Course Description

This two-credit course includes several classroom sessions and a three-day snowcamping outing in the Oregon Cascades. Classroom topics include cold weather clothing and equipment requirements, a review of thermoregulation and cold injuries, snow shelter construction techniques, Leave No Trace travel and camping ethics, and winter navigation and survival techniques. The outing provides an opportunity to learn and practice safe and responsible winter camping and travel techniques, snow shelter construction and backcountry routefinding techniques.

Prerequisites / Corequisites

PEO 285 Wilderness Survival (no exceptions) AND PEO 351 Backcountry travel (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 prerequisite courses, upon completion of this course participants should be able to:

1. List the clothing and equipment necessary for a safe multi-day snow camping trip.
2. Plan, organize, equip and safely implement a multi-day winter camping trip.
3. Describe the potential risks and hazards inherent to snow camping in the Oregon Cascades.
4. Explain the mechanisms of heat loss and techniques for keeping warm in winter.
5. Explain the signs and symptoms of hypothermia and frostbite and techniques for preventing and/or treating each of these cold injuries.
6. Demonstrate how to read a topographic map and utilize a map and compass while route finding in a winter environment.
7. Implement Leave No Trace travel and camping ethics specific to the winter environment.
8. Construct one or more of the following snow shelters: A snow cave, igloo, digloo, quinzee, and snow trench. Note: the type(s) of shelter(s) constructed will be determined by the snow conditions.
9. Demonstrate adequate fitness for participation in the outing component of this course.

Evaluative Criteria

This is a P/NP course. All of the following evaluative criteria must be met for a passing grade:

30% Attendance and Participation
   a. Classroom – being on time and actively participating in ALL classroom sessions.
   b. Backcountry 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. Backcountry camping and travel skills - packing a pack; hydrating and eating at regular intervals; maintaining comfort while hiking and/or snowshoeing, during teaching events, and while camping; setting up and using a shelter; using a backpacking stove; and practicing Leave No Trace (LNT) camping and travel techniques.
   b. Snow shelter construction - constructing a safe and suitable snow shelter.
   c. Backcountry Risks and Hazards – demonstrating an understanding of the behaviors, skills and techniques essential for safety while winter camping in the Oregon backcountry.
   d. Fitness- running two miles in 20 minutes or less during an in-class pre-outing fitness test.
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.

To be considered for a passing grade, participants must:

1. Attend and fully participate in ALL classroom.
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 takes place near Mount Bachelor, on the eastern side of the Cascades. We snowshoe to a site only a mile or so from the trailhead, to allow as much time as possible for learning winter camping techniques and building snow shelters. The emphasis on Friday is refining travel and camping techniques, with an emphasis on tent/tarp camping. Saturday's focus is on building snow shelters, with an emphasis on block shelters (igloos, digloos, trenches, etc.), quinzhees, caves, and survival shelters.

The Cascades are deeply buried in snow during the winter months. Camping in the snow can be fun and very comfortable if appropriate gear and clothing are skillfully used. The temperatures that we are most likely to encounter range from highs of about 36° to lows in the 5 to 15° range. Heavy snowfall is common. The primary hazards are hypothermia, trench foot and frostbite, though the risk these conditions can be greatly reduced by careful attention to the proper use of clothing and gear, and constant self-monitoring.

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. Submit the course worksheet on time and in acceptable (passing) form.
3. Meet the course fitness requirements by running 2 miles in less than 20 minutes during a pre-outing classroom session (or meet director approved alternative criteria).
4. 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.
5. 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. Know and practice minimum impact camping techniques specific to the winter environment.
3. Adhere to our “zero tolerance” participation policies regarding the use of alcohol, illicit drugs and firearms. 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/or a formal complaint registered with the Office of The Dean of Students.
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.
6. Comply with the Program’s policy on use of cell phones, music players and other personal electronic devices. Policies regarding the use of personal electronics will be discussed during class sessions.

C. You will not be allowed to participate in the outing component of this course if you:

1. Miss any required classroom sessions.
2. Fail to submit the required worksheet(s) and/or written assignments.
3. Fail the fitness test.
4. 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. Course readings, articles and notes are available on the OPP website: http://opp.uoregon.edu/snow/snowcourses.html
3. A color map of the outing location is required for classroom sessions. The map will be made available by the course instructor.
4. Laptop and cell phone use (including text messaging) is prohibited during class sessions!
5. This outing is conducted according to the requirements of a Special Use Permit administered by the United States Forest Service.
Course Instructor
Michael Strong: 186 Esslinger Hall; 346-1048; mstrong@oregon.uoregon.edu; Office Hours: Tuesday & Wednesday 3 – 3:50 or by appt.

Course Schedule

<table>
<thead>
<tr>
<th>DATE</th>
<th>TOPIC</th>
<th>READINGS / NOTES</th>
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<tbody>
<tr>
<td>WEEK 1</td>
<td>Course demands/expectations/waiver &amp; health disclosure</td>
<td>Refer to the website for readings and other resources</td>
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<td>Backcountry hazards</td>
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<td>Leader meeting #1</td>
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<td>WEEK 2</td>
<td>Gear and clothing requirements</td>
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<td>LNT ethics</td>
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<td>WEEK 3</td>
<td>Themoregulation review/maintaining comfort in the cold</td>
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<td>Cold injuries</td>
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<td>Fitness test (2 miles in 20 minutes)</td>
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<td>Bring running gear to class</td>
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<td>WEEK 4</td>
<td>NO CLASS</td>
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<td>Start assembling gear</td>
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<td>WEEK 5</td>
<td>Properties of snow</td>
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<td>Snow shelter construction</td>
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<td>Worksheets distributed/requirements explained</td>
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<td>Map and compass worksheet due</td>
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<td>- late submissions not accepted -</td>
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<td>WEEK 6</td>
<td>Outing preparation</td>
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<td>Leader meeting #2</td>
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<td></td>
<td>SNOW CAMPING OUTING – FEBRUARY ____ TO ____ – TUMALO MOUNTAIN</td>
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<td>MEET AT THE SRC BONUS ROOM AT _____ A.M.</td>
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<td>WEEK 7</td>
<td>Gear return and inspection</td>
<td>REQUIRED SESSION</td>
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<td>Outing debrief and evaluation</td>
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<td>Leader debrief and feedback session</td>
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NOTES:
ALL class sessions are required for a passing grade. If you miss a pre-outing class session, you will be required to drop the course. If you miss the post-outing session, you will not receive a passing grade in the course.