



UNIVERSITY OF OREGON - PE & RECREATION
OUTDOOR PURSUITS PROGRAM
WINTER 2012 COURSES

PEOL 285 - WILDERNESS SURVIVAL
- our gateway course - \$84

This classroom-based course provides the information and skills necessary for safe, low impact, backcountry travel and serves as a prerequisite to all backcountry-oriented courses. Topics include thermoregulation, dressing for the outdoors, nutrition & hydration, map and compass, environmental injuries, weather & lightning, safety and survival, wilderness management, and leave no trace hiking and camping.
Times: Eight 2-hour class sessions. Select from 19:00-20:50 Tuesday or 16:00-17:50 Wednesday
Instructor: Michael Strong

PEOL - ROCK CLIMBING COURSES

242 - BOULDERING 1 - \$84

Bouldering 1 introduces students to the world of climbing without the security of a rope. Emphasis is on bouldering safety, skill development and conditioning. Two courses are conducted at the indoor climbing wall.
Prerequisite: none
Times: 14:00-15:50 Monday & 10:00-11:50 Wednesday

251 - ROCK CLIMBING 1 - \$84

This popular course covers the basics of safe rock climbing. Topics include equipment, knots, belaying, rappelling, and a range of climbing techniques. This course is conducted at the indoor climbing wall in the Student Recreation Center.
Prerequisite: None
Times: 7 courses offered; check online schedule
Notes: Equipment is provided

252-ROCK CLIMBING 2 - \$84

The focus of this course is on refining the basic climbing skills learned in Rock Climbing 1, with an emphasis on improving fitness and endurance and refining face and crack climbing techniques. The course is conducted at the indoor climbing wall.
Prerequisite: Rock 1 or equivalent experience
Times: 4 courses offered; check online schedule
Notes: Equipment is provided

399-SPORT CLIMBING - \$84

The focus of this course is on learning the basics of lead climbing in a gym setting as preparation for leading single-pitch outdoor sport routes. Students learn how to clip bolts, manage rope, belay a lead climber, contain lead climber falls, configure anchors, and manage anchor transitions.

Prerequisite: Rock Climbing 3 or equivalent experience
Time: 10:00-11:50 Thursday
Instructor: Max Tepfer
Notes: Equipment is provided

PEOL - TECHNICAL RESCUE COURSES

366 - VERTICAL RESCUE TECHNIQUES - \$120

This two-credit course focuses on technical rescue skills for a single rescuer. Participants will have plenty of time to practice belay escapes, raising and lowering rescues, and rappelling with an injured person in a "ground school" setting prior to practicing these skills during the on-campus outing.
Prerequisite: Rock Climbing 3 or Basics of Technical Rescue (or equivalent experience)
Time: 16:00-17:50 Monday
Outing Dates: February 26 & 27 (on campus)
Instructor: Dan Crowe

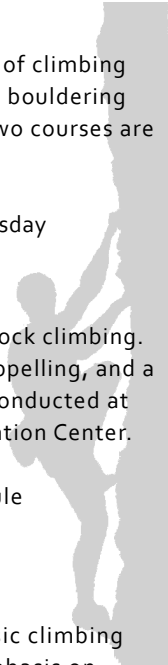
PEOL - BACKCOUNTRY COURSES

371 - SNOW CAMPING - \$165

This two-credit course includes classroom sessions and a three-day outing in the Oregon Cascades. Classroom topics include trip planning and preparation, cold weather clothing and equipment requirements, snow shelter construction, and a review of cold injuries, thermoregulation, and LNT ethics. The outing provides an opportunity to learn and practice winter camping and travel techniques, snow shelter construction and backcountry route finding techniques.
Prerequisites: Wilderness Survival and Backpacking (or equivalent experience)
Time: 19:00-20:50 Wednesday
Outing Dates: February 17 - 19
Instructor: Michael Strong

391 - AVALANCHE SAFETY - \$165

This two-credit course is designed for skiers, snow campers, and anyone who ventures into the backcountry during the winter months. Class sessions consist of lectures on a range of topics relevant to avalanche safety, and prepare students for the outing to Tumalo Mtn. The three-day outing emphasizes backcountry safety and hazard evaluation. You'll have opportunities to dig snow pits and conduct stability tests, and to conduct searches using beacons and probes.
Prerequisites: Wilderness Survival and Snow Camping (or equivalent experience), and Instructor's consent.
Time: 16:00-17:50 Wednesday
Instructor: Dan Crowe
Outing Dates: February 24 - 26



PEOL - PROFESSIONAL COURSES

455 - PRINC. OF OUTDOOR LEADERSHIP - \$205

This course focuses on the nuts and bolts of field leadership. The course examines the roles and responsibilities of leaders, field leadership tactics and methods, risk management planning, and camp craft skills. The three-day outing includes a driver training component, a night hike to a campsite on the Oregon coast, and learning modules emphasizing the development of field leadership skills.

