Description
This course is designed for backcountry recreationists interested in learning how to safely cross shallow and deep swiftwater streams. Topics include preparation for swiftwater crossings, selection, use and care of safety and rescue equipment, self-rescue (swimming) techniques, non-technical self and group crossing techniques, technical swiftwater crossings, and preparation for, and prevention of rescue situations.

Prerequisites/Corequisites
PEO 285 Wilderness Survival is a prerequisite. Basic swimming skills are also required.

Learning Outcomes
The Outdoor Pursuits Program emphasizes safe and responsible participation in outdoor activities. Upon completion of the course the student should be able to:
1. Demonstrate an understanding of the importance that mental and physical preparation and good judgment play in executing swiftwater crossings and preventing rescue situations.
2. Demonstrate an understanding of river hydrology and the impact of river features and hazards on stream crossing strategies.
3. Articulate the challenges associated with crossing backcountry streams fed by snowmelt and storms.
4. Explain the advantages and disadvantages of selecting dry and wet stream crossing methods.
5. Effectively care for and use safety and rescue equipment.
6. Execute self-rescue skills including swimming techniques with and without a partner and non-technical shallow and deep water crossings.
7. Tie the common knots necessary to tie slings, rig ropes and construct technical systems for water crossings.
8. Perform various rope rescues including throwrope and throwbag rescues, belays and tag line rescues.
9. Implement technical crossing systems including zip line and pendulum systems.

Evaluation
This is a pass/no-pass course. To be considered for a passing grade, a student must attend ALL class sessions and fully participate in all aspects of the 2-day outing. Post-outing attendance is mandatory, NO EXCEPTIONS. Students will be graded in the following areas:

30% Participation, Attitude & Effort – contributing to the group effort, being on time for class sessions and outing events, maintaining a positive and supportive attitude during scheduled events, arriving on time at the meeting point with all of the required items of clothing and equipment, complying with OPP policies regarding using personal and group safety and rescue equipment, and taking the initiative to help organize and manage equipment.

40% Competence - must be demonstrated in the following areas. Five points (percent) per category:
   a. Swimming - swimming a section of Class II water alone and with a partner.
   b. Throwbag/throwrope rescue - properly using a throwbag and a throwrope to rescue a swimmer.
   c. Knots - tying the common knots used for rigging and rescue (as identified by the instructor).
   d. Belay and Rigging - belaying others and rigging select technical systems.
e. **Non-technical group shallow water crossings** – safely performing the common methods of crossing shallow streams with small and large groups, with and without equipment.

f. **Technical group deep water crossings** – safely performing the deep water crossings selected by the course instructor, with and without equipment.

g. **Equipment use and care** - demonstrating correct use and care of safety and rescue equipment.

h. **Safety skills** – following the protocols and policies established for safe conduct on the riverbank environment and consistently wearing the safety equipment required by the course instructor.

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.

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

The outing portion of this course is conducted at Fall Creek in the month of April. Chilly spring air and water temperatures are the norm for this time of year. Wading and swimming in cold water can be physically and mentally demanding. A great deal of energy can be expended performing the various skills and systems.

It's imperative that you understand what is required of you in terms of preparation, clothing and equipment requirements, 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 both pre-outing class sessions.
2. Submit, on time, the course worksheet in acceptable (passing) form.
3. 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 the instructor with information regarding injuries, surgeries, medications, or other special considerations that may affect your participation in this course.
4. 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 (including personal flotation devices). You must provide your own wetsuit, hood, and booties. 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. Consistently demonstrate an understanding of the safety protocols established for practicing skills on the riverbank environment and while in the water.
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. 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 are strongly encouraged to obtain health insurance prior to participation in this outing.**

**Additional Information**

1. Course readings, articles and notes are available on the OPP website: [http://opp.uoregon.edu/rescue/rescuecourses.htm](http://opp.uoregon.edu/rescue/rescuecourses.htm)

2. In compliance with University policies, an "I" can be given only when a relatively minor part of a course is not completed. If you cannot meet the attendance and participation requirements established for this course, drop it as soon as possible. Pay careful attention to withdrawal deadlines.

3. 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, fees will NOT be refunded. Refunds are subject to the refund schedule established by the Registrar's Office.

4. This outing is conducted according to the requirements of a Special Use Permit administered by the United States Forest Service.

**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

**Course Instructor**

Instructor: ..........................................................  Office: ..........................................................
Office Hours: ..........................................................  E-mail: ..........................................................
Course Schedule

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<thead>
<tr>
<th>SESSION</th>
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<th>NOTES</th>
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<tr>
<td>Class #1</td>
<td>Introduction to course/expectations</td>
<td>Reserve wetsuit, hoods, gloves and booties</td>
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<td>Outing equipment requirements</td>
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<td>Safety and rescue equipment #1 – ropes &amp; slings</td>
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<td>Rope care, management &amp; use</td>
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<td>Select knots: bends, loops and hitches</td>
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<td>Class #2</td>
<td>River hydrology, features and hazards</td>
<td>Reserve a wetsuit items at Eugene Skin Divers</td>
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<td>Outing Preparation</td>
<td>Waivers and Health Forms</td>
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<td>Rescue systems – mechanical advantage</td>
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Outing Events – Saturday

07:30  Participants meet at OPP gear room – outing organization and equipment check
08:15  On the road to Fall Creek in State vans
09:15  Arrive at Broken Bowl Campground on Fall Creek – equipment organization
09:30  River bank safety and etiquette
       River hydrology, features and hazards, spotter locations, dry vs. wet crossings
09:45  Practice using throw bags and throw ropes
10:15  Students don wetsuits, pfd's and helmets
10:45  Swimming rapids and rope throw - groups rotate
11:30  Lunch break
12:00  Wet river crossings - individual, pairs and small group techniques
14:30  Swimming over a snag - skills practice
16:00  Gear organization
       Debrief the day's events and discuss Sunday's schedule

Outing Events – Sunday

07:30  Participants meet at OPP gear room – outing organization and equipment check
08:15  On the road to Fall Creek
09:15  Arrive at Broken Bowl Campground on Fall Creek – equipment organization
09:30  Mechanical Advantage- small groups practice constructing on dry land 2:1, 3:1 systems
10:30  Demo and explain Tyrolean Traverse and Pendulum crossings on dry land
11:30  Lunch
12:00  Students don wetsuits, pfd's and helmets
       Students swimming lines across river
       Zip line and Pendulum crossings
15:30  Gear organization
16:00  Pack up and head home
17:00  On-campus

Class #3  Outing debrief and feedback session
          Written Project due
          Course wrap up

Notes:

1. Rescue gear and transportation to and from outing location are provided. You must provide certain items of equipment (knife, whistle), and clothing as described by the course instructor.

2. You must provide a full-length wetsuit (7 mm. farmer john and jacket), wetsuit booties, and gloves for the outing.