

Eastern Washington University

Beginner Rock Climbing

2022-2023

Information

Instructor: Haley Golden
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Class Location: EWU Climbing Wall
University Recreation Center

Class Time: TBD

Course Description

This class is designed to introduce participants to basic rock climbing skills. The course will cover the skills necessary to climb and belay using a top-rope system both in an indoor facility and an outdoor setting. The skills and information taught in this course include: safety practices, basic climbing knots, belay technique, climbing movement, equipment and terminology.

IMPORTANT

Further instruction and proper supervision are required if you continue to pursue climbing in an outdoor setting. Climbing is an inherently dangerous activity, and this class is not adequate preparation for facing the hazards of an outdoor climbing site without the guidance of a qualified and experienced instructor. Use good judgment.

Course Objectives

The student will:

- Understand the risks and benefits involved in the sport of rock climbing
- Become top-rope belay certified at the EWU Climbing Wall
- Be able to identify and properly use basic climbing equipment including harness, locking carabiner, belay device, ground anchor, etc.
- Become familiar with proper climbing movement/technique
- Be familiar with climbing safety procedures including “buddy checks” and belay commands
- Become familiar with the risks and benefits of climbing outdoors

Course Disclosure

Rock climbing is an inherently dangerous sport. Novice and expert climbers are injured and die every year (even in climbing gyms); however, modern equipment and proper instruction can minimize most risks. Rock climbing can be a blast, but take it seriously.

Grading Procedures

Criteria for grades in this class include class participation and attendance. Grading will follow normal university standards.

Class Participation

You can miss one class without losing points; if you miss three or more classes you will receive a 0.0 for the quarter. Contact the instructor in advance if you are going to miss a session. Lack of cooperation, behaviors that affect the instructor's ability to teach, and behaviors that compromise safety may result in a lowered class participation grade.

Belay Test

Building solid belay skills is a major learning outcome of the course. Each student must pass the EWU Climbing Wall Belay Proficiency Check (20 points).

Final grades are broken down as follows:		
<i>Assignment</i>	<i>percent</i>	<i>points</i>
Class Participation:	80%	80 pts
Belay Test:	20%	20 pts
Total Points		100

Class Schedule

Week 1:

- Introductions
- Syllabus & Par-Q
- Gym Tour
 - Bouldering Certified
 - Shoe Fitting
 - Free Climb

Week 2:

- Holds, Features, Straight Arms
 - Hold Types
 - Wall Features
 - Traverse Train
 - Stretch
 - Basic Techniques

Week 3:

- Footwork, Balance, Technique
 - Review Route Grades
 - Traverse & Stretch
 - Footwork
 - Balance

Week 4:

- Belay Class
 - Equipment
 - Tying in w/ Figure 8
 - Belaying with PLUS
 - Buddy Checks
 - Belay Commands

Week 5:

- Movement & Belay Practice
 - Review Technique
 - Static vs Dynamic
 - Review Belay Skills
 - Top Rope Practice

Week 6:

- Belay Certification Day
 - Introduction of Gri-Gri

Week

- Route Reading
 - Apply Technical Skills
 - Gri-Gri Certification

Week 8:

- Rappelling Day
 - Boulder Top Safety
 - Demo of Sport Lead

Week 9:

- Outdoor Trip

Week 10:

- Make-Up Day

Week 11:

- Finals Week, No Class

95-100%	A	4.0
93-94%	A	4.0
90-92%	A-	3.7
86-89	B+	3.3
83-85	B	3.0
80-82	B-	2.7
76-79	C+	2.3
73-75	C	2.0
70-72	C-	1.7
66-69	D+	1.3
63-65	D	1.0
60-62	D-	0.7
< 60	F	0.0