

ROCK CLIMBING I
KIN 164-02 / THURSDAY 2:00 – 3:50
1 Credit
FALL 2011
Course Outline

COURSE DESCRIPTION:

This is a beginning rock climbing course. The course will familiarize students with basic climbing and belaying techniques. Students will become experienced in knot tying, top rope and "sling shot" anchor systems, belaying, rappelling, climbing, self-rescue, equipment selection and care, terminology, and climbing signals. Practical instruction and experience includes rappelling, belaying, and climbing on artificial climbing walls around the William and Mary campus. Students should be able to surmount intermediate climbs rated 5.3 to 5.7 in difficulty.

PREREQUISITE: No previous climbing experience is needed.

COURSE OBJECTIVES: Upon completion of the course a student will be able to:

- A. Demonstrate correct knot tying and selection of appropriate knots for various situations.
- B. Demonstrate safe belaying and rappelling skills.
- C. Be able to set up a top rope, one pitch rock climb using all appropriate safety systems, techniques, and equipment which has easy access to the top and the bottom of the cliff.
- D. Demonstrate an understanding of climbing terminology and commands.
- E. Be able to perform basic self-rescue (prussik use).
- F. Demonstrate good climbing technique necessary to complete easy (5.2) to moderately difficult (5.7) climbs.
- G. Demonstrate the knowledge and ability to care for and properly select appropriate equipment for climbing and rappelling.
- H. Demonstrate good rope handling skills.
- I. Appreciate the risks involved in this sport and to practice prudent safety procedures.

COURSE CONTENT: This course will include:

- 1. **Equipment**
 - Selection and types
 - Care
 - Terminology
- 2. **Physical Conditioning:** Strength vs. Finesse
 - Bouldering and strength training
 - Stretching
 - Mental Conditioning: Trust exercise
 - Attitude and focus

3. **Belaying**
Anchor systems with back-ups
Responsibilities of the climber and belayer
Rope handling - Checking for damage
 Stacking for safety and efficiency
 Throwing challenges
Top rope and sling shot systems
4. **Rappelling** - Body positioning
 Descending and braking on face and overhanging free rappels
 Use of "8" rings and safety checks
 Use of prussik sling for self-rescue
 Problems associated with rappelling
5. **Climbing Techniques**
 Signals/Communication/Calls
 Balance / 3 points of contact
 Face climbing; Crack climbing; Overhangs; Chimney; Mantle; Friction
6. Knots - Figure 8's; Grapevine; Safety (knot stacked on the Figure 8 follow through); Prussik; Overhand; Ringbend/Water knot

Class Meeting Dates:

Aug. 25 Class scope and objectives, conditioning, bouldering
Sept. 1, 8, 15, 22, 29
October 6

Required Class field trip: OVER FALL BREAK

Depart: Monday, from Adair Hall.6:30 a.m. October 10

Return: Tuesday, approx. 10 p.m. October 11

General Information

You will need to complete a medical form and sign an assumption of risk form. The College of William and Mary is not responsible for problems that arise due to the weather.

COURSE FEE: \$100. Includes transportation & lodging. Billed with your tuition. Pay to Treasurer's office.

FEE REFUND AND COURSE WITHDRAWAL POLICY

Full refund of course fees are given only for classes dropped by the end of the drop period at the beginning of the semester. To receive a full refund, the drop must be implemented by the Registrar's drop period deadline. Any student enrolled in the course after this date is liable for the full course fee and any petition to drop will probably be denied.

Any questions concerning drops, withdrawals or refunds should be directed to the course instructor.

EVALUATION: Pass/fail grade will be awarded on the successful completion of all the following:
(Course requirements to pass.)

Practical: Demonstrate knots, setting up a top rope and a sling shot climb; rappelling and free climbing a 5.3+ route Participate fully in the class field trip.

Written: Students must pass the written portion of the course. One written examination will be given that covers safety, care of equipment, technique and terminology.

ATTENDANCE REQUIREMENT: In accordance with Department policies, students are expected to attend all scheduled class meetings. Attendance to all classes is strongly urged. Due to intensity and technical nature of this course, missing more than one class for any reason will result in failure of the course. *You are responsible* for making up any missed material or skills before the next class. If you need to contact me, E-mail me, call or come by during office hours or leave a message with voice mail. I respond well to timely messages. Incompletes will not be given. Attendance at the weekend trip is mandatory to receive a passing grade.

DRESSING FOR CLASS: Sneakers, shorts, and T-shirts are appropriate when climbing indoors. If you wish to wear long trousers, they must fit loosely for climbing. We will be outside some. Wear loose fitting layers that will not bind your movement. Rings and dangling earrings are a hazard. Please, for your safety, do not wear them to class. Trimming long fingernails is advised. Wearing eyeglasses retainer straps is also advised. Long hair will need to be braided or confined in some way as to not get caught up in the climbing or rappelling paraphernalia.

Recommended Text:

How To Rock Climb, (Fourth Edition), Long. Available on line.

READINGS: Are posted on the Assignments page of the class Blackboard website.

CLASS WEB SITE:

Address: <http://blackboard.wm.edu> You may also access it through myWM. This site is a work in progress. I expect to post most of the class handouts here. You will be able to find photos from previous class field trips here for you to see your peers in action and to check out the climbing area we plan to visit. The site also contains some pretty great stuff like the class roster with e-mail listings. I anticipate posting individual photos on the site.

Instructor: Kim Whitley
Office: Adair Hall 304
Phone: 757/ 221-2789
(221-CRUX)
E-mail kpwhit@wm.edu

Office hours: Note: Mon Wed and Fri between 12 & 12:45 AND BY APPOINTMENT. After hours I am most easily reached via email.