



Milestones:

We want your children to feel empowered through climbing and to accomplish things they didn't think they could do as well as learn and have fun! One of the ways we will do this is through our Milestone program. Here is a description of that program.

1) We will have a pitch count chart that the kids can update weekly to keep track of how many pitches they have climbed.

2) ESS Awards Milestones

To reach a milestone and receive an award you must do all the bullet points in each category.

We will have cards that correlate to the color with the milestones on them with check off boxes. Each child will have a Bronze, Silver and Gold card. At the end of each session each child will meet with his or her coach to have it marked off with any milestones from that day.

Bronze:

- Know the three most important rules of climbing:
 - Safety
 - Safety
 - Safety
- Put on shoes properly
- Put on helmet and adjust it
- Put on harness and adjust it to fit
- Double check your partner
- Know how to check a locking carabiner to make sure it is locked.
- Know all climbing commands
 - On belay?
 - Climbing?
 - Take
 - Ready to Lower
- Know how to tie the following knots:
 - Overhand
 - Figure 8
 - Rewoven Figure 8
- Climb one pitch to the top and ring the bell



Silver: all of the bronze milestones +

- Know how to tie the following additional knots:
 - Overhand on a bight
 - Figure 8 on a bight
- Climb 10 pitches to the top
- Do 2 belayed rappels
- Do one climb of 5.7 or harder

Gold: all of bronze and silver milestones +

- Know how to tie the following additional knot:
 - Clove hitch
- Know all belaying commands:
 - Belay on
 - Climb on
 - Got you
 - Lowering
- Know how to belay a partner with a back up belayer
- Do 1 rappel with a fireman's belay
- Climb 20 pitches to the top
- Do one climb of 5.8 or harder

Please let us know if you have any questions or concerns about the program.

All of us,

Sierra Mountain Guides