Time: 14:00-16:50 Tuesdays

Prerequisites: Wilderness Survival, Backpacking (or equivalent experience), and Instructor's consent

Instructors: Michael Strong and Dan Crowe

Outing Dates: February 3 - 5 to the Oregon coast

ABOUT OUR COURSES

Our courses are popular and fill early! If you cannot register because a course is full, come to the first class session. **Since first day attendance is mandatory in all of our courses**, absentees will create openings.

For more information about Outdoor Pursuits Program courses, or the **Outdoor Pursuits Leadership Training Program**, please visit our website or contact one of the following program coordinators.

Michael Strong: 346-1048 186 ESL mstrong@uoregon.edu

Dan Crowe: 346-1932 172 ESL dcrowe@uoregon.edu

IGLOO BUILDING

By Michael Strong - illustrations from 'Off Belay' magazine

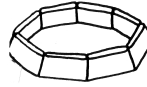
There is nothing quite like sleeping in an igloo. A properly built igloo is a work of art, and can be quieter, drier and roomier than a tent. A pair of experienced igloo builders can complete an igloo in a couple of hours or less. Your first attempt will take much longer, and success depends upon how well you follow some basic building principles:

1. Snow conditions must be suitable. Blocks that don't break are essential. You may have to boot pack a quarry and the igloo site, and allow enough time for the snow to consolidate (as little as an hour in wet snow, or several hours in drier conditions).
2. Cut equally sized blocks - about 22" long, 18" high and 4" thick. A snow saw designed for cutting snow blocks works far better than a smooth blade (e.g. machete). Begin by making a long vertical cut. Next, make the side cuts. Angle these cuts in a little to eliminate binding on the sides when you remove the block. Make the bottom cut last. If you've made the cuts properly, you will

not have to pry on the block to remove it. Carry the block to the building site vertically, not horizontally like a platter.

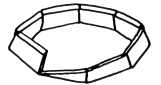
3. Build the base row in a perfect circle. Attach a length of cord to a planted ski pole and scribe a circle. Limit the circle to between 6' and 10 in diameter. Build your first igloo on a flat surface.

LET'S BUILD AN IGLOO!

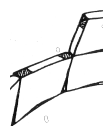


Build the first row. If you're right handed, build counterclockwise, working from the inside. Tilt the blocks inwards at a consistent angle, making sure that the corners have solid points of contact. Pack the slots at the base with snow.

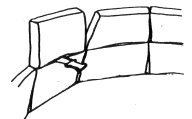
Cut a ramp 1/4 to 1/3 of the circumference of the circle. As you build up the ramp, there is not an adjacent block to provide support. How can a block be supported with one side sitting free of contact?



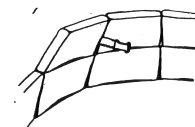
It's simple if you follow this principle: A block can be held in any position by supporting it by two diagonally opposite corners. A third point of contact eliminates block rotation.



Use a standard procedure as you work up the ramp. Place the block vertically with its base in the proper position, insert the saw in the base seam and shave away snow until the block rests only on the two bottom corners (diagram at right). Then tilt the block towards you and shave away at the side of the block until its upper corner makes secure contact with the adjacent block (diagram below left). Align the saw blade with the center point of the igloo as you cut.



Once the spiral is established, building proceeds until its time to place the final block. The final block is the easiest one to place and structurally not that important. Cut an oversized block and place it up through the hole from the inside, shape it and drop it into place. Finish your igloo by packing fresh snow in cracks and holes, and digging an entrance trench beneath the base layer. Roof the entrance over with blocks placed in an a-frame fashion. Carve out a couple of ventilation holes on the sides near the top.



There are many adaptations to the above process. You can dig out the middle to enlarge the space before starting (a digloo), or cut blocks from the center to produce two side-by-side sleeping platforms. You can also cut blocks from the entrance trench, instead of digging a tunnel. As you get more experience, you can experiment with design improvements.

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