class. We don't climb higher than 12ft.
- We will have at least 2 pads per boulder problem at all times, when space allows. Participants are required to bring one crash pad each (6 participants total).
- Course will be capped at 6 participants.
- There will be a minimum 2 spotters per active climber.
- Instructor has the power to veto any climb a participant wants to climb.

Pre-Requisites:

1. You have taken Intro to Outdoor Bouldering with CoC, an equivalent course, or have had prior outdoor experience.
2. Consistently climb for 1- 2 years with some outdoor experience
3. In order to really enjoy outdoor bouldering, being able to consistently climb V3 indoors will help, but it's not necessary.

Student Equipment (minimum)

1. One Crash pad
2. Rock climbing shoes
3. Chalk
4. [WAG bags](#)
5. Resistance Band for warming up

Student Equipment (optional)

1. Rock brush
2. Guidebook

Climbing shoes and crashpads may be rented at [REI](#) or even a local climbing gym. Youth who are POC may borrow shoes from our [free youth shoe library](#). Youth shoes may be borrowed beyond the duration of the course(s).



Language

Certain language and cultural norms of the mainstream climbing community are not acceptable in our climbing classes. This is not an all encompassing list, nor is it here to chastise: we are all here to learn together. It takes a group effort to make an inclusive space.

- [bomber](#): say *Solid/Strong/In tight*
- [Chinese virus](#): say *Novel Coronavirus/Coronavirus/COVID*
- [crazy/insane/nuts/psycho](#): say *Unreal/Ludicrous/Dreamlike*
- girlfriend climb: *Describe the climb as a warm up or easy, etc*
- [guys](#) (when referring to a mixed gender audience): say *people/everyone/folks/team/you all/etc*
- [savage](#): say *Cool!/Awesome!/Rad!/¡Venga!/Crushing!Nice!/So strong!/Wild!/Unreal!/etc*
- [sketchy/shady](#): say *Scary/Nervy/Challenging/Unsure/Downright dangerous*
- gear/climbing [junkie/fiend](#): say *Gear/Climbing Enthusiast/Gear Collector*
- Seattle [native](#): say *Seattle born and raised*

We encourage you to bring your own culture and swag into the language as long as it is not rooted in another's oppression or humiliation. Have fun with the language!

Progression Overview:

1. Overview of Guidebook and area
2. Basic Etiquette
3. Pad placement/route reading
4. Spotting
5. Falling
6. Down climbing
7. Topping out
8. Warming up
9. How to structure a bouldering day outside
10. How to maintain skin
11. Nutrition
12. How to get better at climbing outside
13. Injury Prevention