Instructor
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Office Hours: By appointment

Co-Instructors
Trish Paulos
Ryan Lym
Tasha Thompson

Course Description
The basic procedures involved with the activity of vertical rock climbing will be explained, demonstrated, and practiced during this course.

General information specific to all climbing program rock courses includes:
- A brief history of rock climbing
- Basic geology and rock formation specific to Utah
- Terrain management, environmental considerations and Leave No Trace Principals

Topics specific to the rock 1 level include:
- Top rope climbing fundamentals
- Basic climbing movement
- Risk management

Learning Outcomes
Students will finish this course with the ability to demonstrate competency in fundamental rock climbing techniques, Leave No Trace skills, and associated safety skills including proper equipment selection and use. This will be accomplished through discussions, demonstrations, and practical, activity-based learning. Additionally, students will demonstrate an increased understanding of issues and guidelines related to the management and usage of administered public lands, such as those used in this class as they relate to rock climbing and other uses.

Schedule

<table>
<thead>
<tr>
<th>Date / Location</th>
<th>Time</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>Tuesday, September 9</td>
<td>2:00 p.m. – 6:00 p.m.</td>
<td>Course overview, complete University forms. Introduction of students and instructors. Course material discussion and overview of written material. Explanation of transportation and different teaching site locations. Equipment requirements and other matters discussed. Beginning skills practice.</td>
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<tr>
<td>Friday, September 10</td>
<td>2:30 p.m. – 6:00 p.m.</td>
<td>Meeting at the Big Cottonwood Canyon Park-n-Ride. Check for necessary equipment. Ensure adequate transportation. Depart for climbing site location. Instructor’s presentations. Climbing activity.</td>
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<tr>
<td>Big Cottonwood Canyon</td>
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<tr>
<td>Saturday, September 11</td>
<td>7:00 a.m. – 4:00 p.m.</td>
<td>Meeting at the Big Cottonwood Canyon Park-n-Ride. Check for necessary equipment. Ensure adequate transportation. Depart for climbing site location. Instructor’s presentations. Climbing activity.</td>
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<td>Big Cottonwood Canyon</td>
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<tr>
<td>Sunday, September 12</td>
<td>7:00 a.m. – 4:00 p.m.</td>
<td>Meeting at the Big Cottonwood Canyon Park-n-Ride. Check for necessary equipment. Ensure adequate transportation. Depart for climbing site location. Instructor’s presentations. Climbing activity.</td>
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<tr>
<td>Big Cottonwood Canyon</td>
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Course Format / Requirements for This Course

Grading is on a credit/no credit basis. All three course components (listed below) must be completed in a satisfactory manner. Two credit hours count toward graduation, but this course does not yield a letter grade. Per University policy, all students must attend 80% of the class period and 100% of the field trip. Alternatively, this course may be taken as non-credit.

34%  PARTICIPATION – this includes active involvement in all activities, a willingness to work with other students, and a demonstrated desire to learn about rock climbing.

33%  PAPER – write a paper (2 pages of content, word processed, double spaced) on a topic assigned by the instructor. This is to be written as a summary and used as an outline for your oral presentation. A different topic may be selected if permission is obtained from the instructor. This paper must be of college quality – structured, well organized, and free of grammatical errors. Papers not completed to an acceptable level will be returned for the opportunity of a rewrite. PAPERS ARE DUE UPON ARRIVAL AT THE FIELDSITE LOCATION: FRIDAY SEPTEMBER 10.

33%  PRESENTATION – present to the class through lecture/presentation your two page summary paper. It must be three to five minutes in length. Creativity, handouts, and enthusiasm are encouraged.

Probable Involvement

This is a highly focused course, requiring full attention during the class meetings and activities throughout the field sessions. Outdoor activities will be necessary for the success of this course. Moderate physical activity is required. Stresses to the body such as hot/cold temperatures and dirty conditions may be involved. In addition to the special fee, students may incur other costs, including groceries, transportation, and fulfillment of equipment needs.

Equipment Information

Required Equipment: Due to safety or course related considerations, it is recommended that you bring for the field session ALL the equipment, in functional condition that is listed in this section.

<table>
<thead>
<tr>
<th>Climbing Equipment</th>
<th>Clothing (recommended no COTTON, able to climb in)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Climbing specific shoes</td>
<td>1 t-shirt</td>
</tr>
<tr>
<td>Personal Equipment</td>
<td>1 long sleeve t-shirt</td>
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<tr>
<td>Backpack/climbing specific pack</td>
<td>1 pair shorts</td>
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<tr>
<td>Headlamp with extra batteries</td>
<td>1 pair pants</td>
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<tr>
<td>Sunscreen (SPF 30 or better, 1 tube/small bottle)</td>
<td>1 over jacket or sweat shirt (fleece recommended)</td>
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<tr>
<td>Lipscreen (SPF 30 or better, 1 stick)</td>
<td>1 puffy jacket (synthetic fill recommended)</td>
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<tr>
<td>Water bottles (2 liter minimum)</td>
<td>1 waterproof/breathable shell jacket</td>
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<tr>
<td>High carbohydrate snacks</td>
<td>Headwear</td>
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<tr>
<td></td>
<td>1 warm lightweight wool or pile hat (beanie)</td>
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<td></td>
<td>Sunglasses</td>
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Suggested Equipment: Items that may be very important for your comfort, but are not required.

