Course Description
This two-credit course includes several classroom sessions and a three-day mountaineering outing in the Oregon Cascades. Classroom sessions focus on concepts and skills essential to safe and responsible mountaineering. Topics include care and use of clothing and equipment, objective and subjective mountaineering hazards, knots, rope handling and rigging, belaying, navigation skills, and trip planning and preparation. The outing provides an opportunity to develop basic mountaineering skills, learn basic rescue techniques, practice mountain navigation and refine leave no trace travel and camping skills.

Prerequisites
PEO 285 - Wilderness Survival and PEO 351 - Backpacking 1 or equivalent experience, and Instructor consent.

Learning Outcomes
The Outdoor Pursuits Program emphasizes safe and responsible participation in outdoor activities. In addition to meeting the learning outcomes of prerequisite and corequisite courses, upon completion of this course you should be able to:

1. List the clothing and equipment requirements necessary for a safe, multi-day mountaineering outing.
2. Plan, organize, and safely implement a basic multi-day mountaineering excursion.
3. Describe the potential risks and hazards inherent to the mountain environment.
4. Demonstrate adequate fitness for participation in the outing component of this course.
5. Demonstrate how to read a topographic map and utilize a map and compass while routefinding in a mountain environment.
6. Demonstrate an understanding of Leave No Trace travel and camping skills specific to the mountain environment.
7. Prevent and care for cold, heat and sun-related injuries (hypothermia, frostbite, snow blindness) and altitude illness.
8. Demonstrate competence in the following skills: knots and rope handling, rigging for glacier travel, roped travel, self-arrests, ascending and descending snow slopes, belaying, snow anchors, and basic crevasse rescue systems.

Evaluative Criteria
This is a P/NP course. All of the following evaluative criteria must be met for a passing grade:

30% Participation
   a. Classroom - attending the required sessions identified on the course schedule, being on time and actively participating in classroom sessions and contributing to the group effort.
   b. Fitness – demonstrating adequate fitness for the outing by running two-miles in 18 minutes or less during a scheduled class session prior to the outing.
   c. Backcountry Outing - complying with OPP Outing Policies; maintaining a positive and supportive attitude; making an effort to be organized, efficient, and on time for all outing events; contributing to the group effort; and arriving at the meeting point for the outing with all of the required items of clothing and equipment.

40% Competence - must be demonstrated in the following areas:
a. **Ground skills** - coiling a rope, properly using and caring for equipment, fitting and adjusting a seat and chest harness, tying basic knots, rigging for three-person glacier travel, and belaying;

b. **Mountaineering safety** - adhering to the safety practices set forth by the instructor, including: performing team safety checks, wearing a helmet when required, complying with self arrest and roped climbing protocols.

c. **Climbing technique** – demonstrating correct foot/axework when climbing and descending a snowsloppe, and moving safely and efficiently as a member of a rope team;

d. **Belaying** - safely executing self and team belaying techniques;

e. **Arresting** - safely arresting oneself and rope team members during a sliding fall on a steep snow slope;

f. **Backcountry camping and travel skills** - packing a pack; hydrating and eating at regular intervals; maintaining comfort while hiking and/or climbing, during teaching events, and while camping; setting up and using a shelter; using a backpacking stove; and practicing Leave No Trace (LNT) camping and travel techniques.

30% Worksheet – submitting a fully completed worksheet by the date specified by the instructor. A score of 80% or better is required for a passing grade.

To be considered for a passing grade, participants must:

1. Attend and fully participate in ALL required classroom sessions specified on the course schedule.

2. Pass the fitness test within the term and prior to the outing.

3. Participate fully in the three-day outing.

4. Submit the worksheet by the deadline specified on the course schedule.

5. Attain a score of 80% or higher on the combined evaluative criteria.

**Outing Course Demands, Requirements, Expectations, and Policies**

The outing is conducting on the slopes of Ball Butte in the southern region of the Three Sisters Wilderness area. Barring unforeseen circumstances, outing events unfold as follows:

**Day 1** – From the Mt. Bachelor parking lot, outing participants travel to a campsite located near treeline at an elevation of approximately 6800’. Students will have the opportunity to practice off-trail backcountry navigation techniques, then set up camp and practice knots and rope handling.

