

This course introduces vertical rescue techniques for a lone rescuer. Topics include care and use of equipment, knots, belay escapes, passing a knot, counterbalance descents, raising rescues and other improvised rescue techniques. Rescue techniques are practiced in a "ground-school" setting, in preparation for the outing.

Prerequisites/Corequisites

Rock Climbing 3 and Mountain Rescue Techniques (or equivalent experience) are prerequisites to participation. High Angle Rescue (PEOL 366) is a corequisite.

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 the care, strengths and weaknesses of rescue equipment.
2. Proficiency in tying the basic rescue knots used with climbing rope and sling material.
3. Proficiency in tying a climber off and escaping a belay.
4. Proficiency in executing the following skills in a "ground-school" environment: passing a knot around a belay device , counterbalance descents and raises, raising rescues incorporating mechanical advantage, and rappelling with a victim.

Evaluative Criteria

Students enrolled for credit will be graded in the following areas. Specific information will be provided by the instructor.

Skill & Skill Improvement30	Worksheet40
Participation & Effort30		

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

1. Miss no more than one class session.
2. Submit the worksheet by the due date.
3. Attain a score of 80% or higher on the evaluative criteria.

Additional Information:

1. Students must provide the following items: climbing harness, a 16' to 20' cordelette, one single sewn runner or short prusik cord, and a homemade or commercial daisy chain. Optional (but useful) items include: belay device, pulley, two non-locking carabiners and a pearabiner.
2. A required text, "Self Rescue" by Fasulo is available at the UO Bookstore. A required course packet containing the worksheets, rescue articles and statement of risk and health information forms is also available at the bookstore.