

PEOL 288- Mountaineering Preparation Description – Spring Term 2009

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

This course is designed to prepare students for the three-day mountaineering outing to the Oregon Cascades. Introductory techniques, concepts and skills essential to safe and responsible mountaineering are presented during classroom sessions. Topics include clothing and equipment care and use, objective and subjective hazards, knots and rope handling, belaying, navigation skills, and trip planning /preparation.

Prerequisites/Corequisites

Prerequisites: PEOL 285 - Wilderness Survival
PEOL 351 - Backpacking 1 Outing (or equivalent experience)

Corequisites: PEOL 361 - Mountaineering Outing

Objectives

The Outdoor Pursuits Program emphasizes safe and responsible participation in outdoor activities. In addition to meeting the objectives of the prerequisite course(s), upon completion of the course, you should be able to:

1. Plan, organize, equip and safely implement a basic multi-day mountaineering excursion.
2. Generate a comprehensive list of the personal and group equipment necessary for a safe multi-day mountaineering trip.
3. Identify the common hazards inherent to the mountain environment.
4. Demonstrate an understanding of Leave No Trace travel and camping skills specific to the mountain environment.
5. Demonstrate a working knowledge of selected mountaineering knots.
6. Demonstrate proficiency in basic rope management skills.
7. Demonstrate a working knowledge of belaying techniques.
8. Prevent and care for cold, heat and sun-related injuries (hypothermia, frostbite, snow blindness) and altitude illness.

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.

Worksheet - 80% or better is required.

Satisfactory Participation - Active participation in all of the course components. Attendance is MANDATORY at the sessions specified on the course schedule. NO EXCEPTIONS!

Competence - must be demonstrated in the following areas:

- a) Mountaineering 1 ground skills - coiling a rope, properly using and caring for equipment, fitting and adjusting a seat and chest harness, and tying basic knots;
- b) Rigging - correctly rigging for 3-person roped travel;
- c) Belaying - body belays and belaying with a friction device.

To be considered for a passing grade, a student must:

1. Miss no more than one class session AND attend all mandatory sessions (see the syllabus for required sessions).
2. Make up any missed sessions through assignments completed prior to the outing.
3. Submit the worksheet(s) by or before the due date.

Additional Information

1. All course documents are available on the course website.
2. Recommended books include: *'Mountaineering Freedom of the Hills'*, by the Mountaineers, and *'Glaciers: The Art of Travel and the Science of Rescue'* by Strong, Doerry and Ojerio.

University of Oregon - PE & REC - Outdoor Pursuits Program
PEOL 361 – MOUNTAINEERING OUTING COURSE DESCRIPTION – SPRING TERM 2009
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Course Description

A. General Description

This course is designed to provide an introduction to basic mountaineering, in the context of a three-day outing to the Oregon Cascades. In addition to developing basic mountaineering skills, students will have the opportunity to practice backcountry navigation and refine leave no trace travel and camping techniques.

B. General Schedule of Outing Activities

Day 1 - Travel to a campsite located near treeline at an elevation of approximately 6800'. Students will have the opportunity to practice off-trail backcountry navigation techniques. Set up camp and practice knots and rope handling.

Day 2 - Get up early and practice basic mountaineering skills on a snow slope near camp. Skills include ascending and descending snow slopes, self and team arrests, roped travel, snow anchors and belays.

Day 3 - Get up early and practice crevasse rescue skills at a suitable location near camp. Prepare for departure in mid-morning.

C. The Physical Environment

Spring weather in the Oregon Cascades can change rapidly. Below-freezing temperatures with strong winds and blowing snow can quickly change to freezing rain, sleet, sun, or a mixture of everything over the course of the outing. As a result of this mix of possible weather events, snow conditions can vary significantly. Safe travel in spring conditions requires that you have proper clothing and equipment, navigate efficiently and constantly self-monitor your physical condition.

Prerequisites/Corequisites

PEOL 285 Wilderness Survival and *PEOL 351 Backpacking 1 Outing* (or equivalent experience) are prerequisites to participation.

PEOL 288 Mountaineering Preparation is a corequisite to participation.

Instructor consent is also required.

Course Objectives

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

1. Accurately estimate the difficulty of a mountaineering route in terms of its suitability for beginning mountaineering, from field observations and information provided in guide books.
2. Accurately interpret a route designated by the instructor on a topographic map in terms of hazards, climbing time, probable equipment requirements, and suitability for beginning mountaineers, given hypothetical information on time of year and weather conditions.
3. Demonstrate competence in rigging for glacier travel, and utilizing safe glacier travel techniques.
4. Demonstrate competence in the performance of basic mountaineering skills, including self-arrests, self-belays, ascending and descending snow slopes, belaying, roped travel, snow anchors, basic cramponing (weather permitting), and crevasse rescue.
5. Demonstrate the ability to carry out a safe, low impact three-day mountaineering outing.
6. Demonstrate adequate fitness for participation in the Mountaineering I Outing.

Evaluative Criteria

Students enrolled for credit will be graded in the following areas. The instructor will provide specific information.

Fitness Test: Run two-miles in 18 minutes or less during a scheduled class session prior to the outing.

Gear and clothing preparation: Arrive on time at the meeting point with all of the required items of clothing and equipment.

Outing participation: Full attendance, and compliance with OPP Attendance and Participation policies is required. You will also be evaluated on your personal organization and contribution to the group effort.

Competence: Must be demonstrated in the following areas:

- a) *Mountaineering safety* - adhering to the safety practices set forth by the instructor, including: performance of safety checks, wearing a helmet when required, complying with self arrest and roped climbing protocols;
- b) *Climbing technique* - demonstration of correct foot/axework while climbing a snowslope, with and without crampons;
- c) *Belaying* - safely executing select belaying techniques;
- d) *Self-arrests* - safely arresting from a variety of body orientations;
- e) *Team climbing techniques* - safely arresting the falls of others while traveling on a snowslope, moving safely and efficiently as a member of a rope team;

This is a pass/no-pass course. To be considered for a passing grade, you must:

1. Attend the entire outing.
2. Attend the post-outing meeting. NO EXCEPTIONS!
3. Pass the fitness test within the term and prior to the outing.
4. Complete preparation course assignments by the deadline and earn a grade of 80% or better.

Outing Course Demands, Requirements, Expectations, and Policies

Mountaineering can be physically and mentally demanding for novice participants. Pack weights are heavier than for a typical backpacking trip and traveling conditions (e.g. post-holing in snow) can be very demanding. A great deal of energy can be spent traveling to base camp, practicing skills and 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. Attend 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 you are required to:

1. Attend the required preparation sessions.
2. Submit, on time, all required trip plan worksheets or other course assignments in acceptable (passing) form.
3. Meet the course fitness requirements by running 2 miles in less than 18 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 this outing 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 mountain environment.
3. 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.
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.

C. You will not be allowed to participate in the outing if you:

1. Miss any required preparation course 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 other than a documented family or medical emergency, 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. A color map of the outing location is required for classroom sessions. The map is available from Quick Copy in the EMU.
3. Laptop and cell phone use (including text messaging) is prohibited during class sessions!