

Course Information

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Office Hours: By appointment only

Texts: Text Books all on sale in the RRCC Bookstore:

Required Texts

1. Houston & Cosley (2004) Alpine Climbing: Techniques to Take You Higher. Mountaineers Books. ISBN - 978-0898867497;
2. 4. Roberts, D. (1991). The Mountain of My Fear. Mountaineers Books. ISBN - 978-0898862706

Recommended Texts

3. Simpson, J. (2004). Touching the Void: The True Story of One Man's Miraculous Survival, HarperCollins Canada. ISBN - 978-0060730550;
4. Krakauer, J. (1999). Into Thin Air: A Personal Account of the Mount Everest Disaster. Knopf Doubleday Publishing Group. ISBN - 9780385494786;

Class Structure:

This course provides students with a combination of skills and practical experience in the fundamentals of mountaineering. Emphasis is placed on basic climbing skills and techniques, proper equipment usage, anchor systems, mountain travel, decision-making, and wilderness ethics. The class will utilize lectures, handouts, reading assignments, fieldwork, demonstrations, and videos where appropriate for the presentation of course material.

Class meets from 8:00 a.m. to 6:00 p.m. See attached course flow for a complete list of dates. Students should plan on being in class for the whole time. The instructors will do everything to have class wrapped up by 6:00 pm, but there is always a chance that class may run late due to weather, road conditions, or the unexpected. **We will be going on a 3 day/2 night trip to Rocky Mountain National Park April 28th-April 30th.** Please make prior arrangements so that you can attend this 3 day trip. No prior climbing or

mountaineering experience is required for this course but the instructors do expect a healthy dose of adventure and enthusiasm.

A Note on Field Experiences:

There will be many **outdoor** field experiences. Red Rocks does have some equipment to loan but you must come prepared with all-weather clothing, including hats, gloves etc. for an alpine environment, appropriate food, footwear, etc. Equipment needs will be the subject of an early lecture to explain what is needed in detail. Failure to have appropriate equipment may result in not being allowed to participate. If you are having trouble locating specific items please contact one of the instructors.

Policies:

- A. All electronic devices (phones, pagers, texting devices, MP3's (and such) must be turned off at the start of class each day. In-class use of your computer must be limited to class notes, assignments, or research. All electronic correspondence must originate from your valid RRCC student e-mail account
- B. There is no smoking, whether traditional tobacco or vapor cigarettes, during class, nor on the field trip (during official class times or meeting times, even impromptu meetings, or a teachable moment). Drugs or alcohol are not permitted at any time during class hours for student safety, as well as in route or returning from activities as per State Law and the RRCC Student Handbook.

Objectives:

- A. Discuss the history, elements, and decision-making process in mountaineering.
- B. Practice footwork, handhold and total body skills and techniques.
- C. Review equipment for mountaineering.
- D. Review and practice various knots used when mountaineering.
- E. Demonstrate the removal of protective devices.
- F. Identify and select the proper clothing and accessories for mountaineering
- G. Demonstrate how to set-up various types of anchors.
- H. Employ using and setting up of various types of belay systems.
- I. Practice rappelling fundamentals and using rappelling devices.
- J. Practice assembling equipment for various mountaineering routes.
- K. Assess the various mountain hazards.
- L. Review and practice route finding, travelling on rock/snow/ice, and proper glacier travel and safety where appropriate.
- M. Employ ethical mountaineering techniques and principles.
- N. Describe and practice alpine rescue techniques.

Topical Outline:

- I. Introduction to mountaineering

- A. Overview of mountaineering
- II. Mountaineering skills and techniques
 - A. Footwork
 - B. Handholds
 - C. Total body
 - D. Balance, control, and fluid movement
- III. Mountaineering equipment and usage
 - A. Ropes, knots, and carabiners
 - B. Protection system
 - C. Clothing and accessories
- IV. Anchors
 - A. Natural
 - B. Artificial
 - C. Fixed
 - D. Multiple
- V. Belays
- VI. Rappelling
- VII. Art of mountaineering
 - A. Preparation
 - B. Leading on the mountain
 - C. Mountain hazards
- VIII. Mountain travel
 - A. Route finding
 - B. Rock travel
 - C. Snow travel
 - D. Ice travel
 - E. Glacier travel and safety
- IX. Personal safety and responsibility
 - A. Mountaineering ethics
 - B. Mountaineering safety, injury prevention and response

