

ONTARIO CLIMBING: VOL 0.0

THE SOCIAL DISTANCING CLIMBING GUIDE

\$FREE!

2020



WITH THE WORLD FACING A GLOBAL PANDEMIC, A FEW BRAVE CLIMBERS CONTINUE TO SEEK OUT WAYS TO RESPONSIBLY PRACTICE THEIR ANCIENT ART.

GUS ALEXANDROPOULOS AND JUSTIN DWYER

BE PREPARED (COVID-19)

PLAN AHEAD



There are simple, practical things you can do to prepare in case you or someone in your household becomes ill or if COVID-19 becomes common in your community.

MAKE A PLAN THAT INCLUDES:

- ▶ **Essential supplies** (a few weeks' worth) on hand so you will not need to leave your home if you become ill.
 - Avoid panic buying. Add a few extra items to your cart every time you shop. This places less of a burden on suppliers, and can help ease financial burden on you as well.
 - Renew and refill your prescription medications.
- ▶ **Alternative arrangements** in case you become ill or if you need to care for a sick family member. For example:
 - Have backup childcare in case you or your usual care provider become ill.
 - If you care for dependents, have a backup caregiver in place.
 - Talk to your employer about working from home if possible.
- ▶ **Reducing your exposure** to crowded places through physical distancing if COVID-19 becomes common in your community. For example:
 - Shop and use public transit during off-peak hours
 - Exercise outdoors instead of in an indoor fitness club

COMMUNICATE



- ▶ Share your plan with your family, friends and neighbours.
- ▶ Set up a buddy system to check in on each other by phone, email or text during times of need.

STAY INFORMED



- ▶ Learn about the symptoms of COVID-19, how it spreads and how to prevent illness.
- ▶ Get your information from reliable sources such as the Public Health Agency of Canada, and provincial, territorial and municipal public health authorities.
- ▶ If the news media is making you feel anxious, take a break from it.



SHOPPING LIST

FOOD

- ☐ dried pasta and rice
- ☐ pasta sauces
- ☐ canned soups, vegetables and beans
- ☐ pet food

HYGIENE

- ☐ toilet paper
- ☐ feminine hygiene products
- ☐ diapers
- ☐ facial tissue
- ☐ soap
- ☐ alcohol-based hand sanitizer

HEALTH CARE

- ☐ thermometer
- ☐ fever-reducing medications (acetaminophen or ibuprofen for adults and children)

CLEANING

- ☐ paper towels
- ☐ plastic garbage bags
- ☐ dish soap
- ☐ laundry detergent
- ☐ regular household cleaning products
- ☐ hard-surface disinfectant, or if not available, concentrated (5%) liquid bleach and a separate container for dilution

MORE GREAT ONTARIOCLIMBING.COM DIGITAL GUIDEBOOKS FROM RAKKUP*



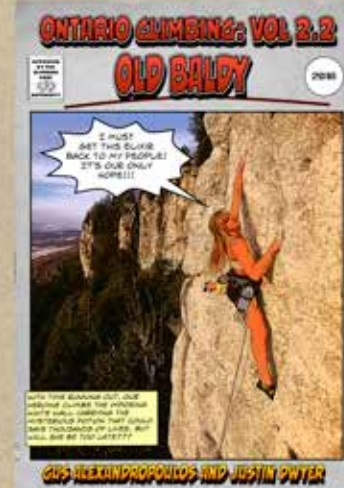
GUS ALEXANDROPOULOS AND JUSTIN POTTER

MOUNT NEMO IN MILTON



GUS ALEXANDROPOULOS AND JUSTIN POTTER

THE SWAMP IN THE BEAVER VALLEY



GUS ALEXANDROPOULOS AND JUSTIN POTTER

OLD BALDY IN THE BEAVER VALLEY



GUS ALEXANDROPOULOS AND JUSTIN POTTER

METCALFE ROCK IN THE BEAVER VALLEY



GUS ALEXANDROPOULOS AND JUSTIN POTTER

DEVIL'S GLEN IN THE BEAVER VALLEY



GUS ALEXANDROPOULOS AND JUSTIN POTTER

LION'S HEAD ON THE BRUCE PENINSULA

*PLEASE AVOID THESE AREAS UNTIL THE GLOBAL COVID-19 PANDEMIC SETTLES DOWN!

