

OL 171 : TECHNICAL SKILLS FOR OUTDOOR LEADERSHIP

Transcript title

OL Technical Skills

Required materials

None.

Credits

2

Grading mode

Standard letter grades

Total contact hours

40

Other hours

40

Course Description

Introduces basic skills, gear, and systems necessary for a variety of outdoor pursuits, including alpine mountaineering, challenge course and rock climbing. Provides an introduction to a variety of skills, with the intention of moving into more guide-oriented courses later in their program. Presents technical skills that will serve as a foundation for the advanced training in specific outdoor disciplines. Introduces gear, such as software (ropes, webbing, harnesses) and hardware (carabiners, friction devices); skills, such as knots, belaying, rappelling; and systems such as anchors, raises, lowers.

Course learning outcomes

1. Recognize and distinguish advantages and shortcomings of specific gear and methods for a variety of unique vertical challenges.
2. Integrate the use of specific equipment and skills in providing safety protection in a variety of unique vertical challenges.
3. Analyze, appraise and design effective anchor systems for a variety of unique vertical challenges.
4. Generate and organize vertical rescues utilizing various skills, techniques, and methods.

Content outline

1. Introductions, Syllabus, and Course Expectations
2. Ropes and Webbing and Assorted Software
3. Intro to Knots
4. Carabiners
5. Harnesses
6. Introduction to Anchors
7. Anchors
8. Intro to Belaying
9. Belaying
10. Rope Ascents and Descents
11. Belay Escapes
12. Field Application #1: Intro to Institutional Settings
13. Belaying and rappelling
14. Application #2: Improvisational Scenarios
15. Field Application #3: Rescues