Climber's Self Rescue

Information
Instructor: Various

Class Location: EPIC Climbing Wall
              University Recreation Center

Class Time: Check Schedule

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, exiting belays and counterbalance rappels.

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 how to use the EPIC Climbing Wall policy for accessing the boulder top training area and appropriately access it.
- Understand how to create a ‘baseline’ configuration for rescue work.
- Be able to apply several different types of ‘bridges’ to rescue scenarios.
- Be able to get to ‘baseline’ from a waist belay, redirected belay or a direct anchor belay.
- Be able to move from baseline to one of four possible rescue solutions: lower, raise, belay exit or 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:

<table>
<thead>
<tr>
<th>Assignment</th>
<th>percent</th>
<th>points</th>
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</thead>
<tbody>
<tr>
<td>Class Participation:</td>
<td>70%</td>
<td>70 pts</td>
</tr>
<tr>
<td>Practical Exam:</td>
<td>30%</td>
<td>30 pts</td>
</tr>
</tbody>
</table>

100 total 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 the transitions learned in the course. Students will be given a transition to perform and are asked to proficiently demonstrate it.

Class Schedule

1) Week 1
   • Introduction
   • Syllabus and course overview
   • Platform installation and anchor setup
   • Boulder top access and safety orientation
2) Week 2
   - Skills refresher
     - Mule hitch
     - Muenter mule combination hitch
     - Prusik hitch
     - Belay device potpourri
     - One handed anchoring clove hitch
   - Baseline components
     - Catastrophe knot
     - On belay through aperture device
     - Rope redirected through anchor
     - Bridge

3) Week 3
   - Getting to baseline from:
     - Waist belay
     - Redirected belay

4) Week 4
   - Getting to baseline from:
     - Direct anchor belay

5) Week 5
   - Getting from baseline to:
     - Lower
     - Belay escape

6) Week 6
   - Mechanical advantage systems/progression
   - Getting from baseline to a raise

7) Week 7
   - Getting from baseline to a counter balance rappel

8) Week 8
   - Practice scenarios/configurations from boulder top

9) Week 9
   - Scenarios:
     - Escape belay, rappel to partner, reascend rope, lower partner
     - Lead fall rescue
     - Multi-rope lower (knot passing)