PRTS 1404 - 001 Intro to Mountaineering  
Spring Semester 2019  
February 10th, 6:00-9:00pm in HPR N 218  
Field Session: February 26-28th (first meeting at Grizzly Gulch parking lot, top of Little Cottonwood at 7:30am)  
2.0 credit hours or non-credit

Instructors:  
Taylor Dickinson  
taylor@design.utah.edu  
801-641-7154  
Sam Baum  
samabaum94@gmail.com  
717-598-3972

Program Coordinators:  
Nate Bricker  
801-581-8542  
Nate Furman  
802-558-8055  
Office: Annex 110, Mailbox: Annex C 1085

Prerequisites:  
None

Recommended Materials:  
*Mountaineering: The Freedom of the Hills, 8th Edition*

Course Description:  
Attendance at first class meeting is mandatory. Drops not possible after the 2nd day following this meeting. Class meets on campus February 10th only. Field sessions February 26th-28th.  
NO OVERNIGHT CAMPING

Focus on fundamental mountaineering skills such as steep snow climbing, ice axe technique, footwork, anchors, route finding in avalanche terrain, construction of snow anchors, and relevant technical rope management skills. Leave No Trace skills appropriate for the winter and information regarding natural resource management will also be covered.

To determine the last day to drop this miscellaneous course, see  
http://registrar.utah.edu/handbook/miscellaneous.php

Meets With  
• PRTS 404 001

STUDENT LEARNING OBJECTIVES:  

By the end of course, students will be able to:  
• Demonstrate proper footwork and ice axe technique in various mountain terrain  
• Build anchors suitable for snow mountaineering  
• Evaluate terrain with respects to mountain hazards and climbing and descent route options  
• Implement various travel and security techniques
EXPECTATIONS FOR STUDENTS ON COURSE:

A. Attendance at all course meetings is necessary for receiving credit. U-EXPLORE courses are short and therefore require students to be present and engaged for the duration of class contact time. If there is a conflict with the pre-course meeting or the weekend course, please reach out ahead of time.

B. Completion of all assignments is necessary for passing. Assignment requirements are listed below with time frames and requirements.

C. Students must be prepared to participate in course with required equipment and clothing. Students without the necessary activity specific equipment may find course participation difficult. Please reference the equipment lists below and ask questions about required equipment if uncertain.

Overall, students who are engaged in the course material and open to learning about the activity will be successful and receive credit.

MAJOR ASSIGNMENT PRELIMINARY SCHEDULE:

Student Presentations

Working in groups of 3-5, students are required to develop a presentation to give to the group on Saturday or Sunday. Presentations should be between 8 and 10 minutes long. Please ensure that your presentation content is 100% accurate. Instructors may interrupt for content accuracy. (refer to Mountaineering: Freedom of the Hills for all readings)

1. Chapter 4: Physical Conditioning
2. Chapter 6: Wilderness Travel
3. Chapter 7: Leave No Trace
4. Chapter 8: Stewardship and Access

Research Paper

Papers are due by March 4th at 11:59pm. Turn papers in to Canvas. Each research paper must include all of the following.

1. The subject matter should include: a particular mountaineering incident, location, damage resulting, an analysis of how events unfolded and recommendations for avoidance of the event.
2. A title page, course name and number, semester, student's name, ID number and telephone number.
3. At least three full pages of text, word-processed or typed and double-spaced.
4. A bibliography with the appropriate citations for the incident.
5. All papers should be written in the American Psychological Association (APA) editorial
style. Guidelines for this style can be obtained in the PRT department office. The basic guidelines are to use, one-inch margins throughout, 12-point type, and double spacing. Paragraphs may be indented at your discretion but not more than five spaces. Avoid double, double spacing (quadruple space).

6. Unacceptable Papers: Students sometimes submit unacceptable papers, and a rejected paper means a “no credit” grade. The most common reasons for rejected papers are as follows:
   • Less than three full pages of text
     • No references.
     • Factual errors.
     • Paper written on a non-relevant topic.
     • Excessive spelling and/or grammatical errors (lack of proofreading).

Resources for papers:
http://publications.americanalpineclub.org/

ADDITIONAL INFORMATION

Grading Criteria:
Grading is on a credit/no credit basis. Students must complete all components of the course in a satisfactory manner to receive credit.
Be on time. Tardy persons will be left behind, and they will not get credit for the course.

Course Schedule:
See above and note that our schedule is subject to revision based on the needs of our class; any updates will be made available for students through Canvas or email.

