

TECHNICAL DESCRIPTION OF THE ACTIVITY

- **Ideal Time:** This activity can be done all year.
- **Location:** Cajón del Maipo, El Manzano sector, Metropolitan Region of Santiago, Chile.
- **Climbing zone:** Los Manyos.
- **Weather conditions:** The climate is warm and temperate in the Cajon del Maipo. Winters are rainier than summers. In San José de Maipo, the average annual temperature is 12.7 ° C. The approximate average rainfall is 623 mm. The hottest month of the year with an average of 19.0 ° C in January. The lowest average temperatures of the year occur in June, when it is around 7.3 ° C.
- **More information:** During the winter months the cold can make climbing difficult. In summer, caution should be taken with the horseflies that abound in the area. Otherwise liter trees surround the area, this can cause allergic skin reactions in susceptible people.

- **Number of participants:** Minimum 3 / Maximum 6.

- **Limitations and / or restrictions of the activity:**

The age limits are:

- a) Rock climbing less than a length: **5 years old**
- b) Rock climbing of more than one length: **12 years old**
- c) Traditional rock climbing of more than one length: **15 years old**
- d) For expeditions the minimum age is **15 years old**

- **Minimum Age: 10 years old; Maximum age: 70 years old** (variable). In the case of minors, they must have their parents' permission to attend the activity.
 - Before the activity, you must fill out the required medical form and specify health problems such as: diabetes, hypertension, cardiovascular problems and / or recent injuries, etc. to assess if the client meets the basic requirements to participate in the activity.
 - The backpack load per person will depend on their age and physiology. Also, it will go through an evaluation by the guide in charge.
 - The backpack should not weigh more than 15 kg and should not be charged for periods not exceeding 90 minutes. In no case should the loaded weight exceed 40% of the body weight.
- **Experience and technical capacity required to the client:** No experience or technical capacity is required.
 - **Objectives of the activity:** Perform rock climbing activity with all the safety elements that this sport requires.
 - **Difficulty level:** The level of difficulty of the rocks that we will climb are in France / Spain scale **6a to 6b** in USA scale is equivalent to **5.9 to 5.10b**.

- **Type of Activity:** Rock climbing. Conformed by volcanic rock, typical of the El Manzano sector, it has routes of vertical predominance, soft and strong extra-flat, with difficulties ranging from 5 to 8b in an approximate number of 40 routes in which the shots are mainly holes of all kinds. The equipment consists of bolts and with each of its anchors composed of chain to be able to undo.
- **Transport:** 4x4 Vehicle, Toyota 4Runner.
- **Lodging:** Without lodging included.
- **Snack included:** Snack.
- **Other services included:**
 - ✓ Guide with WFR certification (Wilderness First Responder)
 - ✓ Assistant Guide
 - ✓ Complete first aid kit
 - ✓ 4x4 transport from hostel, hotel or address. Also, it can be at a point chosen by the client (round trip)
 - ✓ Gps
 - ✓ Heart rate monitor
 - ✓ Radios
 - ✓ Sports climbing equipment: 60 meter rope, express tapes, atc, carabiners, magnesium, flat belts, harness, helmets, trekking poles, etc.
- **Services not included:**
 - × Travel insurance
 - × Clothing
 - × Climbing shoes

➤ **Clothes and recommended equipment:**

- ✓ Hat for sun / hat for cold.
- ✓ Sunglasses
- ✓ windbreaker jacket
- ✓ Puffer jacket
- ✓ Trekking pants or comfortable pants.
- ✓ Trekking shoes or sneakers (the use of new shoes or boots is not recommended, as these could cause injuries to the heels of your feet).
- ✓ Socks (2 pairs of socks in case you wear trekking boots, a thin pair and a thicker one on top, this will prevent injuries such as blisters)
- ✓ Sunscreen 50+
- ✓ Personal backpack to climb to the summit (25 to 30 litres)
- ✓ headlamp
- ✓ Pad
- ✓ 2 bottles of water (nalgene of 1 liter or ½ litres)
- ✓ Climbing shoes

➤ **Insurance information:** Travel insurance not included.

Technical difficulty scale Climbing:

USA	UK Tech	UK Adj	French	UIAA	Australian
5.5		VD			
5.6	4a	S			
5.7	4b	HS			
5.8	4b	VS	5a	6-	16
5.9	5a	HVS	5b	6	17
5.10a		E1	5c	6+	18
5.10b	5b		6a		19
5.10c		E2		7-	20
5.10d	5c		6b	7	21
5.11a		E3		7+	22
5.11b			6c		23
5.11c	6a	E4		8-	24
5.11d			7a	8	25
5.12a		E5		8+	26
5.12b	6b		7b	8	25
5.12c		E6		9-	27
5.12d	6c		7c	9	28
5.13a		E7		9+	29
5.13b			8a		
5.13c	7a			10-	30
5.13d		E8	8b	10	31
5.14a				10+	32
5.14b	7b		8c		
5.14c		E9		11-	33
5.14d	7c		9a	11	
5.15					

TO PERFORM A SPORT ROCK CLIMBING SAFELY, THESE 10 BASIC CLIMBING SAFETY RULES

MUST BE HANDLED:

1) Cross Check: It is vital to start with the cross check. The insurer must make sure that the climber has his knot well made. And for its part, the climber should check if the rope is correctly inserted into the brake, be it an ATC or a Gri-Gri. It is important that when we start something, for example to tie the knot, we never leave it halfway. Not to deconcentrate!