FOR MORE INFORMATION ON CORONAVIRUS:

1-833-784-4397

@canada.ca/coronavirus



A CLIMBER'S GUIDE TO SURVIVING COVID-19 (PART 1)

By Buddysnack

It's been a couple of weeks since the WHO declared COVID-19 a global pandemic. The effects of social distancing and isolation are starting to hit the billions of people who are responsibly choosing to stay indoors; many are beginning to feel like they are climbing the walls. It's at this time, however, that you, as a rock climber, should realize you're born to deal with this. You have the skills, not to mention the gear, to literally climb the walls. Below is a climber's guide to surviving COVID-19:

EMBRACE THE K-SCALE

In the 90s, John Sherman famously developed the V-scale to grade the boulders problems found in Hueco Tanks. The V-scale, an evolution of the B-scale (which was also famously developed by John Gill), was born out of necessity: to measure the variety and difficulty that could not be contained in a scale of only three numbers. With the arrival of COVID-19, a new bouldering scale has been invented to deal with the emerging and changing needs of climbers: the K-scale, or Kitchen scale. Likely developed by another John, the K-scale (ranging from K1-K19) takes into consideration the variety of obstacles and challenges found in the place where you formerly prepared food. Classic K-scale problems include:

- Dynos between the sink and countertop island.
- Navigating loose cupboard doors and handles.
- Janky gear placements between refrigerators and cabinets.
- Surmounting range-hood roofs and/or floating shelves.
- Large runouts over knife blocks or unwashed dishes.

SLEEP ON A PORTALEIDGE:

As someone born to thrive on adversity, sleeping on your comfortable bed is going to get tired pretty quickly. Every climber knows the joys of being on the road: being dirty, eating out of cans, and sleeping on whatever surface possible. Sure, you could start couch surfing at your own place or throw a piece of cardboard on the floor, but why not embrace the pinnacle of a climber's boudoir – the portaledge. Portaledges can be put up almost anywhere in

your house, depending on the type of adventure you're craving. The basement is an ideal place for a caving-type experience. In front of the fridge makes it convenient for snacking – plus, you can pretend the counter is a "Thank God" ledge where you can engage in some K-scale problem-solving. For the condo dweller, why not embrace the ultimate big wall adventure – set up a portaledge outside of your 27th-floor condo window. With so many distracted by the need to buy toilet paper and Nicorette patches, it's unlikely you will get any complaints from the condo corp. Plus, you can do your business in a paper bag or PVC poop tube. The neighbours will love it!

HOARD BEANIES

Every good boulderer knows the importance of a beanie. Not just to look stylish, but to conserve precious body heat whilst walking around without your shirt on (don't you know you lose 90% of your body heat through your head?). In case you haven't seen all the horrific images of empty shelves in beanie departments around the globe, you may already be too late to stock up on beanies to make it through this pandemic. While several bottom-feeders stock-piled beanies before the shelves went bare, both Kijiji and Craigslist have agreed to stop letting people sell beanies through their sites. Now is also a good time to learn how to knit your own beanie. What, have you got something better to do?

BECOME A PREPPER

Visionary climbers and conspiracy theorists alike have been planning for a climbing apocalypse for some time. If you look back through public records, you can see that over the past 10 years, the 1% has slowly been buying up mountain ranges and boulder fields across America. Rumour has it that Bill Gates bought 19,000 acres of the Andes mountain range right before he gave his now infamous 2015 Ted Talk warning of a worldwide viral collapse. Imagine all the FA's he now has at his fingertips. But it's not just the 1% that have been preparing for a global quarantine. Climbers around the world have slowly been amassing sheets of plywood and polyurethane holds, building home gyms with names like: The Bunker, The War Room, The Fallout and Grimes's Playground. Those in the OC inner circle recently reported that a prominent Ontario climber changed

the name of his extensive home gym from The Get Strong to The Lockdown. Coincidence? I think not.