Grading Criteria

Grades will be based on the following criteria:

	Item	Percentage	Description
1	Attendance/Participation	50%	Consistent and on time
2	Research Paper	25%	Open Topic (See Rubric on D2L for grading)
3	Quizzes	10%	2 quizzes
4	Final Exam/Skills Assessment	15%	Final Exam

1. **Reading:**

For academic and safety reasons, please keep current with **all** assignments. The two “Recommended Texts” are great pieces of mountaineering literature that the instructor encourages students to read on their own time.

2. **Attendance/Participation:**

Active attendance in class is expected. Please email or text at least 24hrs. prior to class if you might miss. Do not assume that the instructor has received your message unless he replies to you.

Come to class having done the appropriate readings and ready to engage with your classmates, the instructors, and the material. Classroom absence is a big problem at Red Rocks and many other higher learning institutions. Attendance in “extreme sport” courses is especially important because of the safety issues involved. You may not miss more than two days of class during this course.

If a student misses more than two classes he or she will have to withdraw from the course. This is a field based class and your attendance/participation is not just 50% of your grade, it is also part of the class’s risk management framework. A student will have to write a 300 word paper summarizing the day’s objectives for any missed class.

3. **Fieldwork:**

- a. Students are expected to have appropriate gear, clothing and have RRCC Field Waiver and Medical Forms signed and on file prior to field experiences.
- b. Students are responsible for appropriate transportation to and from campus to the field locations. All-wheel drive and 4x4 vehicles are recommended, carpooling is compulsory and entrance/parking fees may be demanded by State and Federal Parks or land managers.

4. **Assessment:**

There are 2 quizzes during this course. They will focus on practical skills and field work. The final exam on April 30th will be both written and practical. The research paper must be submitted electronically by 11:59 pm on May 3rd. The research paper can be on any climbing related topic. The paper should be between 3-5 pages, use APA formatting, and include at least 3 sources. **Late papers will not be accepted.**

TENTATIVE COURSE FLOW

Below is the tentative course flow. Field locations and teaching topics are subject to change due to weather, conditions or student abilities. The instructor will attempt to post any changes on D2L by Thursday afternoon each week if there is a change to the schedule.

There could also be last minute changes to the schedule and students should be flexible and have a positive attitude regarding all changes.

Course Flow and Assignments

Date	Topics	Reading (due on date listed)	Assessment	Location
Week 1: Friday April 7th	DAY 1 Morning: <i>Waivers and Med Forms</i> <i>Introductions/ Course Overview</i> <i>Types of Climbing and a Brief History of Mountaineering</i> <i>Mountain Weather</i> Afternoon: <i>The Single Pitch Environment</i> <i>Knots</i> <i>Belaying</i> <i>Commands</i> <i>Rock Climbing Gear</i>	<i>Alpine Climbing</i> Pages 52 – 61 (Mountain Weather will be covered in class on Friday) and Pages 80-102.		Meet on campus at 8 am. Morning: RRCC Campus Afternoon: Table Mountain, Golden or Climbing Gym
Week 1: Saturday April 8th	Crag Day / Research Afternoon Crag Session in morning: <i>Climbing Movement</i> <i>Intro to Anchors & Protection</i> Indoor Session in afternoon: <i>American Alpine Club (AAC) Library. Choose a research paper topic. Paper is due by 11:59 pm on May 3rd, 2017.</i>	Read Handouts from the AMGA SPI manual. <i>Alpine Climbing</i> Pages 9-27.		Meet on campus at 8 am. Morning and early afternoon: Table Mountain, Golden Late Afternoon: American Alpine Club (AAC) Library, Golden Bring \$5 cash for admission
Week 1: Sunday April 9th	Crag Day / Navigation Intro in afternoon Morning <i>Rappelling</i> <i>More Movement</i> <i>More Anchors</i> <i>Intro 3rd and 4th Class terrain</i>	Review Friday and Saturday Material Quiz Read Tour Planning	Quiz # 1	Meet on campus at 8 am. Pack out and drive to Car Crash Crag.

