

Rock Climbing 3 Preparation Course Description

opp.uoregon.edu/climbing/climb.htm

Description

This course supplements the basic skills learned in Rock Climbing 1 and 2 and prepares the student for participation in the Rock Climbing 3 outing to Smith Rock State Park. The focus is on technical systems and includes a review of basic skills (knots, rope handling and belaying), protection placement, anchor construction and management, and basic rescue systems.

Prerequisites/Corequisites

PEOL 251 Rock Climbing 1 is a prerequisite (equivalent rock climbing experience may be substituted at the discretion of the instructor). Rock Climbing 3 Outing is a corequisite to participation.

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. Competence in caring for, and properly using rock climbing equipment.
2. Competence in tying knots used for climbing, building anchors, ascending a rope, and escaping a belay.
3. Knowledge of how to safely and properly place and remove passive and active forms of climbing protection.
4. Knowledge of how to construct and evaluate a solid multi-point anchor.
5. Knowledge of the forces placed on anchor components in a multi-point anchor system.
6. An understanding of the forces involved in the chain of protection while top roping with slingshot and upper belays.
7. Proficiency in basic rescue techniques including belay escapes and fixed rope ascension.

Evaluative Criteria

This is a P/NP course. Students enrolled for credit will be graded in the following areas. All of the following evaluative criteria must be met for a passing grade:

Worksheet - 80% or better is required. Note the due date on the course schedule. Late submissions will not be accepted.

Attendance - full attendance at all class sessions is required. Note: the last class session is mandatory. A written assignment will be required of students not in attendance at this session.

Competence - must be demonstrated in the following areas:

- a) Rock Climbing 1 ground skills - coiling a rope, properly using and caring for rock climbing equipment, fitting and adjusting a climbing harness and helmet, and tying basic knots (overhand and figure-of-eight families);
- b) Belaying - properly using a friction belay device;
- c) Basic rescue - correctly performing a belay escape and demonstrating competence in fixed rope ascension.
- d) Protection placement - correctly placing hexentrics and stoppers in vertical cracks.

Satisfactory Participation - Active participation in all of the course components.

Additional Information

1. A required text (*Climbing Anchors* by John Long) is available at the Bookstore. *How to Rock Climb*, by John Long is highly recommended optional resource.
2. You must provide your own seat harness. Bring your harness (or a 22' section of 1" tubular sling webbing) to the specified class sessions. Your harness must be approved for use by the course instructor.
3. You must provide a 16'-20' cordelette (6 or 7 mm. accessory cord). Bring it to all class sessions and on the outing. A single prusik loop (tied from approximately 6' of accessory cord) and a daisy chain are highly recommended.
4. Evaluation: You are expected to complete a course and instructor evaluation at the end of this course.

Rock Climbing 3 Outing Description

Description

This course supplements the basic knowledge and skills learned in Rock Climbing 3 Preparation. The emphasis is on safe and responsible rock climbing. Topics include protection placement, anchor construction, basic rescue techniques, and further development of climbing techniques, in the context of a three-day outing to Smith Rock State Park.

Prerequisites/Corequisites

Rock Climbing 3 Preparation is a corequisite to participation.

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.) and natural protection.
2. Proficiency in the safe and proper placement and removal of rock protection.
3. An ability to construct a multi-point anchor from scratch.
4. How to analyze and assess the anchors of others, including preset bolt anchors.
5. Proper execution of an upper belay.
6. An understanding of basic rescue techniques including belay escapes.
7. An improvement in crack and face climbing techniques.
8. An ability to accurately assess one's strengths and weaknesses as an intermediate rock climber.

Evaluative Criteria

This is a P/NP course. Students enrolled for credit will be graded in the following areas. All of the following evaluative criteria must be met for a passing grade:

Prerequisites - a passing grade in Rock Climbing Preparation is required.

Outing participation - full attendance, and compliance with OPP Attendance and Participation policies is required.

Competence - must be demonstrated in the following areas:

- a) Rock climbing safety - adhering to the safety practices set forth by the instructor, including: performance of buddy-system safety checks, wearing a helmet when required, anchoring in while setting anchors at the edge of a cliff, complying with top-rope climbing protocols;
- b) Belaying - safely executing yo-yo and top-belay set-ups;
- c) Rappelling - safely rappelling with a friction device, and tying-off on rappel.
- d) Anchor construction - building unidirectional, multi-point anchors from scratch, using artificial protection.

Satisfactory Participation - Active participation in the following outing components: anchor building, climbing, rappelling and belay escapes.

Additional Information

1. You participate at your own risk. We recommend that you have personal health/accident insurance since you are responsible for your own health care costs. You may be asked to secure a physician's statement clearing you to participate in this course.
2. You are required to read and sign a Statement and Assumption of Risk form, a Release, and a Health Information document prior to participation in the outing. 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.
3. Gear and clothing requirements will be detailed in the preparation classes. Compliance with the gear requirements is your responsibility. To avoid loss of credit, fees, and the experience of the outing, make sure that you understand the requirements and double check everything just prior to the outing.
4. Lost or damaged climbing gear belonging to either the OPP or course instructor(s) must be replaced according the procedures set forth by the class.