

UNIVERSITY OF OREGON - PE & REC
OUTDOOR PURSUITS PROGRAM



FALL 2009 COURSES

If you've ever wanted to backpack in the forests of the Oregon Cascades, explore the volcanic peaks of the Three Sisters Wilderness, or rock climb in central Oregon, we have just the course for you! In addition to developing skills, our courses emphasize safety, fun and environmental awareness.

WILDERNESS SURVIVAL - our gateway course - \$74

This course provides the information and skills necessary for safe, low impact, backcountry travel and serves as a prerequisite to all backcountry-oriented courses. Topics include dressing for outdoor comfort and safety, nutrition & hydration, map and compass, environmental injuries, weather & lightning, safety and survival, wilderness management, and backcountry ethics.

Times: Eight 2-hour class sessions. Select from 16:00 - 17:50 p.m. Tues. or 19:00 - 20:50 p.m. Wed.

Instructor: Michael Strong

Outing: Map and compass is the focus of the outing on October 17 or 18.

CLIMBING COURSES

ROCK CLIMBING 1 - \$84

This popular course covers the basics of rock climbing. Topics include equipment, knots, belaying, rappelling, and a range of climbing techniques. This course is conducted at the indoor climbing wall in the Student Recreation Center. Six courses are offered!

Times: M: 12:00 & 2:00; Tu: 2:00;

W: 12:00 & 2:00; Th:12:00

Instructors: TBA

Prerequisite: none

Note: Equipment is provided.



ROCK CLIMBING 2 - \$84

The focus of this course is on refining the basic climbing skills learned in Rock Climbing 1, with an emphasis on improving flexibility, injury prevention, and refining face and crack climbing techniques. Two courses are conducted at the indoor climbing wall.

Time: Tuesday at 12:00 with Mike South

Thursday at 2:00 with Anne Borland

Prerequisite: Rock 1 or equivalent experience

Note: Equipment is provided.

ROCK CLIMBING 3 - \$164 - 2 credits

This 2-credit course supplements the skills learned in Rock Climbing I and prepares participants for the transition to independent outdoor climbing. The course includes skill reviews, knots, rope handling, protection placement, anchor construction, and basic rescue systems. The highlight of this course is a three-day outing to Smith Rock State Park, during which there will be plenty of opportunity to build anchors using rock climbing gear, perform basic rescue techniques, and climb.

Time: 19:00 - 20:50 p.m. Wednesday

Instructor: Dan Crowe

Prerequisite: Rock Climbing 1 or equivalent experience

Outing Dates: November 6 - 8

ICE CLIMBING - \$154

This course covers the basics of ice climbing. Topics include equipment, knots, belaying, basic rescue and a range of climbing techniques. The three-day outing to the Diller Glacier allows plenty of time to practice a progression of ice climbing techniques in a wilderness setting. This course is limited to 10 participants.

Time: 16:00 - 17:50 p.m. Tuesday

Instructor: Dan Crowe

Outing: October 2 - 4

Prerequisites: Wilderness Survival, rock climbing/ mountaineering experience and Instructor's consent.

DID YOU KNOW?

First day attendance is REQUIRED in OPP courses. NO EXCEPTIONS!

A non-credit enrollment option is available!

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RESCUE & SAFETY COURSES



BASICS OF TECHNICAL RESCUE - \$84

This term-long on-campus course introduces basic technical systems such as knots, rope work, anchor building, rigging for rescue, raising and lowering systems, litters, carries and improvised rescue techniques.

Time: 19:00 - 20:50 p.m. Monday

Instructor: Dan Crowe

Prerequisites: None

WILDERNESS FIRST AID - \$138 - 2 credits

Wilderness First Aid teaches basic first aid skills applied to a wilderness environment. Several class sessions and a Saturday/Sunday outing provide plenty of opportunity to gain hands on practice and develop critical assessment and treatment skills. Students earn WFA and CPR certifications.

Time: 16:00 - 17:50 p.m. Monday

Instructor: Cory Miner

Outing Dates: October 31 & November 1

Prerequisites: None

BACKCOUNTRY COURSES

BACKCOUNTRY NAVIGATION - \$154 - 2 credits

Class sessions focus on reviewing backcountry navigation skills and preparing students for a demanding three-day backcountry outing. We follow an exciting and challenging route in rugged country that requires the use of intermediate and advanced navigation skills. The route is mostly off trail, in the southern portion of the Three Sisters Wilderness Area.

Time: 19:00 - 20:50 p.m. Tuesday

Instructor: Michael Strong

Outing: October 23 - 25

Prerequisites: Backpacking 1 (or equivalent experience)

Students must pass a fitness test prior to the outing.

PROFESSIONAL COURSES

ADVENTURE EDUCATION - \$145

This course examines factors and variables that help students become more effective leaders and team members. Students learn how to lead and debrief adventure activities, and discover how group dynamics, communication, and other factors play an integral role in shaping the personality and character of teams.

Time: 14:00 - 16:50 Wednesday

Instructors: Michael and Jennifer Strong

Outing: October 10

SURVIVAL GEAR FOR FALL HIKES

The Pacific Northwest is one of the finest areas in the world in which to enjoy fall hiking. It's also an area famous for rapidly changing, unpredictable weather. As fall turns into winter, we are hit by a seemingly endless series of cold, wet storms. As a result, day hikers must carry clothing and equipment necessary for comfort and safety, and be prepared to manage an emergency situation that requires a night or two in the woods (in potentially snowy conditions) with minimal gear. The following list is suggested for day hikers planning an excursion below tree line.

The items are in 4 categories, to help you remember what they are.

A. TO FIND YOUR WAY

- Topo map, compass, headlamp or flashlight.

B. FOR PROTECTION FROM THE ELEMENTS

- Shelter - and cord to erect/stabilize shelter
- Knife to cut cord or help with building a fire
- Rain gear - head to toe
- Extra insulation
- Windproof/waterproof matches and fire starter
- Sunglasses & sunscreen

C. FOR SUSTENANCE

- Food (for energy/heat)
- Water or access to clean (treated) water

D. IN CASE OF AN EMERGENCY

- First aid kit - and the knowledge of how to use it
- Signaling and marking devices (e.g. whistle) - getting the attention of others is critical. Don't rely on your cell phone!

MOST IMPORTANT, ESPECIALLY FOR LONE

HIKERS! Leave information about where you are going and what to do if you do not return on time (i.e., call the sheriff if you haven't returned by a certain hour). Don't forget to notify your friend if your plans change!

For information about OPP courses, or the Outdoor Pursuits Leadership Training Program, please contact a director, or check our our website:

- **Michael Strong - 346-1048 (186A Esslinger)**
- **Dan Crowe - 346-1932 (172 Esslinger)**

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