Day 2 - Up prior to sunrise to learn and practice basic mountaineering skills and rescue techniques on a snow slope near camp.

Day 3 – Up prior to sunrise to practice rescue techniques at a suitable location near camp. Participants depart the site mid-morning.

Mountaineering can be physically and mentally demanding for novice participants. Pack weights are heavier than for a typical backpacking trip and traveling conditions (e.g. post-holing in snow) can be very demanding. A great deal of energy can be spent traveling to base camp, practicing skills and climbing.

Additionally, spring weather in the Oregon Cascades can change rapidly, adding to the physiological challenge. Below-freezing temperatures with strong winds and blowing snow can quickly change to freezing rain, sleet, sun, or a mixture of everything over the course of the outing. As a result of this mix of possible weather events, snow conditions can vary significantly. The primary
hazards are hypothermia, trench foot and frostbite, though the risk these conditions can be greatly reduced by careful attention to the proper use of clothing and gear, and constant self-monitoring.

It’s imperative that you understand what is required of you in terms of preparation, fitness, physical comfort, attitude, and conduct. MOST IMPORTANT! Safety is our first concern and must be yours as well. Attend the outing only if you feel mentally and physically prepared and are willing and able to assume full responsibility for your own safety. Never assume that the leadership team knows everything, always make good decisions, or can solve every problem for you. Your safety depends upon your alertness and good sense. We encourage you to maintain a questioning attitude! If you are unsure of something, ask!

A. Prior to participation in the outing you are required to:
   1. Attend the required preparation sessions.
   2. Submit the course worksheet on time and in acceptable (passing) form.
   3. Meet the course fitness requirements by running 2 miles in less than 18 minutes during a pre-outing classroom session (or meet director approved alternative criteria).
   4. Read, understand, and sign the Statement of Risk, Assumption of Risk, and Release of Liability document, Health Information form, and Outing Policies document, allowing enough time to thoroughly read each document and bring any questions you may have to the course instructor. It is your responsibility to provide your instructor with information regarding injuries, surgeries, medications, or other special considerations that may affect your participation in this course.
   5. Arrive at the outing departure point on time and with all of the required clothing and equipment. Gear and clothing requirements will be detailed during class sessions. To avoid loss of credit, fees, and the experience of the outing, make sure that you understand the requirements and verify the acceptability of required items well in advance of the departure date. The Outdoor Pursuits Program maintains a limited supply of certain items for student use at no charge. You must provide your own equipment unless we happen to have the items you need. Rentals are available locally. You must also provide your own food. Transportation is covered in the cost of the course.

B. As a participant in this outing course, you are expected to:
   1. Monitor your health and comfort, eat and drink regularly, and inform your instructor if you become uncomfortable or exceed your limits of personal safety. Your enjoyment of the course will be improved by maintaining a positive attitude and by being mentally prepared for a new set of challenges each day.
   2. Know and practice minimum impact camping techniques specific to the mountain environment.
   3. Refrain from using illicit drugs and alcohol, carrying firearms, and bringing pets of any kind. Our outing participation policies regarding alcohol, illicit drugs and firearms are "zero tolerance". Do not anticipate lenience or exceptions. Failure to abide by these policies may result in a permanent grade of "F" or "NP" in the course and and/or a formal complaint registered with the Office of Student Life.
   4. Wear a seat belt AT ALL TIMES while riding in State vehicles.
   5. Remember that you are participating in a tax-supported public program. Help us maintain a good image by being sensible in attire and behavior when near members of the public.
C. You will not be allowed to participate in the outing if you:
   1. Miss any required preparation course sessions.
   2. Fail to submit the required worksheet(s) and/or written assignments.
   3. Fail the fitness test.
   4. Arrive at the outing with inadequate equipment or if, in the instructor’s opinion, your participation (for whatever reason) could compromise your or the group’s safety.

