

Intermediate Climbing School

Class Coordinators: Roberta Zouain (she/her) and John Lombard (he/him)

Student Coordinator: Ann Marie Caplan (she/her)



What's going on tonight?

2024-25 ICS Information

- Toby Contreras - ICS Committee Chair
- Roberta Zouain and John Lombard - ICS Class Coordinators
- Ann Marie Caplan - ICS Student Coordinator

Testimonials

- Bikash (he/him)
- Ceci (she/her)
- John (he/him)

Questions



COVID-19 Response

We'll follow all Mazama COVID policies

- **Masks are optional at the MMC and will be available if preferred**

- **mazamas.org/coronavirusresponse/**



What is the Mazamas?

- A non-profit mountaineering organization founded in 1894
- Mission: to inspire everyone to love and protect the mountains
- Membership is open to everyone! No glaciated peak requirement
- Only members can participate in Mazamas climbs
- Climbing education has been offered since the 1950s
- Members get a discount on education programs
- BCEP = Basic Climbing Education Program; not a prerequisite



Why am I here?

What is ICS?

- A place to learn SKILLS
- A pathway to increase AUTONOMY in the alpine
- An inclusive space to build COMMUNITY



What is ICS?

Tangible Skills:

- Anchors - rock and snow
- Gear placement - rock and snow
- Multi-pitch technique
- Belay and rappel technique and rescue
- Crevasse rescue
- Glacier travel
- Steep snow technique
- Avalanche hazard management and rescue
- Trip planning and navigation
- And more ...



What is ICS?

Less Tangible Skills:

- Problem solving
- Accident prevention and management
- Leadership and teamwork
- And more ...



What is ICS?

Skills - Hands on practice

Field Sessions:

- Broughton Bluff
- Horsethief Butte
- Smith Rock
- Mt. Hood

Involves many overnights, either camping or staying at the Mazama Lodge.



What is ICS?

Autonomy

- Plan and execute intermediate rock and snow climbs independently or within your community
- Act safely and confidently in alpine environments
- Increase accessibility to places and activities previously unexplored
- Be an active participant or assistant on intermediate or advanced Mazama climbs



What is ICS?

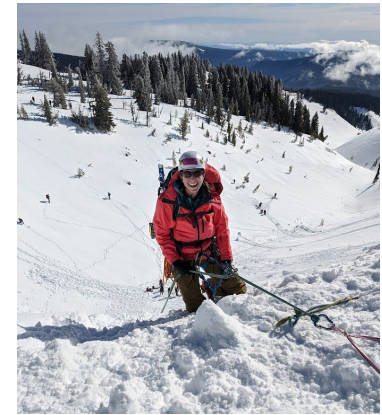
Community

- Foster an inclusive community
- Meet great friends and climbing partners
- Become a leader in your climbing community
- Learn from and connect with a variety of experienced climbers
- One pathway to Leadership Development within the Mazamas



Course Format

- Lectures with skills practice sessions
- Homework
- Field sessions
- Included skills sessions - Lead belay, rock movement
- Optional additional skills session - Sport lead climbing
- Skills assessment



Additional Considerations

Lead Belay Class - Required for those who don't have a lead belay card (optional for those who do and would like a refresh)

Lead Climbing Class - Optional and additional for those interested

Lead Climbing at Smith - If you take the optional lead climbing class or have a current lead climbing card at a local gym, you may be allowed to lead at our Smith Rock field sessions

AIARE - If taken within the last three years, is an acceptable replacement for ICS avalanche curriculum



Additional Considerations

First Aid certification

- No longer required but highly encouraged
- Wilderness First Aid (WFA) courses are offered by the Mazamas, usually in November, March & June (current cost: \$175 / \$225)
- Mountaineering First Aid (MFA) is an outdoor recreation-specific Mazamas skill builder offered twice a year (usually November and March); WFA is a prerequisite
- WFA and MFA are scheduled to allow ICS students to take the course without interfering with ICS
- Wilderness First Responder (WFR) course is offered by the Mazamas in July 2024 (current cost: \$750 / \$875)



Additional Considerations

First Aid certification (continued)

- WFA & MFA are required for Leadership Development
- WFA or WFA & MFA are required for assisting on Mazamas climbs after ICS
- More advanced certifications (WAFB and WFR) are offered through other organizations
- These are potentially life-saving skills!



Additional Considerations

Assisting Mazamas Basic Climbing Education Program (BCEP)

- Not required but highly encouraged
- We'll help connect you with a team
- Helps build leadership skills
- Builds more community
- Gives back to the outdoor community
- Is a lot of fun!



