

# Eastern Washington University

## Traditional lead Climbing: 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 world of traditional lead climbing. The course will cover the skills necessary for a climber to climb rock routes using natural/removable protection. The skills and information taught in this course include: traditional lead climbing equipment, knots, material strengths, fall forces, building of directionals and traditional gear placement.

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### IMPORTANT

Climbing is an inherently dangerous activity. Novice and expert climbers are injured and die every year. This class alone is not adequate preparation for facing the hazards associated with traditional lead climbing. Build your competency and experience levels slowly and deliberately through climbing with more experienced lead climbers.

**Use good judgment.**

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### Course Objectives

The student will:

- Become familiar with the equipment used in traditional lead climbing and understand its purposes.
- Understand the forces at work on climbers during lead falls.
- Understand how to place traditional climbing protection.
- Have appropriate feedback to accurately understand their level of competence in placing traditional protection.
- Understand the significance of direction changes on traditionally protected routes.
- Be able to construct multi-directional protection points.

## 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:	30%	30 pts
Total Points		100

## Class Participation

Class participation makes up seventy percent of your final grade. You can miss one class without losing points; if you miss two 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

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### 1) Wednesday, (Indoor)

- Introduction
- Syllabus and course overview
- Fall Factor
- Multi-directional protection points

### 2) Wednesday, (Indoor)

- Traditional lead climbing equipment

## OUTDOOR

Week 1 Gear Placements

Week 2 Leader following/cleaning

Week 3 Mock leading

Week 4 Mock leading/leading

Week 5 Multi-pitch techniques