**Description**

This course is designed to teach students with pre-existing climbing skills basic route setting techniques in an indoor climbing environment. Topics include equipment, knots, anchors (constructing, managing and cleaning), designing routes, selecting and sequencing holds, refining climbing techniques, and rigging techniques for setting in vertical environments. The course meets once a week for nine weeks at the indoor rock wall in the SRC.

**Prerequisites/Corequisites**

Rock Climbing 1 (or equivalent experience)

**Learning Outcomes**

The Outdoor Pursuits Program emphasizes safe and responsible participation in outdoor activities. In addition to meeting the learning outcomes of prerequisite courses, upon completing this course the student should be able to demonstrate:

1. How to care for and safely use climbing equipment required for route setting.
2. Proficiency in choosing the right tools and rigging techniques to set efficiently and safely.
3. Competence in self belaying techniques.
4. Proficiency in constructing, managing, and cleaning anchors for route setting.
5. Proficiency in understanding safe setting techniques with an emphasis on proper movement.
6. An improvement in climbing techniques and styles.
7. An understanding of personal strengths and weaknesses as a route setter.

**Evaluative Criteria**

This is a P/NP course. Students enrolled for credit will be assessed a P/NP grade based upon the following criteria: Attendance, competence, participation and improvement, and knowledge. Specifically, for a passing grade, students must:

1. Miss NO MORE than 2 class sessions, REGARDLESS OF THE REASON FOR ABSENCE. Attendance is MANDATORY at the sessions specified in the syllabus. NO EXCEPTIONS!
2. Demonstrate competence in the following skill components: equipment use, rigging, self belaying, anchor use, sequencing of routes.
3. Show steady improvement in route setting techniques.
4. Attain a score of 80% or higher on the worksheet. Late submissions will not be accepted. The deadline is specified on the schedule.

**Accessibility Information**

The University of Oregon is working to create inclusive learning environments. If there are aspects of the instruction or design of this course that result in barriers to your participation, please notify me as soon as possible. You are also encouraged to contact the Accessibility Education Center: 164 Oregon Hall, 346-1155, or mailto:disabsrv@uoregon.edu
### Term Schedule

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<tr>
<th>WK</th>
<th>TOPIC</th>
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<tbody>
<tr>
<td>1</td>
<td>Introduction, Equipment, safety protocols</td>
<td>(MANDATORY)</td>
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<tr>
<td>2</td>
<td>Techniques of Movement/Bouldering &amp; climbing</td>
<td>(MANDATORY)</td>
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<tr>
<td>3</td>
<td>Ladder safety, rigging techniques, and hold/bolt protocols</td>
<td>(MANDATORY)</td>
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<tr>
<td>4</td>
<td>Boulder problem basics</td>
<td>(MANDATORY)</td>
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<td>5</td>
<td>Boulder problem setting (continued)</td>
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<td>6</td>
<td>Route-setting for recreation and competition</td>
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<td>7</td>
<td>Route-setting (Continued)</td>
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<td>8</td>
<td>Forcing movement and creating flow. Movement safety</td>
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<tr>
<td>9</td>
<td>Competition/ Course Evaluations</td>
<td>WORKSHEETS DUE! (MANDATORY)</td>
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### Additional Information

1. Valid UO ID is REQUIRED to access the recreation center. Scan your hand, or provide the front desk staff your ID#.

2. Backpacks and other personal belonging must be stored in the s in the cubbies. PE & REC assumes no responsibility for lost or stolen items. Lockers are available for rent. Day-use lockers are available free of charge. Bring our own lock or check one out from Equipment Issue.

3. Equipment is provided for the duration of the course. The instructional team will issue equipment at the beginning of class.

4. You participate at your own risk. It is your responsibility to provide your instructor with information regarding injuries, surgeries, medications, or other special considerations that may affect your ability to safely participate in this course. 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.

5. You are required to read and sign a Statement and Assumption of Risk form, a Release, and a Health Information document during the first class session. It is your responsibility to provide your instructor with information regarding injuries, surgeries, medications, or other special considerations which may affect your participation in class.

6. General Safety: Students are required to abide by the protocols and policies established for use of this facility. The instructional team will cover these protocols and policies.

7. Evaluation: We request that you complete an online course evaluation at the end of this course.

8. Web Link:  [http://opp.uoregon.edu/climbing/climb.html](http://opp.uoregon.edu/climbing/climb.html)

### Instructor Contact Information

Instructor:  Daniel Crowe – 172 Esslinger – dcrowe@uoregon.edu - 541-346-1048

Office Hours:  ...........................................................................................................