

UNIVERSITY OF OREGON
Outdoor Pursuits Program
Description - Introduction to Lead Climbing

Description

This course covers the basics of lead climbing, indoors and out, using sport and traditional rock climbing techniques. Topics include an equipment and knots review, belaying (with emphasis on belaying the leader), gear placement, anchor construction, anchor management, and lead climbing techniques (with a focus on crack climbing).

Prerequisites/Corequisites

Rock Climbing 3 Outing (or equivalent experience) is required.

Objectives

The Outdoor Pursuits Program emphasizes safe and responsible participation in outdoor activities. Upon completion of the course the student should be able to demonstrate:

1. An understanding of the care, strengths, weaknesses and use of rock climbing protection, including bolts, nuts, (hexes, stoppers, etc.) spring loaded camming devices (e.g. "Friends"), and natural protection.
2. Proficiency in clipping bolts and placing rock protection while on lead.
3. An ability to construct a multi-point anchor from scratch.
4. The ability to assess the integrity of anchor systems, including preset bolt anchors and those constructed using rock protection.
5. Proper belaying of a lead climber.
6. Proficiency in holding a leader fall.
7. An understanding of the forces involved in leader falls.
8. An improvement in crack climbing techniques.
9. An ability to accurately assess one's strengths and weaknesses as an beginning lead climber.

Evaluative Criteria

Students enrolled for credit will be graded in the following areas. Specific information will be provided by the instructor.

Worksheet	Skill and Skill Improvement
Participation		

To be considered for a passing grade, a student must:

1. Miss no more than two class sessions.
2. Attend all required course sessions - see the Course Syllabus.
3. Attain a score of 75% or higher on the evaluative criteria.

Additional Information

1. In order to complete the worksheet, print the PDF document 'Forces Involved in Leader Falls' from the OPP website: www.uoregon.edu/~opp/climbing/forcesinleadfalls.pdf
2. You are required to read and sign a Statement and Assumption of Risk form and a Release prior to participation in the sessions at the indoor rock wall and the outings to Skinner's Butte Columns.
3. Equipment is provided for indoor climbing sessions only. You must provide your own harness, shoes etc. for the outings to the columns. The course instructor must approve personal equipment for use.
4. All students will lead climb on a top rope unless otherwise approved by the course instructor.
5. Students must wear a helmet while lead climbing indoors and while belaying and climbing at the columns.