

MOUNTAINEERING OUT 101/601

Spring 2019 Syllabus

CONTACT INFORMATION

Instructor: John MacKinnon

Office Hours: By appointment only.

Phone: 970 236 6130 (text preferred)

Email: John.MacKinnon@rrcc.edu

REQUIRED TEXTBOOK/COURSE MATERIALS

1. Houston & Cosley (2004) *Alpine Climbing: Techniques to Take You Higher*. Mountaineers Books. ISBN - 978-0898867497;
2. Roberts, D. (2012). *The Mountain of My Fear/Deborah: Two Mountaineering Classics (Legends and Lore)*. Mountaineers Books. ISBN-13: 978-1594856792

The following texts are recommended

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

COURSE DESCRIPTION:

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.

Credit hours: 3

COURSE PREREQUISITE/CO-REQUISITES

No Prerequisites

LEARNING 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

COURSE REQUIREMENTS / EXPECTATIONS

Class meets from 8:00 a.m. to 6:00 p.m. See the tentative schedule that starts on page 5 for a complete list of dates, assignments and venues. Students should plan on being in class for the entire meeting 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 26th – April 28th . Please make prior arrangements so that you can attend this 3 day trip.

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, sunglasses) for an alpine environment, appropriate food, footwear, etc. Equipment needs will be the subject of an early lecture and the instructors will 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 an instructor.

No prior climbing or mountaineering experience is required for this course but the instructors do expect a healthy dose of adventure and enthusiasm. The instructors also expect that students show up on-time, prepared, and with a willingness to adapt the course as weather and abilities dictate.

GRADING POLICY

METHODS OF EVALUATION / GRADING / ASSESSMENT

Summary of Assignments & Grading	Points
Attendance and Participation—consistent and on time	50 pts
Research Paper—Open Topic/see D2L for Rubric	25 pts
Quizzes—2 quizzes at 5 pts each	10 pts
Final Exam / Skills Assessment—written and practical evaluation	15 pts
	100 Pts total

GRADING SCALE

100-90 pts (100%-90%) = A,

89-80 pts (89%-80%) = B,

79-70 pts (79%-70%) = C

69-60 pts (69%-60%) = D;

59-0 pts (59%-0%) = F

COURSE POLICIES

Students are expected to have appropriate gear, clothing and have RRCC Field Waiver and Medical Forms signed and on file prior to field experiences.

Students are responsible for transportation to and from campus to the field locations. All-wheel drive and 4x4 vehicles are recommended, as is carpooling, and state/federal/private land managers may require parking or admission fees.

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.

IMPORTANT DATES

STUDENTS: PLEASE VERIFY THE SPECIFIC DROP AND WITHDRAW DATES FOR THIS COURSE IN YOUR “[Detailed Student Schedule \(with Drop-Withdrawal Dates\)](https://erpdnssb.cccs.edu/PRODRRCC/wt_student_sched.P_DisplayStudentSched)” LINK IN THE ROCK, UNDER THE STUDENT TAB
(https://erpdnssb.cccs.edu/PRODRRCC/wt_student_sched.P_DisplayStudentSched)

DROP/CENSUS DATE (LAST DAY TO DROP WITH A REFUND)

Drop Date: March 21st, 2019

This is the last day you can remove yourself from this class without having to pay for the class and without the class showing on your permanent student record. **If you are considering dropping the class, please talk to your instructor first.** If you are on financial aid, you should also consult a financial aid advisor before dropping a class. All students are encouraged to see an academic advisor about how dropping may affect their goals.

WITHDRAW DATE (LAST DAY TO WITHDRAW WITH A “W”)

Withdraw Date: May 3rd, 2019

This is the last day you can remove yourself from this class and receive a “W” for the class instead of a grade. You are responsible for payment. **If you are considering withdrawing from the class, please talk to your instructor first.** If you are on financial aid, you should consult a financial aid advisor before withdrawing from a class. All students are encouraged to see an academic advisor about how withdrawing may affect their goals.

ATTENDANCE POLICY

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 instructors have received your message unless one of them replies to you.