	Afternoon <i>Intro map, compass, GPS, basic navigation skills and tour planning</i>	handout on D2L		
Week 2: Friday April 14 th	Alpine Day <i>Intro to The Alpine Environment</i> LNT <i>Mountain Sense</i> <i>Navigation Strategies</i> <i>Basic Crampon and Ice Ax Use</i>	<i>Mountain of My Fear</i> Pages 211-364 <i>Alpine Climbing</i> Pages 30-52. 62-80. 106-134.	Quiz # 2	Meet on campus at 8 am. Pack out and drive to St. Mary's Glacier
Week 3: Friday April 28 th	Day 1 @ RMNP <i>Adv. Crampon and Ice Ax Technique</i> <i>Snow Anchors</i> <i>Belaying on Snow / Roped Travel</i>	<i>Alpine Climbing</i> Pages 196-232. <i>Mountain of My Fear</i> Pages 15-204.		Meet on campus at 8 am. Pack out and drive to RMNP
Week 3: Saturday April 29 th	Day 2 @ RMNP <i>Putting it all together for an objective!</i>	Review <i>Alpine Climbing</i> Pages 30-67 and Pages 106-134.		RMNP
Week 3: Sunday April 30 th	Day 3 @ RMNP <i>Short objective in morning. Assessments and Debrief in afternoon.</i>	Study for Written Exam.	Final Exam: part written and part practical.	Morning: RMNP Afternoon: RRCC Campus
Wednesday May 3rd	Research Paper Due by 11:59 pm on May 3rd. EMAIL to john.mackinnon@rrcc.edu	Finish research paper	Research Paper	No Late Papers Will Be Accepted

Academic Integrity

Everyone associated with the college's academic community has a responsibility for establishing, maintaining, and fostering understanding and respect for academic integrity. The following principles are associated with academic integrity:

- Cite (give credit for) words and/or ideas in an academic exercise that are not expressly your own.
- Use information, computer programs, another person's work, study aids and/or other materials only when allowed by the instructor.
- Remove materials from the library, labs, and other college facilities only when an official representative of the college grants permission.
- Use copyrighted materials only with permission.
- Refuse to help another commit an act of academic dishonesty.
- Use only the resources specifically allowed when completing a test or other assignment.

Academic dishonesty is the intentional act of fraud when an individual claims credit for the work of another, uses unauthorized materials, or fabricates information in any scholarly exercise. Academic dishonesty also includes, but is not limited to:

- forging educational documents
- damaging or destroying the works of another; or
- assisting others in acts of academic deception.

If you are aware of an incident of academic dishonesty, please report the occurrence to a faculty member, department chair, or administrator. Those committing academic dishonesty will be subject to disciplinary action, such as failing the assignment or course and/or expulsion from the course or college.

Disabilities

RRCC offers many special services to students with disabilities. The college complies with and fully supports Section 504 of the Rehabilitation Act of 1973, with amendments of 1974, as well as the Americans with Disabilities Act (ADA) of 1990 regarding non-discrimination based on disability.

Reasonable accommodation is provided upon request for persons with disabilities. If you require an accommodation to participate in any class, program, service, or other activity at RRCC, contact the Office of Disability Services (ODS).

No accommodations will be accepted after the due date for any required assignments, attendance, or fieldwork.

Information: 303.914.6733 or 303.914.6737 TTY

Affirmative Action/Equal Opportunity

RRCC is committed to diversity in its people and programs. The college is an equal opportunity educational institution and does not discriminate based on race, color, religion, national origin, sex, sexual orientation, gender expression, age, veteran status, or disability. It also does not tolerate acts of ethnic intimidation, which are any unlawful acts against persons or groups because of race, color, ancestry, religion, or national origin for the purpose of inciting and provoking bodily injury or damage to property. The State Board for Community Colleges and Occupational Education has approved the RRCC

Affirmative Action/Equal Opportunity Program Plan (available for individual, public, and agency review in the Personnel Office). The college has designated the Director of Personnel as its affirmative action officer.