

OUTDOOR SKILLS AND THRILLS INC. — INFORMATION PACKAGE

TRAD(ITIONAL) CLIMBING COURSE — 2 DAYS



So you've decided to learn all about trad climbing outdoors with Outdoor Skills And Thrills? Good choice! My name is Aric Fishman, the Founder & Lead Guide of O.S.A.T and the author of '[Thunder Bay Climbing: A Guide to Northwestern Ontario's Best Kept Secret](#)'. In this 2 day trad climbing course I strive to prepare you with all of the necessary skills and knowledge you'll need to climb safely outdoors using traditional gear. Compared to sport climbing, trad climbing presents many more variables and dangers that a climber and belayer need to be aware of and experienced with to stay safe. It is crucial for a climber to properly learn and understand what is involved with safely leading, belaying, and rappelling a traditional climb outdoors. Here is some information about the course:



If you have [Facebook](#), you can 'Like' our page to share your excitement, and help get the word out about Outdoor Skills And Thrills!

What You Will Need:

All technical climbing equipment is included. Every climber is recommended to bring:

- Any climbing gear you may own and would like to bring.
- Backpack (large enough for all your belongings for the day).
- Active clothing appropriate for the weather conditions (and some warm layers in case you get cold).
- Close toed shoes for hiking in.
- Lots of water (1 liter minimum).
- Snacks/lunch to keep your energy up.
- Sunglasses/Sunscreen/UV Lip Balm.
- Camera.
- Tons of Excitement and an Open Mind!!

Clothing Considerations:

- ❖ Don't be afraid to bring too much!
- ❖ There can be periods of high activity followed by periods of inactivity in sometimes chilly temperatures.
- ❖ I suggest bringing light clothing of varying thicknesses that can be 'layered' to achieve comfort and versatility.
- ❖ The most important consideration for clothing is the ability to regulate temperature as you change from periods of activity to periods of rest.
- ❖ Synthetic blends work well



Course Overview

This is a general outline of the topics that will be covered during this course; however I often customize/modify the course based on each individual's level of experience and progression in the course. This course looks at:

- ❖ Learn about the different types of traditional gear
 - ❖ Understand and practice the fundamentals of gear placement and directions of pull
- ❖ Learn about good and bad rock quality and how to identify ideal cracks for protection
- ❖ How to make safe anchors using traditional gear
 - ❖ Learn all about top-anchor techniques
 - ❖ Understand about the importance of belayer positioning for traditionally protected routes
 - ❖ Deciding on what gear to carry up a climb
- ❖ Forces placed on anchor points and how they factor in
 - ❖ Breaking strength of different climbing materials
 - ❖ A look at advanced knots
- ❖ Learn and practice how to place protection while lead climbing
 - ❖ How to properly attach yourself to an anchor
 - ❖ How to belay your second to the top
- ❖ How to remove gear from cracks as the second, even when they are seemingly 'stuck'
- ❖ Understanding about rope management and learning the tips and tricks of the trade
 - ❖ How to deal with stuck ropes
- ❖ Practice and climb at your comfort level while getting expert advice from your guide
- ❖ Trad climbing techniques that will help you climb more safely and efficiently
 - ❖ Understand how to 'jam' up a crack climb
 - ❖ Rappelling using single or double ropes
 - ❖ Developing your 'lead climbing head'
 - ❖ Bailing off a trad climb

- Find below the driving directions and parking information to your outing location-

Day 1 – Location: The Bluffs (location may change based on conditions, we will be in touch before the course date)

Drive Time: Approx 10–15 mins from within Thunder Bay **Hike in Time:** Approx 5 mins

Directions: There are a number of ways to get to The Bluffs either by vehicle, bike or by foot. Essentially you need to get yourself to the intersection of Arundel St & Lyon Blvd, the unmarked road you need to go up is 25 meters west of the bridge going over the Current River). These are driving directions which begin from the HWY 11/17 & Harbour Expressway intersection in Thunder Bay. Head east on the 11/17 for 12.3 km (7.6 mi) and exit right (south) at Hodder Avenue. Drive down Hodder Ave for 1.5 km (0.9 mi) until you reach a 4-way stop at Hodder Ave. & Arundel Street; make a right onto Arundel. Continue for 1.5 km (0.9 mi) on Arundel until you reach a bridge going over the Current River. As soon as you've gone over this bridge you will make an immediate right on to an unnamed/unmarked road. Drive up this road uphill to the scenic lookout and parking lot at the top. You have arrived! GPS: 48.471284, -89.202274

To find using Google Maps: type in 'Your Location' to '694 Arundel St. – Thunder Bay' or the GPS coordinates

Parking: There is plenty of space available in the parking lot at the top of the hill where there is also a beautiful scenic lookout.

