

PEOL 294 - Ski Touring Preparation Description

<http://opp.uoregon.edu/snow/snowcourses.html>

Description

This is a course designed to prepare students for participation in multi-day cross-country ski tours. Topics include conditioning, thermoregulation and clothing, ski touring equipment, avalanche safety, waxing theory, map and compass review, winter camping techniques, cold-related injuries and trip planning and preparation.

Prerequisites/Corequisites

Prerequisites: PEOL 285 - Wilderness Survival

PEOL 371 - Snow Camping I Outing (or equivalent experience)

Corequisites: PEOL 381 - Ski Touring I 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 this course you should be able to:

- List the individual and group gear requirements for multi-day ski tours in the Oregon Cascades
- Select and effectively use clothing to maintain comfort while ski touring in the Pacific Northwest.
- Size and fit cross-country ski equipment.
- Wax cross-country skis and list the components of complete waxing and ski repair kits.
- Explain how slope angle, aspect and orientation contribute to the formation of avalanche-prone slopes.
- Explain how the actions of wind and sun can affect a slope's stability.
- Describe how to safely travel in avalanche terrain, and explain what to do if caught by an avalanche.
- Apply the map and compass skills learned in previous courses to the winter environment.
- Effectively practice minimal impact travel and camping techniques specific to a winter environment.
- Explain the signs and symptoms of, and preventative and treatment methods for hypothermia and frostbite.
- Demonstrate adequate physical fitness for participation in the outing.

Evaluative Criteria

Students enrolled for credit will be graded in the following areas:

Participation and Attendance40% Worksheet/Assignments 60%

To be considered for a passing grade, and to participate in the outing you must:

1. Miss no more than one class session.
2. Attend the lectures on avalanche safety and cold injuries.
3. Submit the worksheet by the due date.
4. Score 80% or higher on the evaluative criteria.