

# ACTIVITY TECHNICAL SHEET

## ROCK CLIMBING



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2. Region of the activity

Metropolitan Region

Municipality where the activity is performed

San José de Maipo

Location of the activity

Cajón del Maipo

**Description of the activity detailing its location and main characteristics.**

The climbing sectors in the Cajón del Maipo, such as: Los Manyos, Piedra Romel and La Mina are entertaining sport rock climbing sectors, with routes of different difficulty, which will put you to the test and will make you enjoy a day of lots of adrenaline, testing your limits on this rock of excellent quality to perform this sport.

These incredible climbing sectors are surrounded by a sclerophyllous forest of the central zone, where we can find the most beautiful specimens of this type of forest.

For the approach to the rocks, specifically, the sector of Los Manyos, invites us to make a trekking of approximately 40 minutes, in the middle of a landscape full of nature, offering during the walk a panoramic view of the imposing rocks and the valley of Cajón del Maipo.

The itinerary begins when the guides look for the participants in their respective homes or previously determined meeting point, after which, they head to the sector of the Cajón del Maipo.

Once at the place, the guide will carry out a briefing, giving instructions to be able to carry out the activity safely and also to guide the group in case of an accident. They will be instructed regarding the use of the equipment, and there will be a warm-up beforehand.

Participants will only be allowed to climb the rock in Top Rope mode, that is, the one in which the rope that secures the climber goes up at the end of the route above the belay. Lead climbing will not be allowed, as this type of climbing requires more experience and technical knowledge, which cannot be verified during the Rock Climbing outing.

Participants will climb routes School Level 5.8 - 5.9 - 10a, and if they have previous experience they will be able to climb routes Advanced Level 10a - 11a, which must be previously informed in the activity firm. During the activity there will be breaks for hydration, stretching and food.

Once finalized, a stretching is done, and the guide makes the closing of the activity, allowing participants to give feedback regarding the activity.

**Duration of activity**

**Weeks**

**Days**

**Hours**

**Época del año en que se realiza la actividad**

ENE	FEB	MAR	ABR	MAY	JUN	JUL	AGO	SEP	OCT	NOV	DIC
X	X	X	X	X	X	X	X	X	X	X	X

**Limitations and/or restrictions of the activity to participants such as: physical condition, age, health and others.**

The age limits are as follows:

Rock climbing less than 1 pitch: 5 years Rock climbing more than 1 pitch: 12 years Traditional rock climbing more than 1 pitch: 15 For expeditions the minimum age is 15 years.

Minimum age: 10 years; Maximum age: 70 years (variable). In the case of minors, they must have permission from their parents or guardians to attend the activity.

Prior to the activity, the required medical form must be filled out and health problems such as diabetes, hypertension, cardiovascular problems and/or recent injuries, among others, must be specified in order to evaluate if the client meets the basic requirements to participate in the activity.

As for the load limits per client, this will depend on their age and fisiology. Also, it will go through an evaluation by the guide in charge.

The backpack should not weigh more than 15 kg and for periods of no more than 90 minutes, in no case should the weight carried exceed 40% of the body weight.

**Experience and technical capacity required of participants**

No experience or technical capacity is required.

**Age of participants**

**Minimum age of participants**

**Maximum age of participants**

**Indications of clothing and personal equipment to be provided by the participants, individually.**

First, second and third layers, sunglasses, sun/cold hat, gloves, trekking shoes, sun block, 2 pairs of socks.
Backpack of 20 to 30 liters, headlamp (in case of emergency), personal first aid kit (specific remedies for each person).
The three-layer clothing ensures warmth and insulation, is resistant, maintains a restricted weight and volume, and is quick-drying.

**Indication of clothing for the guides and participants of the activity.**

First, second and third layers, sunglasses, sun/cold hat, gloves, trekking shoes, sun block, 2 pairs of socks.
Climbing shoes, climbing shoes, climbing boots.
Helmets.
Climbing harness.
Climbing rope.
Carabiners.
Express Tape.
Lifeline.
Safety device (GriGri/ATC).
Magnesium magnesium magnesium.
Finger strap.
Backpack.
First aid kit.
Headlamp.

**Availability of insurance**

Yes. Broker Insurance Travel.
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**Details of the services included in the activity**

Transportation (4x4 all terrain vehicle: Toyota Runner SR5, year 2015, or Mitsubishi L200, year 2022).
Guided (technical guides in adventure tourism, graduated from Duoc UC institute, certified with first aid course in remote areas WFR, 80 hours; leave no trace course).
-Food (snack, lunch, eleven). Vegetarian and/or diabetic people must inform through their medical fixed their preference in terms of food and a snack lunch and eleven suitable according to their condition is prepared for them.
-Travel assistance insurance and seat insurance (vehicle authorized by decree 80).
-First aid kit.

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-The Briefing (talk in which the guide in charge delivers the instructions regarding the activity) is included. The guide must verify that everyone knows the activity plan and its degree of risk, and if the whole group really agrees or feels confident to perform the activity, it must be ensured that all customers have signed the risk acceptance form, a general review must be made with customers regarding time, departure, route instructions etc., make sure the conditions of the equipment that will be needed. The guide must check that each member of the group has the necessary equipment, both personal and group, before starting the activity and redistribute the weight if necessary, and ensure that everyone handles the minimum acceptable emergency or contingency plan and that they know safety techniques.

-Safety talk: the guide gives instructions to be able to carry out the activity safely and also to guide the group in case of an accident; the guide explains clearly about the risk situations of the activities or programs to be carried out, within this talk the guide gives a small guideline to follow in case of misplacement (going off the trail, staying behind, etc) in which he indicates to stay in the same place where he was with the group the last time until someone arrives in search of him.

-The Debriefing is included (the guide makes the closing of the activity, where the clients are allowed to give feedback regarding the activity performed).

**Detail of services not included in the activity**

Lodging (we do not include lodging service since the climbing activities are for the day).

**Indication of the actions to be followed by the participant for the proper development of the activity.**

- Guide's instructions: Listen and follow all instructions given by the guide in charge, at the beginning of the activity and at the end of the activity. The guide indicates the following: To reach the climbing area, during the journey, clients must never overtake the guide or leave the path, the group must remain united, in case of any discomfort, doubt or consultation, clear communication must be maintained between the guide/client.

-In the resting places the group must remain united and in case of any basic need (urinating, defecating, etc.) the client must inform the guide and indicate the place to which he/she is going. If this situation should arise during the tour, the clients or guides must warn the group so that they can wait and then continue the activity normally.

-During the climbing activity, the guide will give the pertinent instructions for the activity, which must be followed for the safety of all participants. For example: mandatory use of safety helmet.

Clients must carefully read, sign and accept beforehand the risk conditions of the activity to be performed, which will be delivered together with the medical certificate.

**Number of Participants**

**A. Minimum**

2

**A. Maximum**

6

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Number of guides for the minimum number of participants selected above

1

Number of guides for the maximum number of participants selected above

2

Other relevant requirements or conditions for the performance of the activity

Participants must wear comfortable clothing and footwear.

Participants must be in good health at the time of the activity and must not show signs of alcohol or drug use.

Young people between 5 and 17 years old must have simple authorization from parents or guardians.

Languages in which the activity is carried out

Spanish

English

Does the development of the activity include transportation?

Yes

Communication systems

Cellular

VHF Radios

Satellite phone

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