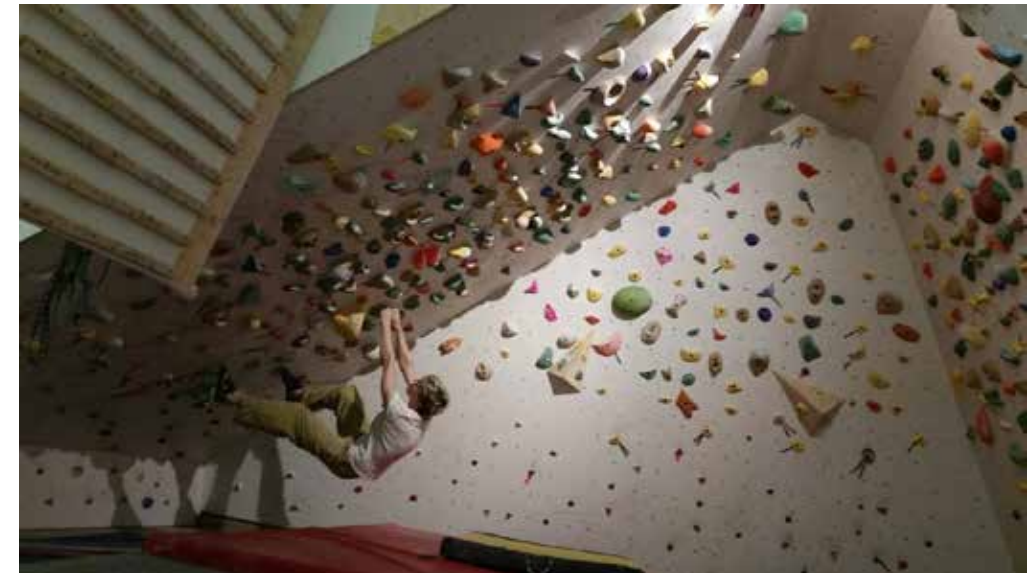
LEARN TO SOLO

Sidestepping the discussion entirely as to whether or not now is the time to be grabbing hold of germ-infested polished limestone in the out-of-doors, social distancing norms have made belaying profoundly irresponsible. This is the perfect time to take up soloing. Not only does this allow you more than recommended two meters of separation between yourself and others, but soloing also helps put life into perspective. As human beings, we are always balancing precariously over the abyss of life. You know, the subtle place between majesty and total collapse. Nothing says "Holy Fuck" quite like being a few hundred feet above your last piece. Really makes you think. Plus, in the event that things don't go as planned in your new soloing foray, the likelihood of you putting unnecessary strain on our medical system is pretty slim to none (think morgue, not rescue team).

(Part two of this series is available at OntarioClimbing.com)



Buddysnack is an accomplished OntarioClimbing.com forum bard and prominent online route developer (famous for his discovery of the legendary GMAC). He is credited with starting the short-lived but infamous shirtless/jeans ice climbing craze. He has also been climbing in Ontario long enough to remember a time before hammocks, drones and polished holds. His insights into the obscure aspects of climbing humour and culture have made him an inspiring trendsetter and motivational icon for the next generation of future climbers.



