

UNIVERSITY OF OREGON • PE & REC • Outdoor Pursuits Program
PEOL 366 - Vertical Rescue Techniques Course Description
<http://opp.uoregon.edu/rescue/rescuecourses.html>

General Description

This course introduces vertical rescue techniques that a lone climber can utilize to rescue a climbing partner in need of assistance. Topics include caring for and using climbing and rescue equipment, knots, belay escapes, passing a knot around an anchor system, counterbalance descents, raising rescues and other improvised rescue techniques. Rescue techniques are practiced in a "ground-school" setting, then implemented in a vertical environment during the two-day on campus outing.

Prerequisites

PEOL 331 - Rock Climbing 3 OR PEOL 315 - Basics of Technical Rescue. Equivalent training and experience can be substituted at the discretion of the course instructor.

Course Objectives

The Outdoor Pursuits Program emphasizes safe and responsible participation in outdoor activities. In addition to meeting the objectives of the prerequisite course(s), upon completion of this course participants should be able to demonstrate:

1. An understanding of the care, strengths and weaknesses of rescue equipment.
2. Proficiency in tying the basic rescue knots used with climbing rope and sling material.
3. Proficiency in tying a climber off and escaping a belay.
4. Proficiency in passing a knot around a belay device.
5. Competence in ascending a fixed line.
6. Competence in executing a counterbalance descent in a vertical environment.
7. Competence in executing a counterbalance raise in a vertical environment.
8. Proficiency in raising a climber to a belay stance using select mechanical advantage systems.
9. At least one method of rappelling with a victim.
10. An understanding of one's strengths and limitations as a climber in a technical rescue environment.

Evaluation

This is a P/NP course. Students enrolled for credit will be graded in the following areas. All of the following evaluative criteria must be met for a passing grade:

30% *Attendance and Participation*

- a. *Classroom* - attending the required sessions identified on the course schedule, contributing to the group effort, being on time and actively participating in all classroom events.
- b. *Outing* - complying with OPP Outing Policies; maintaining a positive and supportive attitude; making an effort to be organized, efficient, and on time for all outing events; contributing to the group effort; and arriving at the meeting point for the outing with all of the required items of clothing and equipment.

40% *Competence* - must be demonstrated in the following areas:

- a. *Ground skills* - coiling a rope, properly using and caring for climbing and rescue equipment, fitting and adjusting a climbing harness and helmet, tying select rescue knots (select bends, loops and hitches), and constructing basic two and three-point anchor systems.
- b. *Rescue system safety* - adhering to the safety practices set forth by the instructor, including: performing buddy-system safety checks, wearing a helmet when required, anchoring in when required, and complying with ground school and vertical rescue system protocols.
- c. *Belay escapes* - efficiently executing belay escapes when belaying in and out of the anchor system.
- d. *Passing a knot* - efficiently pass a knot around a belay station.
- d. *Rappelling* - safely rappelling with a friction device, and tying-off on rappel. Safely rappelling from one anchor station to another with a climber in need of assistance.

- e. *Counterbalance rescues*- efficiently performing a counterbalance descent with a climber in need of assistance.
- f. *Raising rescues* - successfully raising a climber in need of assistance to a belay station using either mechanical advantage or counterbalance methods.
- g. *Fixed rope ascension* - safely ascending a fixed rope from floor to ceiling and rappelling back to ground level.

30% *Worksheet* - 80% or better is required. Note the due date on the course schedule. Late submissions will not be accepted.

To be considered for a passing grade, participants must:

1. Attend and fully participate in ALL required classroom sessions specified on the course schedule.
2. Participate fully in the three-day outing.
3. Submit the worksheet by the deadline specified on the course schedule.
4. Attain a score of 80% or higher on the combined evaluative criteria.

Course Demands, Requirements, Expectations, and Policies

The outing component of this course is conducted in the rescue training facility located in B50 Gerlinger Annex, and at the indoor climbing wall in the Student Recreation Center. Students are expected to comply with facility policies and protocols during ground school and outing sessions.

