

University of Oregon • PE & REC • Outdoor Pursuits Program
Course Description - PEOL 363 - Ice Climbing I - Fall Term 09

4:00 - 5:50 Tuesday

Instructors: Dan Crowe

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Course Web Site: <http://opp.uoregon.edu/climbing/climb.html>

Description

This course covers the basics of safe and responsible ice climbing. Topics include care and use of equipment, knots, belaying, and a range of ice climbing techniques. The highlight of the course is a three-day outing to the Diller Glacier.

Prerequisites/Corequisites

Wilderness Survival (PEOL 285), Rock Climbing I (PEOL 251) or Mountaineering I (PEOL 361), and Backpacking I (PEOL 351) or equivalent experience are prerequisites to participation. Instructor's consent is also required.

Objectives

The Outdoor Pursuits Program emphasizes safe and responsible participation in outdoor activities. Upon completion of the course the student should be able to demonstrate:

1. An understanding of ice and the ice environment.
2. An understanding of the care, strengths and weaknesses of ice climbing equipment.
3. Proficiency in tying the basic climbing knots used with climbing rope and sling material.
4. Proficiency in the basics of French (low angle) and/or German (vertical) ice climbing techniques.
5. Competence in using brake assisted belays.
6. An understanding of standard climbing signals.
7. Competence in placing ice screws and constructing anchors for top roping.
8. Knowledge of the principle rules and procedures for establishing and testing anchors.
9. An ability to assess one's strengths and weaknesses as a beginning ice climber.
10. Ability to rescue a climber in need of assistance from a crevasse using either a c-pully or z-pulley rescue system.
11. An understanding of subjective and objective mountain hazards.

Evaluative Criteria

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:

Attendance and participation – **ALL** on-campus sessions and full, active participation in the outing is required. Compliance with OPP Attendance and Participation policies is required during the outing.

Gear and clothing preparation - adequate compliance with the gear and clothing requirements established for the outing.

Fitness preparation - meeting established standards of physical fitness as explained in the first class session.

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
Tues. Sept. 29	Introduction, Logistics & Worksheet Information Prerequisites/Physical Demands Clothing & Equipment Outing Preparation/Tent Groups	Start working on worksheet Independent Fitness Screening
Friday October 2 - Sunday October 4 - Ice Climbing Outing Diller Glacier - Middle Sister - Meet at Gerlinger Annex at 6:30 a.m.		
Tues. Oct. 6	Course Debriefing & Evaluations	Required session. NO EXCEPTIONS