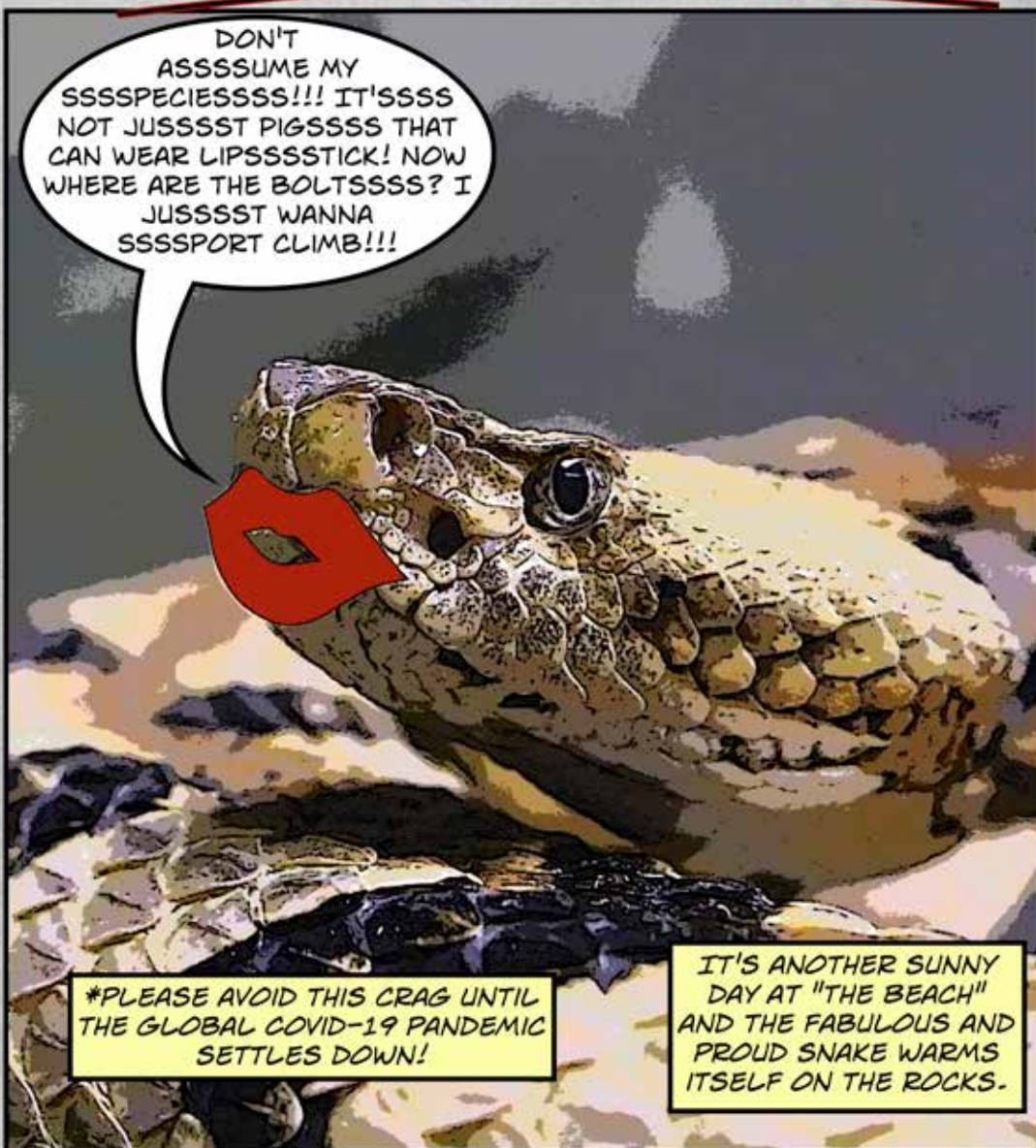
The Get Strong aka The Lockdown

ONTARIO CLIMBING: VOL 1.4

SPORT CLIMBING GUIDE TO RATTLESNAKE POINT*



2019



DON'T ASSSSUME MY SSSSPECIESSSS!!! IT'SSSS NOT JUSSSST PIGSSSS THAT CAN WEAR LIPSSSSSTICK! NOW WHERE ARE THE BOLTSSSS? I JUSSSST WANNA SSSSPORT CLIMB!!!

*PLEASE AVOID THIS CRAG UNTIL THE GLOBAL COVID-19 PANDEMIC SETTLES DOWN!

IT'S ANOTHER SUNNY DAY AT "THE BEACH" AND THE FABULOUS AND PROUD SNAKE WARMS ITSELF ON THE ROCKS.