Outing events are mostly conducted in a vertical environment with participants hanging in their climbing harnesses while belaying and executing rescue techniques. It is imperative that your harness fit properly and is comfortable during rescue situations when your full weight is supported by your harness system. Students are required to wear helmets during all rescue sessions with the exception of ground-school skills practice.

It's imperative that you understand what is required of you in terms of preparation, fitness, physical comfort, attitude, and conduct. MOST IMPORTANT! Safety is our first concern and must be yours as well. Participate in the outing component only if you feel mentally and physically prepared and are willing and able to assume full responsibility for your own safety. Never assume that the leadership team knows everything, always make good decisions, or can solve every problem for you. Your safety depends upon your alertness and good sense. We encourage you to maintain a questioning attitude! If you are unsure of something, ask!

A. Prior to participation in the outing component of the course you are required to:

1. Attend the required classroom sessions.
2. Read, understand, and sign the Statement of Risk, Assumption of Risk, and Release of Liability document and Health Information form, allowing enough time to thoroughly read each document and bring any questions you may have to the course instructor. It is your responsibility to provide your instructor with information regarding injuries, surgeries, medications, or other special considerations that may affect your participation in this course.
3. Arrive at the outing venues on time and with all of the required clothing and equipment. Gear and clothing requirements will be detailed during class sessions. To avoid loss of credit, fees, and the experience of the outing, make sure that you understand the requirements and verify the acceptability of required items well in advance of the departure date. The Outdoor Pursuits Program maintains a limited supply of certain items for student use at no charge. You must provide your own equipment unless we happen to have the items you need.

B. As a participant in the outing component of this course, you are expected to:

1. Monitor your health and comfort, eat and drink regularly, and inform your instructor if you become uncomfortable or exceed your limits of personal safety. Your enjoyment of the course will be improved by maintaining a positive attitude and by being mentally prepared for a new set of challenges each day.
2. Refrain from using illicit drugs and alcohol, carrying firearms, and bringing pets of any kind. Our outing participation policies regarding alcohol, illicit drugs and firearms are "zero tolerance". Do not anticipate lenience or exceptions. Failure to abide by these policies may result in a permanent grade of "F" or "NP" in the course and and/or a formal complaint registered with the Office of Student Life.

C. *You will not be allowed to participate in the outing component of this course if you:*

1. Miss any required classroom sessions.
2. Arrive at the outing with inadequate equipment or if, in the instructor's opinion, your participation (for whatever reason) could compromise your or the group's safety.

D. You participate at your own risk. **You are strongly encouraged to obtain health insurance prior to participation in the outing component of this course.** You may be asked to secure a physician's statement clearing you to participate in this course.

Policy On Issuing Incompletes

In compliance with University policies, an "I" can be given only when a relatively minor part of a course is not completed. Therefore, if you do not participate in the outing component, an "I" is not an option. If you cannot attend the outing, drop the course as soon as possible.

Refund Policies

If participation is disallowed due to failure to meet the requirements for participation specified above, or because you chose not to participate in the outing for any reason other than a documented family or medical emergency, fees will **NOT be refunded**. Refunds are subject to the refund schedule established by the Registrar's Office.

Additional Information

1. Students must provide the following items: climbing harness, a 16' to 20' cordelette, one single sewn runner or short prusik cord, and a homemade or commercial daisy chain. Optional (but useful) items include: belay device, pulley, two non-locking carabiners and a pearabiner.
2. A required text, "Self Rescue" by Fasulo is available at the UO Bookstore.
3. Valid UO ID is REQUIRED in to access the recreation center. Swipe your card, or provide the front desk staff your ID#.
4. Evaluation: You are requested to complete student leader evaluations at the last class session, and to complete an online course/instructor evaluation on Duckweb during the evaluation period at the end of the term.

Course Instructor

Dan Crowe, 172 Esslinger Hall; 346-1932; dcrowe@uoregon.edu