

The Swedish Climbing Association – official standards for  
**ADVANCED COURSE IN MIXED  
CLIMBING**

Valid from 2012



Svenska  
Klätterförbundet

---

Utbildning

# The Swedish Climbing Association – official standards for **ADVANCED COURSE IN MIXED CLIMBING**

Herein are described the Swedish Climbing Association's official standards for Advanced Ice Climbing Course. The standards have been established by the Training Committee of the Swedish Climbing Association. The standards prescribe the minimum level that climbing clubs affiliated to the Swedish Climbing Association and others arranging mixed climbing courses are encouraged to adhere to. Naturally, the courses may live up to higher, more stringent standards than those stated below. Courses at a lower level can only be described as trial activities or similar, and may not give the impression of being a complete advanced mixed climbing course.

## Goals

- The pupil should learn a safe and adequate way of moving on rock and ice with ice climbing equipment. The pupil should learn to utilize natural holds on the rock and the ice, with emphasis placed on the foot work.
- The pupil should understand the work of the lead climber, master the role of the second, and be able to climb mixed routes on a top rope.
- The course should lay the ground for, and encourage the pupil to gain further knowledge and skills after completion of the course.
- The course should convey a responsible and humble attitude towards other people and the environment, and take into consideration the difference between predominately free and predominately mixed climbing areas.
- The course should consolidate previous skills and knowledge, deepen and widen these, and provide the basis and encouragement for further acquisition of knowledge and skills after completion of the course.
- The pupil should have knowledge and understanding of clothing and changes in temperature.

## General requirements

NAME: Fortsättningskurs - mixklättring

LENGTH: Minimum one day. Minimum six hours effective climbing time per day.

PUPIL/INSTRUCTOR RATIO: Maximum 4 pupils per instructor. The purpose is to create a good pedagogical situation to enable the learning of proper team work in a "natural" climbing situation.

**SAFETY:** All participants and instructors must use a helmet during the entire course. Both the instructors' own safety as well as leading by example are the basis for this demand.

**INSTRUCTORS' CERTIFICATES:** All instructors must be members of the Swedish Climbing Association. At least one of the instructors must be a Swedish Climbing Association Certified Ice Climbing Instructor, regardless of whether the course is arranged by a club affiliated to the Swedish Climbing Association or by another climbing course provider.

**PREREQUISITES:** Pupils must have participated in a basic ice climbing course according to the standards of the Swedish Climbing Association or have acquired similar skills and knowledge elsewhere.

## **Guidelines**

### **Equipment**

The equipment presented must include all equipment necessary for mixed climbing on fixed anchors (bolts) and/or chocks/SLCDs. Equipment that needs to be presented also includes: leashless ice axes, crampons, ice screws, and rope (possibly also clip-stick).

### **The work of the lead climber**

The pupil should understand the importance of the entire belay chain and the concept of fall factor. Furthermore, the pupil should understand the difference between falling on ice and falling on bolted mixed routes. The pupil should climb both free and with leashes. Also, the pupil should understand the importance of planning the climb in order to find positions for arranging and clipping protection and to avoid dropping the ice axes.

### **Movement techniques**

The pupil should learn and experience how to utilize the rock formations in the most effective way, learn to use crampons on rock, and gain a comprehensive basic experience of moving in mixed terrain. E.g. front hook, side hook, steinpull, inverted steinpull, torqueing, etc.

### **Ratings**

The pupil should understand difficulty ratings according to the system that discriminates between WI (Water Ice) and M (Mixed).

### **Ethics and general information**

The instructor must have a respectful attitude towards nature and towards other people encountered in climbing areas. As our sport grows, it becomes increasingly important for the instructors to cultivate good relations with e.g. land owners.

The pupil should understand how mixed climbing affects established routes and rock faces, that the rock is worn by the use of tools, and that mixed climbing must only be done on designated mixed routes in order to preserve free and aid routes for future climbers.

### **Clothing**

The pupil should understand the importance of clothing suitable for the type of stop-and-go activity that ice climbing is. The student should also understand that it is possible to be subjected to running water despite freezing temperatures outdoors (ice crust), and how this affects the equipment as well as themselves.

### **Access**

The instructor should make sure that the pupils have the information about access issues and do's and don't's in nature that is conveyed during a basic climbing course. If knowledge gaps concerning access issues are discovered, these should be addressed.

## **Literature**

Recommended literature is:

Sean Isaac: 2005 Mix climbing,

Will Gadd:

2001 Mix climbing