

Eastern Washington University

Climbing Anchors: PHED 125



Information
Instructors: Zach Turner
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Class Location: EWU Climbing Wall
University Recreation Center
John Shields Park/Minnehaha Rocks

Class Time: TBA

Course Description

This class is designed to introduce participants to the craft of building climbing anchors. The course will cover the skills necessary to build basic top-rope and ground climbing anchors. The skills and information taught in this course include: anchor building knots, material strengths, two bolt basic anchors, traditional gear placement, complex anchor systems and anchor evaluation.

IMPORTANT

Further instruction and proper supervision are required if you continue to pursue anchor building. Climbing is an inherently dangerous activity, and this class alone is not adequate preparation for facing the hazards of an outdoor climbing site without the guidance of a qualified and experienced instructor. **Use good judgment.**

Course Objectives

The student will:

- Understand how to use the EWU Climbing Wall policy for accessing the boulder top training area and appropriately access it.
- Understand how to place traditional climbing protection.
- Have appropriate feedback to accurately understand their level of competence in placing traditional protection.
- Be able to build simple, basic two bolt anchors.
- Be able to construct top-rope anchor systems.
- Be able to competently “stitch” together multiple protection points into a full strength anchor.
- Understand how to assess an anchor for adequacy based upon the LEADSTER described criteria.

Grading and Evaluation Procedures

The criteria for evaluation in this class, is based largely on class participation and demonstrated proficiency during the practical exam.

Grading will follow normal university standards.

Final grades are broken down as follows:

<i>Assignment</i>	<i>percent</i>	<i>points</i>
Class Participation:	70%	70 pts
Practical Exam:	<u>30%</u>	<u>30 pts</u>
		100 total points

Class Participation

Class participation makes up seventy percent of your final grade. You can miss one class without losing points; if you miss three or more classes you will receive a 0.0 for the quarter. Contact the instructor in advance if you are going to miss a session. Lack of cooperation, behaviors that affect the instructor's ability to teach, and behaviors that compromise safety may result in a lowered class participation grade. Turn cell phones off.

Practical Exam

Exam time will be arranged with the instructor for the last day of class. For the exam, students must demonstrate proficiency with the knots and rigging assigned by the instructor. Students will be given an anchor "problem" to solve and are asked to proficiently solve it.

Class Schedule

- 1) Thursday, September 24th
 - Introduction
 - Syllabus and course overview
 - Boulder top access and safety orientation
 - Group identification
- 2) Thursday, October 1st – Group 1
 - Basic anchors - SRENE
 - Equipment strengths
 - Knots (Double 8, Clove, Water)
 - Redundancy
- 3) Thursday, October 8th – Group 2
 - See week 2
- 4) Thursday, October 15th – Group 1
 - Basic anchors continued
 - Equalization
 - Extension
- 5) Thursday, October 22nd – Group 2
 - See week 4
- 6) Thursday, October 29th — Group 1
 - Additional elements – L.E.A.D.S.T.E.R.
 - Limiting extension
 - Angle
 - Direction
- 7) Thursday, November 5th – Group 2
 - See week 6
- 8) Thursday, November 12th – Group 1
 - Anchor Problems
- 9) Thursday, November 19th – Group 2
- 10) Saturday, November 26th – No class
- 11) Thursday, December 4th All
 - Evals
 - Outdoor – 8 hours
 - Gear placements
 - Multi-point gear anchors