



UNIVERSITY OF OREGON - PE & RECREATION
OUTDOOR PURSUITS PROGRAM
WINTER 2010 COURSES

PEOL 285 - WILDERNESS SURVIVAL
- our gateway course - \$74

This classroom-based course provides the information and skills necessary for safe, low impact, backcountry travel and serves as a prerequisite to all backcountry-oriented courses. Topics include thermoregulation, dressing for the outdoors, nutrition & hydration, map and compass, environmental injuries, weather & lightning, safety and survival, wilderness management, and leave no trace hiking and camping.

Times: Eight 2-hour class sessions. Select from 14:00-15:50 p.m. Tuesday or 16:00-17:50 p.m. Wednesday

Instructor: Michael Strong

PEOL - ROCK CLIMBING COURSES

251-ROCK CLIMBING 1 - \$84

This popular course covers the basics of safe rock climbing. Topics include equipment, knots, belaying, rappelling, and a range of climbing techniques. This course is conducted at the indoor climbing wall in the Student Recreation Center.

Prerequisite: none

Times: 8 courses offered; check online schedule

Notes: Equipment is provided

252-ROCK CLIMBING 2 - \$84

The focus of this course is on refining the basic climbing skills learned in Rock Climbing 1, with an emphasis on improving fitness and endurance and refining face and crack climbing techniques. The course is conducted at the indoor climbing wall.

Prerequisite: Rock 1 or equivalent experience

Times: 4 courses offered; check online schedule

Notes: Equipment is provided

DID YOU KNOW?

- First day attendance is REQUIRED in OPP courses. NO EXCEPTIONS!
- We have a comprehensive web site:

OPP.UOREGON.EDU

PEOL - TECH. RESCUE COURSES

366-VERTICAL RESCUE TECHNIQUES - \$119

This two-credit course focuses on technical rescue skills for a single rescuer. You'll have plenty of time to practice belay escapes, raising rescues, counterbalance descents and rappelling with an injured person in a "ground school" setting prior to practicing these skills during the on-campus outing.

Prerequisite: Rock Climbing 3 or Basics of Technical Rescue (or equivalent experience)

Time: 4:00-5:50 p.m. Thursday

Outing Dates: March 06 & 07 (on campus)

Instructor: Dan Crowe

PEOL - BACKCOUNTRY COURSES

371-SNOW CAMPING - \$104

This two-credit course includes classroom sessions and a three-day outing in the Oregon Cascades. Classroom topics include trip planning and preparation, thermoregulation, cold weather clothing and equipment requirements, a review of cold injuries, snow shelter construction techniques, LNT ethics, avalanche safety, and winter navigation and survival techniques. The outing provides an opportunity to learn and practice winter camping and travel techniques, snow shelter construction and backcountry route finding techniques.

Prerequisites: Wilderness Survival and Backpacking (or equivalent experience)

Time: 4:00-5:50 p.m. Monday

Outing Dates: February 05 - 07

Instructor: Michael Strong

373-CASCADE TRAVERSE - \$154

This **tentative** two-credit course includes several classroom sessions and a challenging three-day outing in the Oregon Cascades. Classroom sessions include trip planning and preparation, clothing and equipment requirements, and a review of map and compass techniques. The goal of the outing is to attempt a crossing of the Oregon Cascades in the vicinity of Mt. Washington. The outing emphasizes route finding and navigation techniques, avalanche awareness, and cold weather camping and survival techniques. Participants travel on snowshoes or, with instructor approval, on ski-touring skis.

Prerequisite: Wilderness Survival, Snow Camping (or equivalent experience), and Instructor's consent

Time: 4:00-5:50 p.m. Monday

Note: this course starts mid-term, after Snow Camping concludes (same time - check room location in schedule)

Instructors: Michael Strong and Dan Crowe

PEOL - PROFESSIONAL COURSES

455-PRINC. OF OUTDOOR LEADERSHIP - \$190

This course focuses on the nuts and bolts of field leadership. The course examines the roles and responsibilities of leaders, field leadership tactics and methods, risk management planning, and emergency procedures. The three-day outing includes a driver training component, a night hike to a campsite on the Oregon coast, and learning modules emphasizing the development of field leadership skills.
Time: 2:00-3:20 p.m. Monday & Wednesday
Prerequisites: Wilderness Survival, Backpacking, and Instructor's consent
Instructors: Michael Strong and Dan Crowe
Outing Dates: January 29 - 31 to the Oregon coast

ABOUT OUR COURSES

Our courses are popular and fill early! If you cannot register because a course is full, or would like to enroll for non-credit, come to the first class session. Since first day attendance is mandatory in all of our courses, absentees will create openings.

