



Written Assignment- due as specified by the instructor at the first class session. 80% or better required.

Competence - must be demonstrated in the following areas:

- a) Rock Climbing I (or equivalent) ground skills;
- b) Ice climbing safety - adhering to the safety practices set forth by the instructor, including: performance of buddy-system safety checks, wearing a helmet when required, properly using ice climbing tools and crampons, and complying with top-rope climbing protocols;
- c) Anchor construction - building a unidirectional, multi-point anchor with a combination of ice screws and a bollard.
- d) Belaying - competence belaying with a friction device in a yo-yo set-up;
- e) Climbing - basic competence in the ice climbing techniques covered during the outing.
- f) Rescue skills - competence in a raising rescue of a climber unable to climb out of a crevasse.

**Additional Information**

- 1. You are required to read and sign a Statement and Assumption of Risk form, a Release and an Attendance and Participation policies document prior to participation in the outing.
- 2. Gear and clothing requirements will be detailed in class. Compliance with the gear requirements is your responsibility. To avoid loss of credit, fees, and the experience of the outing, make sure that you understand the requirements and double check everything just prior to the outing. Note the following:
  - a) You must bring a 16'-20' cordelette and a prusik loop (tied from appr. 6' of accessory cord) on the outing. A daisy chain is also highly recommended.
- 3. Most important! Remember that safety is our number one concern, and must be yours as well. Please participate in (attend) the outing only if you feel mentally and physically prepared for it. If you do participate, maintain a continual awareness of safety issues and a questioning attitude.

**Schedule of Events**

DATE	TOPIC	NOTES
M Sept. 24	Introduction, Logistics & Worksheet Information Prerequisites/Physical Demands Clothing & Equipment Outing Preparation/Tent Groups	Start working on worksheet Independent Fitness Screening
<b>Friday Sept. 28 - Sunday Sept. 30 - Ice Climbing Outing</b> <b>Diller Glacier - Middle Sister - Meet at Gerlinger Annex at 6:30 a.m.</b>		
M Oct. 1	Course Debriefing & Evaluations	Required session. NO EXCEPTIONS