D. You participate at your own risk. You are strongly encouraged to obtain health insurance. You may be asked to secure a physician’s statement clearing you to participate in this course.

Policy On Issuing Incompletes
In compliance with University policies, an "I" can be given only when a relatively minor part of a course is not completed. Therefore, if you do not participate in the outing component, an "I" is not an option. If you cannot attend the outing, drop the course as soon as possible.

Refund Policies
If participation is disallowed due to failure to meet the requirements for participation specified above, or because you chose not to participate in the outing for any reason other than a documented family or medical emergency, fees will NOT be refunded. Refunds are subject to the refund schedule established by the Registrar’s Office. NOTE: This course is designated as a ‘short course’ (one that does not span the full term). The refund is different for short courses. Your instructor will provide information about the refund schedule.

Mandatory Reporting
The UO is committed to providing an environment free of all forms of prohibited discrimination and sexual harassment, including sexual assault, domestic and dating violence, and gender-based stalking. Any UO employee who becomes aware that such behavior is occurring has a duty to report that information to their supervisor or the Office of Affirmative Action and Equal Opportunity. The University Health Center and University Counseling and Testing Center can provide assistance and have a greater ability to work confidentially with students.

Additional Information
1. IMPORTANT! The outing requires that you miss ALL class sessions scheduled on the Friday of the outing. It is your responsibility to contact your teachers well in advance of the outing to determine if your absence will be permitted. NOTE: Your teachers are under no obligation to release you from your responsibilities in order to participate in this outing. Attending Friday classes and driving on your own to the outing location later in the day is NOT PERMITTED.
2. Course readings, articles and notes are available on the OPP website: http://opp.uoregon.edu/climbing/climb.html
3. A color map of the outing location is required for classroom sessions. Your instructor will provide information about how/where to obtain the map.
4. Laptop and cell phone use (including text messaging) is prohibited during class sessions!
5. This outing is conducted according to the requirements of a Special Use Permit administered by the United States Forest Service.
**Instructor Contact Information**

**Instructor:** Daniel Crowe  
**Office:** 172 Esslinger (346-1937)  
**E-mail:** dcrowe@uoregon.edu  
**Office Hours:** TBA

**Term Schedule**

<table>
<thead>
<tr>
<th>DAY</th>
<th>READINGS &amp; REMINDERS</th>
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| CLASS 1 | Course Introduction  
Rope handling #1 |
| | Readings available on course web site  
Reading: Coiling a Rope |
| CLASS 2 | Clothing and equipment requirement  
Mountaineering equipment  
Knots for mountaineering |
| | Resource: Outing equipment  
Reading: Equipment and clothing  
Knots |
| CLASS 3 | Rigging for roped travel #1 |
| | Bring harnesses and prusiks to class  
Reading: Rigging for roped team travel |
| CLASS 4 | Rigging for roped travel #2  
Worksheet requirements |
| | Resources: Mountaineering worksheet  
Map of travel route  
Reading: Estimating travel times |
| CLASS 5 | Mountain hazards |
| | Reading: Mountain hazards |
| CLASS 6 | Environmental impacts  
Fitness test (2 miles in 18 minutes)  
Boot fitting |
| | WORKSHEETS DUE!  
Reading: Leave no Trace ethics for the mtn. environment  
Bring running gear |
| CLASS 7 | Outing preparation |
| | Fri. May _____ to Sun. May ____ - Mountaineering I Outing  
Meet at the OPP staging area at ________________ |
| CLASS 8 | Outing debriefing and course evaluations |
| | MANDATORY SESSION - NO EXCEPTIONS! |

**ALL CLASS SESSIONS ARE REQUIRED IN ORDER TO PARTICIPATE IN THE OUTING!**