2) Know the commands: Communication is vital. Knowing the basic commands of climbing is a must. Many times in the rock we have to insure or be insured by people with whom we had never shared the rope before, so it is important to know if our partner knows and understands the basic commands of climbing.

3) Tie a knot at the end of the rope: Make sure your rope measures enough to reach the chains and go down to the floor. If a route measures xx meters, your rope has to measure a little more than double. You should always make a knot at the end of the rope to prevent it from running until you get out of the brake leading the climber to suffer a fall to the floor in case the rope was not the necessary length for the route in question.

4) Use the Helmet: In resin it is not strictly necessary, but in rock it is. Especially for the insurer, since there is always the risk that a stone will come off (or fly carabiners, etc.) and fall on your head. We do not neglect.

5) Take with you enough equipment: Before climbing a route, look at it from below and identify what and how much equipment you will need. If you climb sports, count the plates to define the express racing (for climbing) that you will need. Always carry at least one extra.

6) Feet never under the rope: When you climb the rope you always have to go under your feet, otherwise, when you fall you can turn and stick your head against the rock. It's very dangerous. For this reason the helmet is also necessary.

7) Never clip the rope upside down: When you clip, it is important that the rope is passed correctly through the carabiner, that is, making sure that its opening is opposite to your direction of rise, since otherwise when the rope falls it can exit.



8) Hold only the rock or dams: Never use the clips as grips, nor try to take the express tape when you are about to fall, this type of action can cause serious injuries to your fingers or unfortunate accidents.

9) Always alert: If you are insuring, the first rule is to never stop looking at the climber, no matter what. If the rope gets tangled for example, let the climber know, wait for it to anchor and then untangle it. If you are climbing, always contact your insurer. Shout "attentive" every time you feel it necessary.

10) You must always anchor to two points: Whether on the top of the route or in a meeting, at least two tapes anchored to two different bolts must pass through your harness or carabiner attached to the harness. Do not anchor yourself with express tapes at the end of a route, make sure you use a carabiner with at least insurance.

Basic commands for sport climbing in Chile

Good communication between the insurer and the climber is key to avoid accidents. Even when there is no universal communication protocol, there are relatively consensual expressions that help to optimize this process and avoid possible confusion. It is important to always define and delimit this vocabulary with the people with whom it is scaled. Here we present a good guideline for sport climbing.

1. Once the climber and the insurer check the equipment and check that the knot is well and the rope is correctly passed through the safety device, the person making the ascent must indicate that it is ready and wait for the insurer to authorize it.

2. **“Attention!”**: The climber shouts this word to confirm that the assure is looking and focused on his work. It is also used when the climber feels tired or projects a difficult path and feels he could fall. Insurance response: **“OK”** or **“Thank you”**.

3. **“Pull!”**: The climber shouts this command to tell the insurer to pick up the rope and tighten the climber to rest. The latter must do so with the fastest possible response speed. Answer: **"OK"** or **"Thank you."** Important: respond when you are tense and not before, otherwise the climber can let go and fall more than he had budgeted.

4. **“I'm going!”**: **After a break or having been attentive, you should shout this command to alert the insurer and grab your attention again. Answer: "OK" or "Thank you."**

5. **“Rope!”**: This command should be shouted out loud when the rope is pulled from a top, so as to alert other climbers or people who are close to the route the risk that the rope may fall from above.

6. **“Give me rope!**: It is used to undock. It indicates to the insurer that we are already anchored to the chains (without depending on the rope) and that we have enough rope to pass it through the top and return to the knot, without tension. It is also used for sheet metal, when the insurer does not respond autonomously when requesting rope. Answer: **"OK"** or **"Thank you."**

7. **“Pick!”/“Recover!”**: It is used to indicate to the insurer that the given rope must be recovered when we are unpacking the route. The insurer must confirm the answer: **“OK”** or **“Thank you”** so that the climber can then unpin and re-depend on the rope.

8. **“Free!”**: This command is often misused. Many occupy it to indicate to the insurer that they are already anchored to the chain and therefore do not need to be tense. But it actually tells the insurer to take out his brake device and free the climber to descend on his own (in rappel). If the intention is only to undo it and for our partner to lower us, you should only ask for rope and not use this word. Answer: **“OK”** or **“Thank you.”**

9. It is always good to notify the insurer when he arrives at the chains, shouting **“Ready”**, **“Ok”** or **“Get me down”**, so that if he is not attentive, he will react by tensing and then go down to the climber.

YOU MUST NEVER TRUST 100% ON YOUR INSURER. AS A SCALER, YOU MUST HELP HIM AS POSSIBLE AS YOU HAVE YOUR TOTAL ATTENTION IN YOUR MOVEMENTS. If you do not know it, it is important that they check that the commands of both are the same.

Do not forget to always say the person's name before shouting a command, to prevent another insurer from getting confused and thinking they are for him.