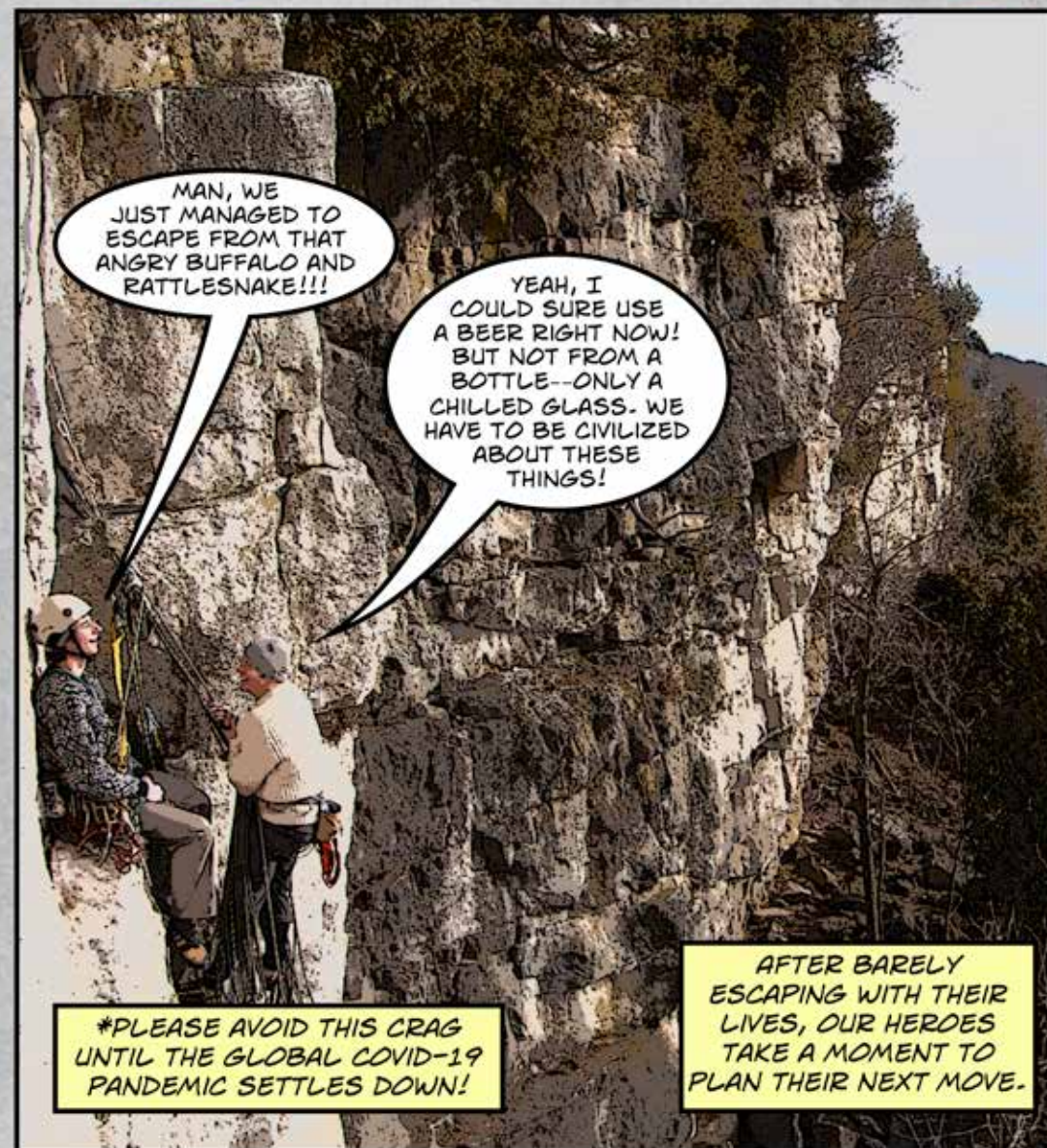
GUS ALEXANDROPOULOS AND JUSTIN DWYER

ONTARIO CLIMBING: VOL 1.3

RATTLESNAKE POINT, BUFFALO CRAG AND BOTTLE GLASS CRAG*



2019



MAN, WE JUST MANAGED TO ESCAPE FROM THAT ANGRY BUFFALO AND RATTLESNAKE!!!

YEAH, I COULD SURE USE A BEER RIGHT NOW! BUT NOT FROM A BOTTLE--ONLY A CHILLED GLASS. WE HAVE TO BE CIVILIZED ABOUT THESE THINGS!