For more information about Outdoor Pursuits Program courses, or the Outdoor Pursuits Leadership Training Program, please visit our website or contact one of the following program coordinators.

Michael Strong: 346-1048 186A ESL mstrong@uoregon.edu

Daniel Crowe: 346-1932 172 ESL dcrowe@uoregon.edu

IGLOO BUILDING

By Michael Strong - illustrations from 'Off Belay' magazine

There is nothing quite like sleeping in an igloo. A properly built igloo is a work of art, and can be quieter, drier and roomier than a tent. A pair of experienced igloo builders can complete an igloo in an hour or so. Your first attempt will take much longer, and success depends upon how well you follow some basic building principles:

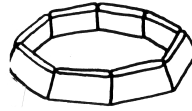
1. Snow conditions must be suitable. Blocks that don't break are essential. You may have to boot pack a quarry and the igloo site, and allow enough time for the snow to consolidate (as little as an hour in wet snow, or several hours in drier conditions).
2. Cut equally sized blocks - about 22" long, 18" high and 4" thick. A snow saw designed for cutting snow blocks works far better than a smooth blade (e.g. machete). Begin by making a long vertical cut. Next, make the side cuts. Angle these cuts in a little to eliminate binding on the sides when you remove the block. Make the bottom cut last. If you've made the cuts properly, you will not

have to pry on the block to remove it. Carry the block to the building site vertically, not horizontally like a platter.

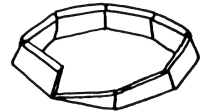
3. Build the base row in a perfect circle. Attach a length of cord to a planted ski pole and scribe a circle. Limit the circle to between 6' and 10 in diameter. Build your first igloo on a flat surface.

LET'S BUILD AN IGLOO!

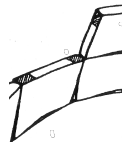
Build the first row. If you're right handed, build counterclockwise, working from the inside. Tilt the blocks inwards at a consistent angle, making sure that the corners have solid points of contact. Pack the slots at the base with snow.



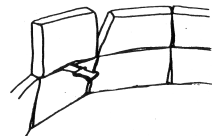
Cut a ramp 1/4 to 1/3 of the circumference of the circle. As you build up the ramp, there is not an adjacent block to provide support. How can a block be supported with one side sitting free of contact?



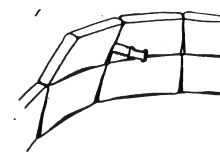
It's simple if you follow this principle: A block can be held in any position by supporting it by two diagonally opposite corners. A third point of contact eliminates block rotation.



Use a standard procedure as you work up the ramp. Place the block vertically with its base in the proper position, insert the saw in the base seam and shave away snow until the block rests only on the two bottom corners (diagram at right). Then tilt the block towards you and shave away at the side of the block until its upper corner makes secure contact with the adjacent block (diagram at right).



Once the spiral is established, building proceeds until its time to place the final block. The final block is the easiest one to place and structurally not that important. Cut an oversized block and place it up through the hole from the inside, shape it and drop it into place. Finish your igloo by packing fresh snow in cracks and holes, and digging an entrance trench beneath the base layer. Roof the entrance over with blocks placed in an a-frame fashion. Carve out a couple of ventilation holes on the sides near the top.



There are many adaptations to the above process. You can dig out the middle to enlarge the space before starting (a digloo), or cut blocks from the center to produce two side-by-side sleeping platforms. You can also cut blocks from the entrance trench, instead of digging a tunnel. As you get more experience, you can experiment with design improvements.