

Eastern Washington University Intermediate Rock Climbing

2022-2023

Information

Instructor: Haley Golden
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Class Location: EWU Climbing Wall
University Recreation Center

Class Time: TBD

Course Description

This class is designed to introduce participants to sport lead climbing. The course will cover the skills necessary to lead bolted routes and belay a climber while leading in a gym environment. The skills and information taught in this course include: safety practices, lead climbing knots and hitches, lead belay technique, two bolt basic anchors, set up and take down of lead anchor top-rope systems, rappelling and terminology.

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 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 risks and benefits involved in the sport lead climbing
- Become lead certified at the EWU Climbing Wall
- Be able to properly use climbing equipment in a lead climbing environment
- Become proficient with climbing knots/hitches including: double fisherman's, clove hitch, prussic hitch, figure eight on a bight, and double loop figure eight
- Become proficient with setting up and taking down basic two bolt top rope anchor systems
- Become familiar with and use proper rappelling technique
- Become able to properly back up a rappel

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

Criteria for evaluation in this class include meeting the specifications of individual assignments as well as active participation in class sessions. Grading will follow normal university standards.

Final grades are broken down as follows:

<i>Assignment</i>	<i>percent</i>	<i>points</i>
Class Participation:	50%	50 pts
Lead Proficiency Check	25%	25 pts
Practical Exam:	<u>25%</u>	<u>25 pts</u>
		100 total points

Class Participation

Class participation makes up thirty 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.

Lead Climbing Proficiency Check

Some students will not pass the proficiency check by the end of this class. Those that do not will still have to demonstrate proficiency of proper clipping technique, set up/take down and rappelling while on top-rope. .

Practical Exam

Exam time will be arranged with the instructor. For the exam, students must demonstrate proficiency with the knots and hitches assigned by the instructor. Students must also demonstrate a working knowledge of the top-rope system, climbing equipment, basic climbing technique, and major climbing-surface features.

Class Schedule

Week 1:

- Introduction
- Syllabus and course overview
- Climbing/Grading

Week 2:

- Lead Climbing Introduction
 - Clipping Techniques
 - Back-Clipping
 - Z-Clipping
 - Tie in/Ground Anchor

Week 3:

- Lead Belaying: ATC
- Mock Leading

Week 4:

- Lead Climbing Knots
- Lead Belaying: Gri-Gri
- Mock Leading

Week 5:

- Lead Catches
- Mock Leading

Week 6:

- Lead Falls
- Mock Leading

Week 7:

- Rappelling
- Rope Coils

Week 8:

- Basic Anchors (STRADS)
- Set ups/Take Downs

Week 9:

- Outdoor trip (weather dependent)
- Make-up day/catch-up day
- Full take down/rappel scenario

Week 10:

- Flex day