

PEOL 331 – Outdoor Rock Climbing Syllabus

opp.uoregon.edu/climbing/climb.htm

General Description

This two-credit course supplements the basic skills learned in Rock Climbing 1 and Fitness Climbing. It is designed to prepare the student for independent participation in top roped climbing in an outdoor setting. The focus is on anchor construction and technical systems. Classroom sessions focus on a review of basic skills (knots, rope handling and belaying), belaying, protection placement, anchor construction and management, and basic rescue systems. The highlight of this course is a three-day outing to Smith Rock State Park in Central Oregon, during which students have the opportunity to refine their outdoor climbing skills, build their own climbing anchors, rappel, and practice rescue skills vital to climbing safely in an outdoor setting.

Prerequisite

PEOL 251 – Rock Climbing 1 (or equivalent experience at the discretion of the course instructor)

Learning Outcomes

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

1. Care for and properly utilize rock climbing equipment in an outdoor setting.
2. Efficiently tie knots used to build anchor and rescue systems, and coil a climbing rope.
3. Place and properly remove passive and active forms of rock climbing protection.
4. Construct and evaluate the integrity of a multi-point anchor.
5. Analyze and assess the anchors of others, including preset bolt anchors.
6. Assess the forces placed on anchor components in a multi-point anchor system.
7. Assess the forces involved in the chain of protection while top roping with slingshot and upper belays.
8. Execute yo-yo and upper belays.
9. Demonstrate an improvement in crack and face climbing techniques.
10. More accurately assess one's strengths and weaknesses as an intermediate rock climber.
11. Identify the behaviors that are considered appropriate and inappropriate as a climbing community member when climbing at indoor and outdoor venues.

Evaluation

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:

30% *Attendance and Participation*

- a. *Classroom* - attending the required sessions identified on the course schedule, contributing to the group effort, being on time and actively participating in all classroom events.
- b. *Outing* - complying with OPP Outing Policies; maintaining a positive and supportive attitude; making an effort to be organized, efficient, and on time for all outing events; contributing to the group effort; and arriving at the meeting point for the outing with all of the required items of clothing and equipment.

40% *Competence* - must be demonstrated in the following areas:

- a. *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 (select bends, loops and hitches).
- b. *Climbing safety* - adhering to the safety practices set forth by the instructor, including: performing buddy-system safety checks, wearing a helmet when required, anchoring in while setting anchors at the edge of a cliff, and complying with top-rope climbing protocols.

- c. Belaying - properly using a belay device and safely executing a yo-yo and top belay.
- d. Rappelling - safely rappelling with a friction device.
- e. Protection placement - correctly placing passive and active forms of climbing protection in cracks.
- f. Anchor construction - building a unidirectional, multi-point anchor from scratch, using artificial protection.

30% *Worksheet* - 80% or better is required. Note the due date on the course schedule. Late submissions will not be accepted.

To be considered for a passing grade, participants must:

1. Attend and fully participate in ALL required classroom sessions specified on the course schedule.
2. Participate fully in the three-day outing.
3. Submit the worksheet by the deadline specified on the course schedule.
4. Attain a score of 80% or higher on the combined evaluative criteria.

Outing Demands, Requirements, Expectations, and Policies

The outing component of the Rock Climbing 3 course is conducted at Smith Rock State Park during spring and fall terms. Clear, sunny skies are the norm, with pleasant climbing conditions dominating. Cold, clear nights with temperatures dropping into the 20's or teens are not uncommon. Given that this outing is conducted during the transitional (fall/spring) seasons, students should not be surprised by the arrival of snow, rain, sleet, or a combination of various weather events.

We set up camp at Skull Hollow Campground, a National Forest Grassland several miles from the climbing area that is managed by the USFS. Camping amenities are marginal. There is no running water. Bathroom facilities are available. Participants must bring water containers and are encouraged to bring their own toilet paper. Campfires are permitted and if approved by the course instructor, will require participants to purchase firewood. Water and wood are available in Terrebonne, the nearest community.

Since the climbing area is located several miles from the campsite, we will not be on hand at camp to check on the security of tents and any items of personal or group gear left in camp. The Outdoor Pursuits Program is not responsible for items stolen, or damaged while away from camp. Students who elect to leave items of UO equipment at camp are responsible for repair or replacement, if damage or theft occurs while the group is climbing.

It's imperative that you understand what is required of you in terms of preparation, fitness, physical comfort, attitude, and conduct. MOST IMPORTANT! Safety is our first concern and must be yours as well. Participate in 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 component of the course you are required to:

1. Attend the required classroom sessions.
2. 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 your instructor with information regarding injuries, surgeries, medications, or other special considerations that may affect your participation in this course.
3. 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. You must provide your own equipment unless we happen to have the items you need. 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 the outing component of this 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. 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.
3. Wear a seat belt AT ALL TIMES while riding in State vehicles.
4. 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 component of this course if you:

1. Miss any required classroom 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 participate at your own risk. **You are strongly encouraged to obtain health insurance prior to participation in the outing component of this course.** You may be asked to secure a physician's statement clearing you to participate in this course.*

Policy On Issuing Incompletes

In compliance with University policies, an "I" can be given only when a relatively minor part of a course is not completed. Therefore, if you do not participate in the outing component, an "I" is not an option. If you cannot attend the outing, drop the course as soon as possible.

Refund Policies

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

Additional Information

1. IMPORTANT! The three-day outing requires that you miss ALL other class sessions scheduled on the Friday of the outing. It is your responsibility to contact your professors/instructors well in advance of the outing to determine if your absence will be permitted. NOTE: Your professors/instructors are under no obligation to release you from your responsibilities in order to participate in this outing. Attending Friday classes and driving on your own to the outing location later in the day is NOT PERMITTED.
2. Select course readings, articles and notes are available on the OPP website: <http://opp.uoregon.edu/climbing/climb.html>
3. You must provide your own seat harness. Bring your harness to all class sessions. The course instructor must approve your harness for use.
4. You must provide a 18'-22' cordelette (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 person anchor system (PAS) are highly recommended.
5. Lost or damaged climbing gear must be replaced according the procedures set forth by the course instructor.
6. Evaluation: You are requested to complete student leader evaluations at the last class session, and to complete an online course/instructor evaluation on Duckweb during the evaluation period at the end of the term.

Course Instructor

Dan Crowe, 172 Esslinger Hall; 346-1932; dcrowe@uoregon.edu

Course Schedule

CLASS #	TOPIC	NOTES
WEEK 1	Introduction to Course Course demands/expectations Knots and rope handling	Refer to the website for readings and other resources Loops, Bends, Hitches, friction knots
WEEK 2	Anchor dynamics 2, 3, and 4+-point anchors	Bring your harnesses/ gear to class
WEEK 3	Belaying from above	Belaying review
WEEK 4	Rappelling	Keep working on the worksheet
WEEK 5	Columns – gear placement	Meet at Skinner Butte columns
WEEK 6	Outing preparation	MANDATORY CLASS SESSION
<p>OUTDOOR ROCK CLIMBING OUTING TO SMITH ROCK STATE PARK (check outing dates on UO class schedule)</p> <p>MEET AT THE GERLINGER GEAR ROOM AT (TBA)</p>		
WEEK 7	Practical skills exam Course closure	MANDATORY CLASS SESSION WORKSHEETS DUE

NOTES:

Lost or damaged climbing gear belonging either to the OPP or course instructor(s) will be replaced according to the procedures set forth prior to the outing.