

## **PDP OE 340 Rock Climbing, Advanced**

Instructor: Gianna Absi

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Meets Seven Sessions, 2.5 hours per session: 1.0 Credit

Fridays, March 20 through May 1, 1 p.m.-3:20 p.m.

Maximum 8 students

### **Course Description:**

Learn advanced rock climbing skills including lead climbing and lead belay, how to set up and clean top rope anchors, and rappelling. This course also explores social and environmental issues related to outdoor rock climbing. Must have taken PDP OE 140 Rock Climbing, Beginning or have equivalent experience. Attendance at the first class is mandatory. With questions about climbing experience, please e-mail [fittreks@bu.edu](mailto:fittreks@bu.edu).

### **Course Fee:**

A \$40 course fee is required for this class to account for rental of shoes, harness and belay device. Students will receive a "semester pass" for climbing gear to use at their will throughout the semester, including at open recreation.

To register for the rental fee, navigate to the FitRec Rock Climbing page:

<https://www.bu.edu/fitrec/recreation/rock-climbing/>

Scroll down to where it says "Pay Credit Class Fees," and click the green "Pay Now" button.

### **Required Equipment:**

All climbing gear will be included in the class. Students may feel free to bring their own gear. Exercise clothing and/or pants that do not restrict movement are ideal. Basketball shorts or baggy clothing are not; they tend to be very uncomfortable when worn with a harness. Climbing shoes, harness, and helmet will be provided. Notify the instructor of any prior injuries at the start of the first class.

### **Course Goals:**

The purpose of the PDP rock climbing class is to provide an advanced skills class for rock climbers with previous experience, or who have taken Rock Climbing OE140. Specific goals for students include:

- Learning the skills to safely rock climb outdoors
- Learning the risks of the sport and how to mitigate them
- Developing an understanding of the different types of climbing and an appreciation of the history, ethics, and scope of the sport

### **Grading Policy:**

This class will be graded Pass/Fail, based on attendance. Please visit the [Registrar's website](#) often to view relevant deadlines! Below is a list of possible grades you may receive in this class:

P – Pass: Completed course requirements, 80% or more classes attended

W – Withdraw: If you drop this class after the specified deadline, you will receive a “W” grade.

MG - Missing Grade: If you decide you do not want to take this course, but do not drop it, this grade will appear on your transcript. You will still be allowed to graduate and it will not affect your overall GPA, however you are strongly encouraged to drop this course within the allotted deadline to avoid this grade. Dropping before the deadline will remove this class from your transcript entirely.

I – Incomplete: If you fail to meet the attendance requirements of this course, you may request an “I” until you have made up all missed classes. Please make arrangements with your instructor to do so within the following semester. Your grade will be changed to a “P” once you have made up all classes.

AU- Audit: If you intend to audit this class, please fill out and ask your instructor to sign a Class Adjustment/AU form and an Audit Request form and turn them into the Registrar’s Office by the deadline.

F- Fail: It is very unlikely that you will receive a failing grade. Your instructor is happy to work with you to make up any missed classes. A grade of “F” will only be given in extenuating circumstances.

#### **Attendance Policy & Make-Up Classes:**

Attendance on the first day of class is mandatory. If you miss the first class without prior communication with the instructor, you will be asked to drop the class.

Because this class is graded solely on attendance and learning is cumulative, it is important that you attend each class. You will need an 80% attendance record to receive a passing grade. You are allowed 1 absence. If you have more than 1 absence, you will need to arrange to make up the classes you have missed. You must make up missed classes before the last day of classes in order to pass this class.

#### **Blackboard, FitRec Website & Course Evaluation:**

A Blackboard course site may be available for this class online at <http://www.learn.bu.edu> and can be accessed by entering your BU username and password. All students enrolled in this class should have access to this site, even if your school does not use Blackboard. This site will give you access to the course syllabus, any additional content, and allow you to email other students in this class. Emergency cancelations as well as other announcements may also be posted here.

For a broader explanation of PDP credit class policies, information on registration, or schedules please visit the FitRec’s website: <http://www.bu.edu/fitrec/about/physical-education/>.

Course evaluations will be sent via email at midterm and at the end of the semester. Please take the time to fill these out – your feedback is very important to us!