Day 2 – Location: Silver Harbour (location may change based on conditions, we will be in touch before the course date)

Drive Time: Approx 20–30 mins from within Thunder Bay **Hike in Time:** Approx 5 mins

Directions: These are driving directions which begin from the HWY 11/17 & Harbour Expressway intersection in Thunder Bay. Drive east on 'HWY 11/17' for 16 km (10 mi) and exit right on to Spruce River Road. Drive down Spruce River Rd. for 1.3 km (0.8 mi) until you arrive to a stop sign at the T-Junction (Spruce River Road and Lakeshore Dr). Turn left on to Lakeshore Dr. Drive down Lakeshore Dr for 11.7 km (7.3 mi) and turn right on to Silver Harbour Road (there are signs for 'Silver Harbour Conservation Area' just before this turn off). Continue down to the end of Silver Harbour Rd for 1.3km (0.8 mi) to arrive at the Silver Harbour Conservation Area. You've arrived! GPS: 48.509831, -88.975475

To find using Google Maps: type in 'Your Location' to 'Silver Harbour Conservation Area' – Thunder Bay' or the GPS coordinates

Parking: Plenty of parking is available at the Silver Harbour Conservation Area parking lot. Please do not park down the private road (Mickelson Dr) just before the parking lot as it is for local resident use only.

Please feel free to get in touch with us if you have any other questions or concerns!



Outdoor Skills and Thrills Inc. Aric Fishman – Founder & Lead Guide

Phone: 1-807-472-4742 E-mail: info@outdoorskillsandthrills.com

Check out the Website: www.outdoorskillsandthrills.com

Like us on Facebook: www.facebook.com/outdoorskillsandthrills

Follow us on Instagram: [@outdoor_skills](https://www.instagram.com/outdoor_skills)



Rock and Ice Climbing Guided Adventures & Courses
Northwestern Ontario

OUTDOOR SKILLS AND THRILLS INC.

ADVENTURE WAIVER

**RELEASE OF LIABILITY, WAIVER OF CLAIMS,
ASSUMPTION OF RISKS AND INDEMNITY AGREEMENT
(hereinafter referred to as the "Release Agreement")**

**BY SIGNING THIS DOCUMENT YOU WILL WAIVE OR GIVE UP CERTAIN LEGAL RIGHTS, INCLUDING THE RIGHT
TO SUE OR CLAIM COMPENSATION FOLLOWING AN ACCIDENT**

PLEASE READ CAREFULLY!

SIGNATURE OF PARTICIPANT

Name	Last	First	Middle Initial
Address	Street		
	City	Prov./State	Postal/ZipCode

COMPANY NAME: OUTDOOR SKILLS AND THRILLS INC. and its (their) directors, officers, employees, instructors, guides, agents, representatives, independent contractors, subcontractors, suppliers, sponsors, successors and assigns (all of whom are hereinafter referred to as "the Releasees")

ADVENTURE ACTIVITIES: HIKING, ROCK CLIMBING (to be referred to as "ADVENTURE")

DEFINITION

In this Release Agreement, the term "Adventure" shall include all activities, events or services provided, arranged, organized, conducted, sponsored or authorized by the Releasees and shall include, but is not limited to: "Adventure"; "Adventure" rental; orientational and instructional courses, seminars and sessions; travel, transport and accommodation; and other such activities, events and services in any way connected with or related to "Adventure".

PROTECTIVE EQUIPMENT

I have been advised to wear all protective equipment that is required by the rules and regulations of the governing body for my sport.

ASSUMPTION OF RISKS

I am aware that "Adventure" involves many risks, dangers and hazards. The risks, dangers and hazards, including but not limited to: loss of balance; difficulty or inability to control one's speed and direction; variation or steepness in terrain; rapid or uncontrolled acceleration on hills and inclines; mechanical failure of equipment; variation or changes in the playing surface including rocks, gravel; changing weather conditions; exposure to temperature extremes or inclement weather; travel or transport to and from the sites used for "Adventure" travel on highways and backcountry roads; encounters with domestic and wild animals including dogs, bears and cougars; collision with pedestrians, motor vehicles, cyclists and other players; failing to play safely or within the limitations of one's own abilities, negligence of other participants; and NEGLIGENCE ON THE PART OF THE RELEASEES, INCLUDING THE FAILURE ON THE PART OF THE RISKS RELEASEES TO SAFEGUARD OR PROTECT ME FROM THE RISKS, DANGERS AND HAZARDS OF "Adventure".

I AM AWARE OF THE RISKS, DANGERS AND HAZARDS ASSOCIATED WITH "Adventure" AND I FREELY ACCEPT AND FULLY ASSUME ALL SUCH RISKS, DANGERS AND HAZARDS AND THE POSSIBILITY OF PERSONAL INJURY, DEATH, PROPERTY DAMAGE OR LOSS RESULTING THEREFROM.

