

# Eastern Washington University

## Climbers Toolbox PHED 125



**Information**  
Instructor: Zach Turner  
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Class Location: EWU Climbing Wall  
University Recreation Center

Class Time: TBA

### Course Description

This class is designed to increase the tools available to climbers across a wide spectrum of skill-sets. Safety in a multi-pitch or wilderness climbing environment depends upon having the skills available to apply to a particular set of problems to be solved. This class is designed to teach you several different ways of doing the same thing so that you will have a greater choice of skills to apply to any problem you face, ensuring a better chance of success.

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### **IMPORTANT**

Further instruction and proper supervision are required if you continue to pursue climbing in an outdoor setting. 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.**

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### 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.
- Know and understand the properties of various cordage and webbing used in climbing applications.
- Know and understand the various carabiners available for climbing use.
- Understand how to belay with several different belay devices including aperture, assisted locking, locking and munter hitch.
- Become competent with top managed belay setups and understand the pros and cons of belaying: off of yourself while anchored, redirecting the belay through your anchor and belaying directly off of your anchor.
- Understand the importance of rope management and competently manage multi-pitch belay transitions.
- Competently set up a rappel and understand several different configurations and back ups including: extending rappels, backups below and above rappel device, prusik/bachman/autoblock backups and connecting ropes for longer rappels.
- Competently perform a basic munter hitch lower and tie it off with a mule knot.

## Course Disclosure

Rock climbing is an inherently dangerous sport. Novice and expert climbers are injured and die every year (even in climbing gyms); however, modern equipment and proper instruction can minimize most risks. Rock climbing can be a blast, but take it seriously.

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### Grading and Evaluation Procedures

The criteria for evaluation in this class, is based largely upon 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:	30%	30 pts
Total		100 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 various belay devices, belay configurations rope management and rappelling.

### Class Schedule

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- 1) Wednesday, September 23rd
  - Introduction
  - Syllabus and course overview
  - Boulder top access and safety orientation
- 2) Wednesday, September 30th - Equipment review
  - Cordage/Webbing properties
  - Carabiners – properties/uses
  - Belay devices / Belaying
- 3) Wed., October 14th – Belay devices/configurations
  - Direct belay off harness
  - Redirected belay
  - Belay directly off of anchor
- 4) Wednesday, October 21st – Belay devices continued
  - Alcove belaying (Group 1)
- 5) Wednesday, October 21st – Belay devices continued
  - Alcove belaying (Group 2)
- 6) Wednesday, October 28th– Rappelling
  - Setting up a rappel
  - Extending rappels
  - Backing up rappels
  - Joining ropes for long rappels.
- 7) Wednesday, November 4th– Rappelling / Lowering
- 8) Wednesday, November 11th – Veterans Day
- 9) Wednesday, November 18th – Ascending a rope
  - Mule hitch tie off
  - Muentner Mule combo
  - Rescue intro / baseline
- 9) Wednesday, November 25<sup>th</sup>
  - Thanksgiving holiday
- 10) Wednesday, December 2nd – Practical Exams