<table>
<thead>
<tr>
<th>Footwear</th>
<th>Personal Equipment</th>
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</thead>
<tbody>
<tr>
<td>Approach/hiking shoes</td>
<td>Camera setup</td>
</tr>
<tr>
<td>Headwear</td>
<td>Personal 1st aid kit</td>
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<tr>
<td>Sun hat</td>
<td>Handwear</td>
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<tr>
<td></td>
<td>Gloves</td>
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<td></td>
<td>Hand warmers</td>
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</tbody>
</table>

Safety equipment including climbing harnesses, helmets, delay devices, and locking carabiners will be provided if you do not own them. The Outdoor Recreation Program, Ft. Douglas / Heritage Commons. Phone 801-581-8516, provides these items for sale at regular retail costs if you wish to purchase them before the start of this courses field sessions. Personally owned safety equipment can be used after approval has been given by the instructor team.

Group safety equipment is provided throughout the course. It is inventoried at the start and end of each field day by the instructor team. If any of this equipment is missing during the inventory at the end of any field day, the students of the course as a whole are responsible for its replacement cost. This monetary amount would be paid to the University of Utah Outdoor Recreation Program.

If you do not own any of the above equipment, borrow or rent it before you purchase new items. Your instructors are available for advice. Three rental sources: 1) The Outdoor Recreation Program, Ft. Douglas / Heritage Commons. Phone: 801-581-8516.
2) R.E.I., 3300 E. 3300 S. Phone: 801-486-2100. 3) Black Diamond, 2092 E. 3900 S. Phone: 801-278-0233.

Whether you own, borrow, rent, or buy, don’t make the mistake of assuming the equipment is in useable condition. Check all items at home or at the rental agency to be sure they won’t fail when you need them to perform.
Food Information
Throughout the entire field session, food is the responsibility of the student. An adequate breakfast needs to be consumed prior to the start of each mornings meeting. Lunches and snacks need to be carried into the climbing site and should be able to last for an 8 to 10 hour time period. It is important that high carbohydrate foods are brought for the time spent at the climbing site. Examples include: power bars, cliff bars, GORP, bagels, cream cheese, dried meats, crackers, cookies, dried fruits, granola bars, etc.

Transportation Information & Directions
Transportation to and from the field trip sites is not part of the course. It is the student’s responsibility to arrange transportation between Salt Lake City and the Cottonwood Canyons. The distance between the two is approximately 25 miles with a driving time between 20 to 30 minutes.

A map with driving directions will be provided by the instructor. Errors may be present in the description provided; routing and travel are the student’s responsibility.

Once departed from the university, students will be expected to meet the instructors at the predetermined field session sites. It is strongly recommended that students carpool for this course. It is more economical and friendlier to our environment.

Special Fees
These fees pay for the group equipment provided for student use by the instructor team including climbing ropes and all related safety equipment specific for rock climbing and this course.

Policies
Firearms, fireworks, alcohol, controlled substances, pets, non-enrolled persons are not allowed during this course. Unsafe or environmentally damaging behaviors including the use of electronic entertainment during the field sessions is also prohibited. Students must attend the first class meeting and participate in the entire field session to receive credit. Violations of these policies require the instructors to dismiss a student from the course without credit or refund.

Withdrawal Policy
Students may DROP this course without penalty if done within two school days following the first class meeting, regardless of other University drop deadlines. Drops are not possible after this date. Following the drop deadline, students may WITHDRAW up until the day that the field session begins. Withdrawal will not, however, yield a refund of tuition and the special fee.

Students with Disabilities
Reasonable accommodations will be made for students with physical, cognitive, systemic, learning or psychiatric disabilities. The unique demands of the field session may require enrolling in an alternate course. Please notify your instructor of pertinent disabilities at the first class session. Disabilities must be listed on the “Participant Agreement, Release, and Acknowledgement of Risk” form. Courses in the NRL Program maintain an environment supportive of the Americans with Disabilities Act (ADA), and of non-discrimination.

Presence of Hazards / Essential Paperwork
Each student must sign a university release form: University of Utah Participant Agreement, Release, and Acknowledgement of Risk. It is the student’s responsibility to read it carefully before signing each section, as it lists many of the risks present. It is clearly stated that students are responsible for their own welfare and safety throughout this course.

Paperwork that must be received prior to the field session departure:
- Participant Agreement, Release, and Acknowledgement of Risk form
- Driver Information sheet (if driving)
- Proof of registration (if your name doesn’t appear on the student list furnished by the registrar’s office)

Potential for Syllabus Error
Although your instructors have made efforts to make this syllabus accurate, errors may be present. Additionally, certain events may require changes to the syllabus.
Directions to Field Site Location

You are responsible for your transportation needs between Salt Lake City and Big Cottonwood Canyon. For each climbing class session you will need to arrive at the Big Cottonwood Canyon Park and Ride.

The following is step by step instructions from MapQuest online. You are strongly encouraged to reference maps and other online venues prior to making the commute.

Start: Wakara Way and Foothill Blvd, Salt Lake City, UT
End: Big Cottonwood Canyon, Salt Lake City, UT

1. Start out going SOUTH on FOOTHILL BLVD/UT-186 toward WAKARA WAY.
2. Merge onto I-215 S via the exit on the LEFT.
3. Take the 6200 SO. exit, EXIT 6.
4. Merge onto UT-190 E toward EAST.
5. Turn LEFT onto E BIG COTTONWOOD CANYON RD/ UT-190.
6. Turn LEFT into the BIG COTTONWOOD CANYON PARK AND RIDE.

Total Estimated Time: 20-30 minutes
Total Distance: Approx. 25 miles