#### **Student Conduct:**

Boston University's Codes of Conduct are enforced at the Fitness and Recreation Center at all times. Use of Boston University facilities is a privilege and participants are expected to be good citizens and respect the rights of others. Individuals who engage in unacceptable or irresponsible behavior may have their access to the Fitness and Recreation Center revoked or modified indefinitely as determined by the Executive Director of Physical Education, Recreation and Dance. Students may be subject to further university disciplinary action as outlined in the Boston University Code of Student Responsibilities ([www.bu.edu/dos/policies/student-responsibilities](http://www.bu.edu/dos/policies/student-responsibilities)).

**Schedule:**

<p><b>Day 1</b></p>	<ul style="list-style-type: none"> <li>● Introductions</li> <li>● Go over course requirements and expectations</li> <li>● Explanation of course objectives</li> <li>● Explanation of risk and risk management strategies</li> <li>● Plan of action for the class</li> <li>● Team building game</li> <li>● Warmup: Toprope climb in pairs (45 mins)             <ul style="list-style-type: none"> <li>○ Communication &amp; Safety Checks -- how do they work, and why are they even more important for outdoor climbing?</li> </ul> </li> <li>● Today's Knot             <ul style="list-style-type: none"> <li>○ Prusik and other friction knots (for a Third Hand)</li> </ul> </li> <li>● Necessary Gear for Rappel             <ul style="list-style-type: none"> <li>○ Helmets! Most important while belaying</li> <li>○ Personal Anchor Systems</li> <li>○ Cordelette/Prusik/Third Hand</li> <li>○ Assisted Braking Device vs. Tubular Belay Device debate</li> </ul> </li> <li>● Rappelling             <ul style="list-style-type: none"> <li>○ How &amp; Why to Rappel</li> <li>○ Redundancy while Belaying                 <ul style="list-style-type: none"> <li>▪ Knots at the end of the Rope</li> <li>▪ Fireman's Belay</li> <li>▪ Third Hand using a Prusik</li> </ul> </li> </ul> </li> <li>● Context of Rock Climbing (45 mins)             <ul style="list-style-type: none"> <li>○ <a href="https://www.nationalgeographic.com/adventure/activities/climbing/reference/rock-climbing/">National Geographic Article on Rock Climbing:</a> <a href="https://www.nationalgeographic.com/adventure/activities/climbing/reference/rock-climbing/">https://www.nationalgeographic.com/adventure/activities/climbing/reference/rock-climbing/</a></li> <li>○ Discussion: what are the different types of outdoor rock climbing?</li> <li>○ What will be covered during this course?</li> </ul> </li> </ul>
<p><b>Day 2</b></p>	<ul style="list-style-type: none"> <li>● Review from Last Week             <ul style="list-style-type: none"> <li>○ Lessons Learned?</li> <li>○ Redundancy</li> <li>○ Third Hand &amp; Prusik Knot</li> </ul> </li> <li>● Introduction to Anchor Building (2 hours)             <ul style="list-style-type: none"> <li>○ SERENE Acronym: Strong, Efficient, Redundant, Equalized, No Extension</li> <li>○ Split into 2 groups: 4 on ground reading, 4 in air practicing</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>o <a href="https://americanalpineclub.org/resources-blog/2017/7/31/anchors">Read about anchor-building:</a> <a href="https://americanalpineclub.org/resources-blog/2017/7/31/anchors">https://americanalpineclub.org/resources-blog/2017/7/31/anchors</a></li> <li>o Demonstrations on the ground</li> <li>o First &amp; Second Pitches: Build anchor &amp; rappel down</li> <li>● <b>Homework:</b> Read these articles: <ul style="list-style-type: none"> <li>o Access Fund: Climbing and Respect for Indigenous Lands: <a href="https://www.accessfund.org/open-gate-blog/climbing-and-respect-for-indigenous-lands">https://www.accessfund.org/open-gate-blog/climbing-and-respect-for-indigenous-lands</a></li> </ul> </li> </ul>
<p><b>Day 3</b></p>	<ul style="list-style-type: none"> <li>● Overview: Safety &amp; Risk Management Outdoors (15 mins) <ul style="list-style-type: none"> <li>o Ticks, Poison Ivy, Snakes, Falling Rocks</li> <li>o With proper risk management, the likelihood and severity of risk drops dramatically.</li> <li>o Helmets on, bug spray before gear, tick protocol.</li> <li>o Setting up your base camp at the crag</li> </ul> </li> <li>● Anchors: Practice building SERENE Anchors (90 mins) <ul style="list-style-type: none"> <li>o Climb</li> </ul> </li> <li>● Rappel Practice (if time allows)</li> <li>● Clean anchors (15 mins), LNT (15min)</li> <li>● <b>Homework:</b> Read these articles: <ul style="list-style-type: none"> <li>o Access Fund: Making the transition from Gym to Crag: <a href="https://www.accessfund.org/newsletters/Spring%20VT%2013_Final.pdf">https://www.accessfund.org/newsletters/Spring%20VT%2013_Final.pdf</a></li> <li>o Rock &amp; Ice: Best Rock Climbing Ethics &amp; Practices: <a href="https://rockandice.com/how-to-climb/best-rock-climbing-ethics-and-practices/">https://rockandice.com/how-to-climb/best-rock-climbing-ethics-and-practices/</a></li> <li>o Watch these 1-2minute videos <ul style="list-style-type: none"> <li>▪ Lead belaying: <a href="https://www.youtube.com/watch?v=S_F1MfVGOzk&amp;t=1s">https://www.youtube.com/watch?v=S_F1MfVGOzk&amp;t=1s</a></li> <li>▪ Lead Climbing: <a href="https://www.youtube.com/watch?v=RJZ8OxYP5T4">https://www.youtube.com/watch?v=RJZ8OxYP5T4</a></li> <li>▪ Proper Clipping: <a href="https://www.youtube.com/watch?v=NwbXDakBYUw">https://www.youtube.com/watch?v=NwbXDakBYUw</a></li> <li>▪ Back Clipping: <a href="https://www.youtube.com/watch?v=7oQVqZHAjpl">https://www.youtube.com/watch?v=7oQVqZHAjpl</a></li> <li>▪ Z-clipping: <a href="https://www.youtube.com/watch?v=T8A1XQ8Qmak">https://www.youtube.com/watch?v=T8A1XQ8Qmak</a></li> </ul> </li> </ul> </li> </ul>