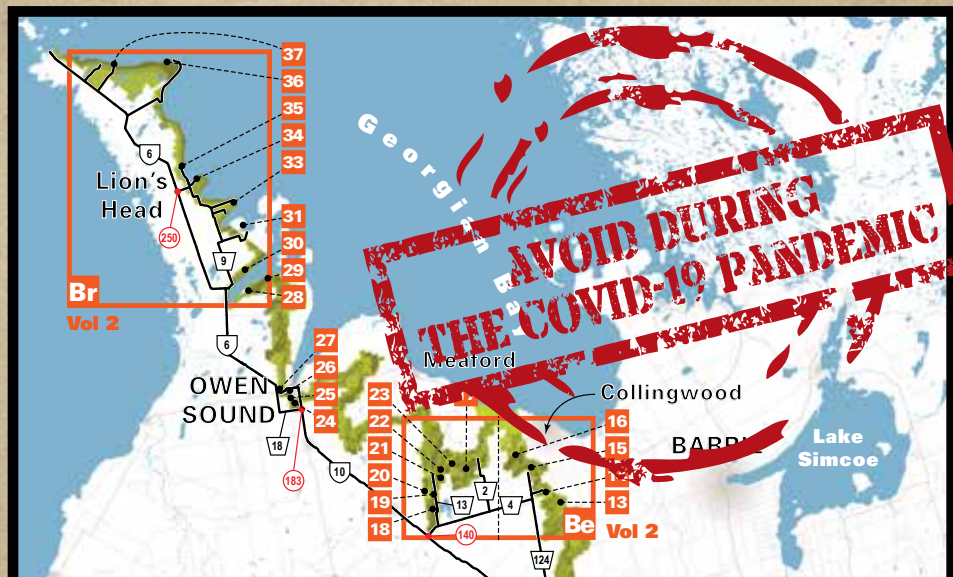
*PLEASE AVOID THIS CRAG UNTIL THE GLOBAL COVID-19 PANDEMIC SETTLES DOWN!

AFTER BARELY ESCAPING WITH THEIR LIVES, OUR HEROES TAKE A MOMENT TO PLAN THEIR NEXT MOVE.

GUS ALEXANDROPOULOS AND JUSTIN DWYER

MORE ROUTES!!!

THE MOST COMPLETE GUIDEBOOKS FOR THE NIAGARA ESCARPMENT!



ONTARIO CLIMBING: VOL 2 THE NORTHERN ESCARPMENT 2016



GUS ALEXANDROPOULOS AND JUSTIN D

MORE FUN!

ONTARIO CLIMBING: VOL 1 THE SOUTHERN ESCARPMENT 2016



GUS ALEXANDROPOULOS AND JUSTIN Dwyer

SUPPLEMENT YOUR GUIDE TO SPORT CLIMBING AT RATTLESNAKE POINT WITH ONTARIO CLIMBING: VOL 1 AND VOL 2. THIS TWO VOLUME SERIES COVERS ALL THE CLIMBING ON THE NIAGARA ESCARPMENT!!!

VOL 1 COVERS ALL THE PURPLE NUMBERED CRAGS ON THE MAP ON THE LEFT. VOL 2 COVERS ALL THE ORANGE CRAGS!!!

LOOKING FOR DIGITAL GUIDEBOOKS? WE GOT YOU COVERED!!! MANY OF THE BEST CRAGS FROM VOL 1 AND VOL 2 ARE AVAILABLE FOR DOWNLOAD FROM RAKKUP.COM (SEE PAGE 2 OF THIS GUIDE).

*GUIDEBOOKS ARE APPROVED BY THE ONTARIO ALLIANCE OF CLIMBERS

PHOTO: MIKE PENNEY



THERE'S MORE TO
OUTDOOR CLIMBING
THAN JUST ROPING UP.

WE ALL HAVE A ROLE TO PLAY
IN KEEPING ACCESS OPEN TO
OVER 1500 ONTARIO ROUTES
AND BOULDERS.

BECOME A
LIFETIME
MEMBER
TODAY:

ONTARIOALLIANCEOFCIMBERS.CA



Ontario Climbing
News Reviews Interviews
Climber's Forum

The most accurate and
up-to-date route info.

OntarioClimbing.com

Rebecca Lewis running another lap on
Scarface 5.12a, Mount Nemo, Ontario
Climbing: Vol 1 The Southern Escarpment
page 69. Photo: Nathan Kutcher

RAKKUP

Climbing Guidebooks.
Reinvented.

**COMING SOON TO RAKKUP*
KELSO, CAPE CROKER AND
ONTARIO'S 50 BEST ROUTES**



***ONCE THE GLOBAL
PANDEMIC SETTLES DOWN!**