Eastern Washington University
Introduction to Rock Climbing

Information
Instructor: TBA
Class Location: EPIC Climbing Wall
               University Recreation Center
Class Time: TBA

Course Description
This class is designed to introduce participants to basic rock climbing skills. The course will cover the skills necessary to climb and belay using a top-rope system both in an indoor facility and an outdoor setting. The skills and information taught in this course include: safety practices, basic climbing knots, belay technique, climbing movement, equipment 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 of rock climbing
- Become top-rope belay certified at the EPIC Climbing Wall
- Be able to identify and properly use basic climbing equipment including harness, locking carabiner, belay device, ground anchor, etc.
- Become proficient with climbing knots including: figure eight, double eight, double fisherman’s, clove hitch, prussic, and water knot
- Become familiar with proper climbing movement/technique
- Be familiar with climbing safety procedures including “buddy checks” and belay commands
- Become familiar with the risks and benefits of climbing outdoors

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:

<table>
<thead>
<tr>
<th>Assignment</th>
<th>percent</th>
<th>points</th>
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</thead>
<tbody>
<tr>
<td>Class Participation:</td>
<td>30%</td>
<td>60 pts</td>
</tr>
<tr>
<td>Belay Test:</td>
<td>25%</td>
<td>50 pts</td>
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<tr>
<td>Practical Hours:</td>
<td>25%</td>
<td>50 pts</td>
</tr>
<tr>
<td>Homework:</td>
<td>10%</td>
<td>20 pts</td>
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<tr>
<td>Practical Exam:</td>
<td>10%</td>
<td>20 pts</td>
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<td></td>
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<td>200 total points</td>
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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.

Belay Test
Building solid belay skills is a major learning outcome of the course. Each student must pass the EPIC Climbing Wall Belay Proficiency Check (50 points).

Practical Hours
Each student must log at least three days of climbing outside of class. Each logged day must include a minimum of one hour of climbing. You will keep a log and turn it in on the last day of class. The log does not have to be comprehensive, just a few sentences about where you were and what you did.

Practical Exam
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.

Special Notes
Students should remove all jewelry especially rings before each class.
Students are expected to be responsible for their actions while climbing and belaying.
Students are expected to ask any and all questions they have.
Sample Schedule

Week 1
- Introduction
- Syllabus and course overview
- Bouldering/Spotting

Week 2
- Vertical Introduction
  - Donning a harness/tie-in
  - Setting up the belay device/B.U.S. belay method
  - Buddy Check/Communication

Week 3
- Belay Check
- Route Grades

Week 4
- Basic climbing movement/technique
- Straight arms

Week 5
- Basic climbing movement/technique
- Quiet feet

Week 6
- Terms
- Movement Technique

Week 7
- Terms – Holds and Features
- Movement Technique

Week 8
- Rappelling
- Make-up day/catch-up day

Week 9
- Outdoor trip (weather dependent)
- Make-up day/catch-up day
- Definitions due

Week 10
- Practical Exams
- Practical hours log due
Practical Hours Log

Journal about your climbing time outside of class.

Each entry must include the following:

- Date
- Time
- Duration
- Location
- Style (t.r. or bouldering)
- Focus/insights/notes

Entries must cover a minimum of three separate days of climbing.
Terms Assignment

Terms:

Holds:
- Crimper
- Sloper
- Jug
- Pinch

Rock features:
- Crack
- Face
- Overhang
- Roof
- Dihedral
- Arete

Outdoor Features:
- Slab
- Chimney

Movement Technique:
- Undercling
- Sidepull
- Crimp
- Hand Jam
- Deadpoint
- Dyno
- Barn Door
- Stem
- Mantle

Foot Positions:
- Smear
- Edge
- Heelhook
- Flag