Eastern Washington University
Climber's Self Rescue: PHED 125

Information

Instructors: Zach Turner
509.359.4015
Zturner46@ewu.edu

Class Location: EWU Climbing Wall
University Recreation Center

Class Time: TBA

Course Description

This class is designed to introduce participants to basic self rescue skills for climbers in high angle terrain. The course will cover the skills necessary to manage transitions from various belay configurations to several different possible rescue scenarios. The skills and information taught in this course include: rescue baseline, rescue bridges, multi-pitch lowers, mechanical advantage raise systems, counterbalance rappels, escaping belays, and pick-offs.

IMPORTANT

Further instruction and proper supervision are required if you continue to pursue rescue rope work and climbing in an outdoor setting. Climbing is an inherently hazardous 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 the EWU Climbing Wall policy for accessing and using the boulder top training area.
- Understand the 'point' system of rescue.
- Be able to apply several different types of 'bridges' to rescue scenarios.
- Understand how to create a 'baseline' configuration for rescue work.
- Be able to get to 'baseline' from most common belay configurations.
- Be able to transition from baseline into a lower, raise, belay escape, and counterbalance rappel.
- Have appropriate feedback to accurately understand their level of competence in being able to affect a rescue scenario.

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.

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:

Assignment	***percent***	***points***
Class Participation:	70%	70 pts
Practical Exam:	30%	30 pts
		100 total

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. Consult the instructors if you have a schedule conflict that will regularly prevent you from attending the full class so we can try to make provisions. If you're unable to attend a session contact us in advance. 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. Work with us and we'll work with you.

Final Practical Exam

The final exam will take place on the last day of class and will consist of students being presented with one or more vertical scenarios and asked to achieve a belay or rescue configuration learned during the course. Students will be evaluated on their choice of intermediate configurations and their proficiency in reaching the final configuration.

Class Schedule (Tentative)

1) Monday, March 28th
- Introduction
- Syllabus and course overview
- Skills refresher
    - **One-handed clove hitch**
    - **Munter hitch**
    - **Mule hitch**

2) Monday, April 4th
- Skills review/progression
    - **Munter mule overhand**
    - **Prusik hitch**
    - Belay device potpourri
    - Point system
- Base-managed systems
    - **Building a bridge**
    - Pick-offs
    - Escaping with a ground anchor

3) Monday, April 11th
- What is baseline?
- Top-managed systems (horizontal)
    - **Getting to baseline** from
        - Indirect waist belay
        - Redirected belay
        - Direct anchor belay

4) Monday, April 18th
- Top-managed systems (vertical)
- Getting from baseline to
    - **Lower**
    - **Belay escape**
    - **Counter balance rappel**

5) Monday, April 25th
- Counter balance rappels
    - From baseline
    - With a short rope
    - Diminishing loop counterbalance ascension

6) Monday, May 2nd
- **Mechanical advantage systems**
    - System of Ts
    - Assisted 3:1
    - 3:1
    - 5:1
    - 7:1
    - Block and tackle
- **Getting from baseline to a raise**
- Vertical environment practice

7) Monday, May 9th
- Vertical environment practice
- Scenarios:
    - Escape, rappel, re-ascend, lower partner
    - Lead fall rescue
    - Multi-rope lower (knot passing)

8) Monday, May 16th
- Review for final
- Practice skills

9) Monday, May 23rd
- Practical exam