RELEASE OF LIABILITY, WAIVER OF CLAIMS AND INDEMNITY AGREEMENT

In consideration of the RELEASEES agreeing to my participation in "Adventure" and permitting my use of their services, equipment and other facilities, and for other good and valuable consideration, the receipt and sufficiency of which is acknowledged, I hereby agree as follows:

1. TO WAIVE ANY AND ALL CLAIMS that I have or may in the future have against the RELEASEES AND TO RELEASE THE RELEASEES from any and all liability for any loss, damage, expense or injury, including death, that I may suffer or that my next of kin may suffer, as a result of my participation in "Adventure", DUE TO ANY CAUSE WHATSOEVER, INCLUDING NEGLIGENCE, BREACH OF CONTRACT, OR BREACH OF ANY STATUTORY OR OTHER DUTY OF CARE, INCLUDING ANY DUTY OF CARE OWED UNDER THE OCCUPIERS LIABILITY ACT, ON THE PART OF THE RELEASEES, AND FURTHER INCLUDING THE FAILURE ON THE PART OF THE RELEASEES TO SAFEGUARD OR PROTECT ME FROM THE RISKS, DANGERS AND HAZARDS OF PARTICIPATING IN "Adventure" REFERRED TO ABOVE;
2. TO HOLD HARMLESS AND INDEMNIFY THE RELEASEES for any and all liability for any property damage, loss or personal injury to any third party resulting from my participation in "Adventure";
3. This Release Agreement shall be effective and binding upon my heirs, next of kin, executors, administrators, assigns and representatives, in the event of my death or incapacity;
4. This Release Agreement and any rights, duties and obligations as between the parties to this Release Agreement shall be governed by and interpreted solely in accordance with the laws of the province where the "Adventure" takes place and no other jurisdiction; and
5. Any litigation involving the parties to this Release Agreement shall be brought solely within the province where the "Adventure" takes place and shall be within the exclusive jurisdiction of the Courts of that province.

In entering into this Release Agreement I am not relying on any oral or written representations or statements made by the Releasees with respect to the safety of participating in "Adventure"; other than what is set forth in this Release Agreement.

I CONFIRM THAT I HAVE READ AND UNDERSTOOD THIS RELEASE AGREEMENT PRIOR TO SIGNING IT, AND I AM AWARE THAT BY SIGNING THIS RELEASE AGREEMENT I AM WAIVING CERTAIN LEGAL RIGHTS WHICH I OR MY HEIRS, NEXT OF KIN, EXECUTORS, ADMINISTRATORS, ASSIGNS AND REPRESENTATIVES MAY HAVE AGAINST THE RELEASEES.

Signed this _____ day of _____, 20_____.

Witness
Please print name clearly

Signature of Participant
Please print name clearly
Signature of Guardian if Participant is age of minority



Transportation is not included; you will need to have or arrange a way to and from the climbing location.

Cancellation & Refund Policy: All program deposits and payments are non-refundable. All requests for cancellations or date changes must be submitted in writing. Please notify us as soon as possible if you wish to make any date changes to your reservation. We reserve the right to cancel any program due to weather or route conditions, guide health, or for any other reason deemed necessary by the guide. In such cases, we are not responsible for expenses incurred by the client in connection with the trip such as airfare, car rental, equipment purchases, etc. If we cancel an outing prior to the trip date, every effort will be made to reschedule for another available date within the current season. By its very nature, climbing is an uncertain endeavor, and many factors can influence the outcome of a trip. Accordingly, once a trip begins, we are unable to offer refunds for weather related cancellations, or for trips that end prematurely due to weather, route conditions or circumstances within, or affecting, your group.

Insurance: Outdoor Skills And Thrills Inc. is fully insured for all of its outings, guides, and participants while on trip, however it is important to make sure that your personal plan covers you in the case of an illness, accident, cancellation, or interruption during your trip; obtain extra coverage if necessary.

Drugs and Alcohol: No alcohol or drug use is allowed on our programs. We have a zero tolerance policy and no climbing is ever permitted under the influence of alcohol or drugs.

Waiver: Please note that you will be required to sign our waiver form before commencing the program. It must be read and signed before the start of your trip. Any participants under the age of 18 are required to have the waiver signed by a parent or legal guardian to participate in this program.

Authorization for use of photographs and/or videos: We often take incredible pictures and videos on our programs! Normally, these are used to give you some kind of keepsake, either by giving you physical pictures/videos or making digital copies accessible for you to see. Sometimes when a picture/video is incredible, it also may be used in our marketing material! Please let us know if you do not wish to be photographed or filmed during the adventure.