Course Schedule

August						
Sun	Mon	Tue	Wed	Thurs	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

September						
Sun	Mon	Tue	Wed	Thurs	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

October						
Sun	Mon	Tue	Wed	Thurs	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

November						
Sun	Mon	Tue	Wed	Thurs	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	29	30		

December						
Sun	Mon	Tue	Wed	Thurs	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

January						
Sun	Mon	Tue	Wed	Thurs	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

February						
Sun	Mon	Tue	Wed	Thurs	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

March						
Sun	Mon	Tue	Wed	Thurs	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	29	30

- Lecture
- Field Session
- Lead Belay options
- Skills Test
- Optional Session
- Reserve (Weather)
- WFA / MFA options (Tentative)



Cost

ICS tuition:

- \$1275 for Mazama members, \$1425 for non-members

Cost includes:

- 16 lectures put on by experienced and passionate members of the climbing community
- 10 weekend field sessions
- Overnight camping and lodging - Maryhill State Park, Haystack Reservoir, Mazama Lodge
- Professional instruction - Lead belay instruction from PRG and rock movement instruction from Juan Rodriguez, climbing instructor and guide



Costs not included

First Aid - *recommended but no longer required for ICS graduation*

- Minimum - Wilderness First Aid - \$175 for members / \$225
- Mountaineering First Aid (WFA is a prerequisite) - \$110 for members
- Wilderness First Responder - \$750 for members

Lead Climbing Class - *not required for ICS graduation*

- Juan Rodriguez professional climbing instructor and guide - \$75-\$100
- Local gyms - prices vary



Scholarships and Payment Plan

Payment Plan

The option to split the cost of tuition over 3 payments is available. Please mark this selection on your application.

Scholarships

Some tuition scholarships are available for those for whom cost may be prohibitive to taking ICS. The goal of Mazamas and ICS is to ensure that the skills learned and community fostered are accessible and inclusive to all members of the climbing community.

Scholarships may cover up to 90% of tuition. To be awarded a scholarship, applicants must apply online (in addition to course application) and meet course requirements for acceptance. Scholarship status does not affect the application process.



Scholarships

- Apply for a scholarship as part of the application process.
- The supplemental application is where an applicant requests a scholarship and answers additional questions.
- Applications are confidential.
- Notification to scholarship recipients is completed prior to the start of class.
- Please visit mazamas.org/scholarships for the most up-to-date information.
- Please email scholarship questions to: help@mazamas.org



Gear Requirements

Standard Climbing Gear - harness, climbing helmet, locking carabiners, non-locking carabiners, slings, ATC Guide-style belay device, prusik slings, cordelette, ice axe, rock climbing shoes, insulated boots, crampons.

Other Essential Gear - backpack, sturdy boots/shoes, active clothing, inclement weather clothing, 10+ essentials, camping equipment.

Optional Gear - GriGri or similar assisted braking belay device

- Discount for ICS students at Mountain Shop.
- Use the gear you already own.
- If you need help with gear, the committee can help.
- Try instructors' gear to learn what works for you.



Gear Requirements

Mazamas Provide:

- Climbing rope
- Avalanche transceivers
- Shovels, pickets, probes

Instructors Provide:

- Trad gear
- Slings, quickdraws, ice screws, other personal gear



Application Process

- You'll need to set up a Mazama profile.
- Submit application with all required information.
 - Use climb resume template from registration site.
- Complete admissions skills test.
- Applications are randomized with personal information removed.
- Admission team reviews and selects applicants.
- Applicants notified of acceptance, waitlist, or not accepted.



Application requirements

- **Three successful climbs within the last three years**
 - One snow, one rock, and another of either
- **Ability to commit to all sessions**
- **A statement of experience and intended future use of skills learned**
- **While not required, volunteer work, especially outdoor-related, weighs heavily**
- **Pass the admissions skills test**

Once minimum qualification are met, ICS will strive to create a balanced class, including race/ethnicity, gender identity, sexual orientation, age, and experience.



Admissions Skills Test

- **Knots:** overhand, water knot, figure 8 on a bight, reweven figure 8, alpine butterfly, double fisherman, prusik hitch, clove hitch, munter hitch, girth hitch
- **Top rope belay**
- **Rappel using a tubular belay device and an autoblock - you'll be asked to do this twice**



Skills Practice Sessions

Great opportunity to not just practice skills, but also meet and ask questions of ICS grads. Register for free on the Mazamas website.

July 15 - Women and non-binary

July 18 - Open to all

July 23 - LGBTQIA2S+

July 24 - BIPOC

July 25 - Open to all

All sessions are at the Mazama Mountaineering Center (MMC) starting at 6:00 pm

Please respect the spaces for those identifying as part of each affinity group.



Key Admissions Dates

July 10 - Applications open

July 30 - Applications close

August 1, 4, 5 - Test nights

August 13 - Notification emails sent

August 27 - Class starts



Testimonials

- **Bikash**
- **Ceci**
- **John**



What questions do you have?



Contact Us

Visit mazamas.org/ics for more details

Email for ICS questions: ics@mazamas.org

Email for application questions or scholarship info:
help@mazamas.org

Let us know how we can help!