<b>Day 4</b>	<ul style="list-style-type: none"> <li>● How to bring in the Ethics &amp; Practices we read about: Discussion</li> <li>● Introduction to Lead Climbing &amp; Lead Belay <ul style="list-style-type: none"> <li>○ Proper gear and gear management</li> <li>○ How to clip quickdraws</li> <li>○ Traverse lead and belay if time allows <ul style="list-style-type: none"> <li>▪ Flake the rope</li> <li>▪ How to tie in properly</li> <li>▪ How to belay properly</li> <li>▪ Commands</li> </ul> </li> <li>○ Restoring gear</li> </ul> </li> <li>● <b>Homework:</b> Read this article: <ul style="list-style-type: none"> <li>○ REI: Expert Advice on Climbing Ethics: <a href="https://www.rei.com/learn/expert-advice/climbing-ethics.html">https://www.rei.com/learn/expert-advice/climbing-ethics.html</a></li> </ul> </li> </ul>
<b>Day 5</b>	<ul style="list-style-type: none"> <li>● How to bring in the Ethics &amp; Practices we read about: Discussion</li> <li>● Traverse lead and belay (warm up)</li> <li>● Mock Lead Climbing <ul style="list-style-type: none"> <li>○ Body Positioning</li> <li>○ Foot Positioning</li> </ul> </li> <li>● Mock Belay using a tubular-style belay device <ul style="list-style-type: none"> <li>○ Body Positioning</li> <li>○ Giving &amp; taking slack</li> </ul> </li> </ul>
<b>Day 6</b>	<ul style="list-style-type: none"> <li>● Traverse lead and belay warm up</li> <li>● Lead Climbing &amp; Lead Belay with back up <ul style="list-style-type: none"> <li>▪ Risk mitigation with lead climbing</li> <li>▪ Mock or real lead climbing, depending on student learning <ul style="list-style-type: none"> <li>● Body Positioning</li> <li>● Foot Positioning</li> <li>● How to Fall</li> <li>● Giving &amp; taking slack</li> <li>● Soft vs. hard catches</li> </ul> </li> </ul> </li> </ul>
<b>Day 7</b>	<ul style="list-style-type: none"> <li>● Use all of your skills <ul style="list-style-type: none"> <li>○ Lead climbing</li> <li>○ Set up anchor</li> <li>○ Rappel</li> </ul> </li> <li>● Lead test and certification</li> </ul> <p>Wrap-Up: Covered in this course is an introduction to sport climbing &amp; top rope anchors. This is the tip of the iceberg!! There is so much more to learn, it takes a lifetime. This course does <u>not</u> cover traditional climbing, aid climbing, big wall climbing, etc.</p>
<b>Day 8 (optional)</b>	Optional outdoor climbing trip (with fee)

