

**SIERRA PEAKS SECTION**

**MOUNTAINEER'S LIST APPLICATION**

Applicant's Name (Print) \_\_\_\_\_

Phone \_\_\_\_\_ Address \_\_\_\_\_

**INSTRUCTIONS**

- A. Satisfactory completion of these requirements, favorable recommendation by the SPS Safety Chair and approval by the SPS Management Committee are required for the applicant to be placed on the SPS Mountaineers List. Development of the skills needed for sign offs is intended to raise the safety and individual performance standards of SPS trips. The Mountaineers List is used as a basis for participation in some Restricted Trips sponsored by the Section.
- B. Only Sierra Peaks Section qualified safety training instructors are authorized to certify that the rock and snow tests have been satisfactorily completed. If not qualified safety training instructor/evaluator is present the Endurance requirement may be signed for by the trip leader with the concurrence of the SPS Safety Chair.
- C. Completed forms must be mailed to the current SPS Safety Chair for review and recommendation to the SPS Management Committee. The applicant will be notified by mail whether he or she has been approved for participation in the restricted climbs.
- D. The applicant must be an active member of the Section.
- E. The Rock and Snow and Ice Climbing requirements parallel those for LTC "M" level. The SPS accepts LTC "M" level check offs as sign off for I and II, below.

**I. CLIMBING ON ROCK**

- A. Ability in dynamics of movement (e.g. balance, not dislodging rocks, smooth motions, climbing with eyes, friction, edging, counter force, jams, mantle, etc.).
- B. Judgment and knowledge (route selection, recognition of potential hazards, confidence and calmness in the climbing situation, etc.).
- C. Ability to tie bowline, bowline on a coil, figure 8, (follow though and on a bight), prusik, overhand, overhand follow through, double fisherman.
- D. Properly set up and execute a self-belay body rappel of at least 30 feet and at an angle near vertical.
- E. Demonstrate proper belaying techniques, including setup of an anchor, use of voice commands, climber tie-off, etc.

The applicant satisfactorily meets the requirement of this section.

Signed \_\_\_\_\_ Date: \_\_\_\_\_

**II. SNOW AND ICE CLIMBING**

- A. Ability in dynamics of movement (e.g., balance, step kicking, traversing, rest step, plunge step, roped travel, etc.).
- B. Judgment and knowledge (see Rock above).
- C. Handling of ice axe (travel, belay - boot axe, Saxon cross, etc.).

- D. Self arrest (recover from all positions, including on-back, headfirst fall, at speeds that simulate actual falls).
- E. Glissade - demonstrate ability to maintain satisfactory control during a sitting glissade.
- F. Demonstration of proper use of crampons.

The applicant satisfactorily meets the requirement of this section.

Signed \_\_\_\_\_ Date: \_\_\_\_\_

### III. ENDURANCE

- A. On the first day of a two-day trip, must complete a backpack of 3500 feet or more elevation gain, including some 2nd or higher class cross-country travel, in good style and time.
- B. On the second day, must demonstrate ability to climb a peak of approximately 3000 feet elevation gain, return to camp and backpack out.
- C. Parts A and B must be performed in the same weekend on a scheduled SPS trip. (longer trips which require equivalent endurance capabilities may qualify as well - attach a detailed description for Safety Committee consideration).

Trip \_\_\_\_\_ Date: \_\_\_\_\_

The applicant satisfactorily meets the requirement of this section.

### MOUNTAINEERING SAFETY COMMITTEE CHAIR

- A. I have personal knowledge of the applicant's mountaineering abilities and recommend he/she be approved by the Management Committee.
- B. I have personal knowledge of the applicant's mountaineering abilities and recommend he/she not be approved by the Management Committee.
- C. I know the applicant only by reputation, but recommend he/she be approved by the Management Committee.
- D. I have too little knowledge of the applicant to make a recommendation.

Signed \_\_\_\_\_ Date: \_\_\_\_\_

### QUALIFIED INSTRUCTORS/EVALUATORS

Testing of applicants for the Mountaineer's List may be performed on any scheduled Section climb, providing the tester is a qualified instructor/evaluator. Those desiring "sign off" should inform the qualified instructor/evaluator at the beginning of the trip.

A copy of the current qualified instructor/evaluators list may be obtained from the SPS Safety Chair or the SPS Secretary.