Come to class having done the appropriate readings and ready to engage with your classmates, the instructors, and the material. 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.

MAKE-UP / LATE WORK POLICIES / EXTRA CREDIT

The instructor reserves the right to refuse to accept any late work. A student will have to write a 300 word paper summarizing the day’s objectives for any missed class.

CLASS CANCELLATION POLICY

The lead instructor will notify the class of any class cancellations or class changes via D2L. He will attempt to post any changes on D2L by Thursday afternoon each week if there is a change to the schedule, but there may be last minute changes due to weather. Students should be in the habit of checking D2L the day before and the morning of class for updates.

RRCC SYLLABUS INSERT – REQUIRED AND ADDITIONAL INFORMATION

All students are required to be familiar with the information contained in the RRCC Syllabus Insert document. In addition to your instructor reviewing the required content in class, the RRCC SYLLABUS INSERT can be found as an announcement on all D2L landing pages (where you have access to all of your courses) and in the “Student Resources” pull-down menu.

KEY DATES

WEEK 1 – APRIL 5TH – APRIL 7TH

WEEK 2 – APRIL 12TH

WEEK 3 – APRIL 26TH- APRIL 28TH (ROCKY MOUNTAIN NATIONAL PARK 3-DAY FIELD TRIP)

TENTATIVE SCHEDULE

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 major change to the schedule.

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

Course Flow and Assignments

Date	Topics	Reading (due on date listed)	Assessment	Location
<p>Week 1: Friday April 5th</p>	<p>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>Rock Climbing Gear</i> <i>The Single Pitch Environment</i> <i>Knots</i> <i>Belaying</i> <i>Commands</i></p>	<p><i>Alpine Climbing</i> Pages 52 – 61 (Mountain Weather will be covered in class on Friday) and Pages 80-102.</p>		<p>Meet on campus at 8 am.</p> <p>Morning: RRCC Campus</p> <p>Afternoon: RRCC Climbing Gym</p>

<p>Week 1: Saturday April 6th</p>	<p>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 2nd, 2018.</i></p>	<p>Read Handouts from the AMGA SPI manual. <i>Alpine Climbing</i> Pages 9-27.</p>		<p>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</p>
<p>Week 1: Sunday April 7th</p>	<p>Tour Planning and Snow School Morning <i>Intro map, compass, GPS, basic navigation skills and tour planning</i> <i>LNT for Mountaineers</i> Afternoon <i>Snow Climbing Basics</i> <i>Following a tour plan</i></p>	<p>Review Friday and Saturday Material Quiz Read Tour Planning handout on D2L</p>	<p>Quiz # 1</p>	<p>Meet on campus at 8 am. Pack out and drive to St. Mary's Glacier.</p>
<p>Week 2: Friday April 12th</p>	<p>Alpine Day <i>Navigation Strategies Continued</i> <i>Crampon and Ice Ax Practice</i> <i>Snow Anchors</i> <i>Belaying/Rappelling on snow</i> <i>3rd and 4th Class Rock</i> <i>Implementing a basic tour plan</i></p>	<p><i>Mountain of My Fear:</i> <i>Mountain of My Fear</i> <i>Alpine Climbing</i> Pages 30-52. 62-80. 106-134.</p>	<p>Quiz # 2</p>	<p>Meet on campus at 8 am. Pack out and drive to St. Mary's Glacier</p>
<p>Week 3: Friday April 26th</p>	<p>Day 1 @ RMNP <i>Adv. Crampon and Ice Ax Technique</i> <i>Snow Anchors</i> <i>Belaying / Rappelling on Snow</i></p>	<p><i>Alpine Climbing</i> Pages 196-232. <i>Mountain of My Fear:</i> <i>Deborah</i></p>		<p>Meet on campus at 8 am. Pack out and drive to RMNP</p>

Week 3: Saturday April 27 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 28 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
Sunday May 5th	Research Paper Due by 11:59 pm on May 5th . Submit on D2L	Finish research paper	Research Paper	No Late Papers Will Be Accepted