Equipment:
Each student is responsible to obtain the proper equipment necessary for field sessions. The field sessions involve some moderate touring on snow. All equipment is required for the field sessions. Contact the instructor with any questions. Much of this gear can be rented from Outdoor Adventures on Campus. If using OA, make your reservation ASAP.

As this is a mountaineering class, we will be traveling across snow each day. Each participant will need to use one of the following methods for travel on snow: Snowshoes, telemark skis, or AT skis (Randonee skis). Cross-country ski gear is not allowed. Downhill/Alpine equipment will not work without a free-heel binding for ascending.

If you choose to ski, you must be able to ski at an expert level and be familiar and comfortable with ski touring. This is not a skiing class and the instructors do not have time to teach you to ski or ski tour.

Required Technical Equipment List:
• Mountaineering Boots (the more comfortable the better)
• Snowshoes or Complete ski touring set-up
• Ski poles (recommended for snowshoers also).
• Transceiver, 457kHz, less than 5 years old!!!
• Collapsible avalanche shovel
• Probe
• Crampons (Horizontal crampons for mountaineering)
• Gaiters (very nice for snowy conditions)
• Ice Axe (mountaineering axe, not Ice Tools)
• Water Bottles (two liters, start with hot water and keep it inside your pack!).
• Notepad and pencil (“Rite in the Rain” brand works well in wet/snowy conditions)
• Goggles and/or sunglasses
• Sunscreen & lip balm

**Required Clothing List:**
Warm clothing that is designed for winter use, i.e. ski pants and jackets, down jacket etc. Do not bring cotton layers. We will be spending the course alternating between standing in the snow, not generating a lot of heat, and exerting ourselves. Bring layers accordingly.

• All necessary under, mid, and outer layers appropriate for winter recreation (not cotton)
• 2 pair of winter gloves (an additional pair of thin gloves is also recommended)
• Warm hat
• Sun hat (optional)
• 2 Pairs of Socks
• Down/synthetic down jacket
• Extra Warm Jacket for mornings and lessons

Keep in mind it will not be possible to go to your car and change once we leave the parking lot.

**Optional equipment** (this gear will be provided. If you prefer to bring your own, please let the instructor inspect your gear.):

• Climbing Harness
• Climbing Helmet
• 2 Locking Carabiners
• 2 Prusik Cords
• 1 Double Length Sling

**Rental Shops:** University of Utah Outdoor Adventures

Most equipment can be rented from the U of U Outdoor Adventure Program. Contact the OA: phone 581-8516. OA is open Mon.-Fri. 8-6. Equipment can be reserved by paying the rental fee on Monday of the week of use. Several outdoor shops in the valley also rent this equipment. Check all rented or borrowed equipment carefully before trying to use it in class. Make sure it fits and works properly before class.

**Transportation:**
Snow tires or chains are required by law on canyon roads. **DRIVE CAREFULLY!**

Class will be held regardless of weather, unless canyon roads are closed. Occasionally the
canyon will be "restricted" to four-wheel drive or chains; on these days, classes will be held. The canyon buses operate on "restricted" days. Check [http://www.wrh.noaa.gov/slc/snow/](http://www.wrh.noaa.gov/slc/snow/) for mountain weather. In the event of a delayed road opening we will meet at the pre-assigned location at the time the road does open.

**Travel to and from your field class will be allowable as a (single person/shared household) per vehicle or via public transportation.** If you are not able to arrange for transportation by observing this restriction you will need to (a) complete the course online, (b) drop the class within 48 hours of the first class meeting for a full refund (c) stay enrolled, don’t participate, and receive no refund and a “no-credit” (NC) on your transcripts.

**Please Note:**
Although your instructor has made efforts to make this syllabus accurate, errors may be present. Additionally, certain events may require changes to the syllabus. Students will be informed when this is necessary. If you have any questions please feel free to ask.

All activity classes pose a certain risk of injury, death or loss of property to the participants, and you accept this by remaining enrolled. Hazards include but are not limited to the terrain, snow conditions, avalanches, weather, animals, vegetation, equipment, vehicles, one's self, other persons, other students, and instructors. If you do not feel up to the strenuous field sessions, please see the instructor at the first class about dropping the course. Consider, we shovel lots of snow while digging pits and rescuing mock victims, additionally, we travel several miles on snow in steep mountainous terrain above 8,000 feet.

**Regarding Exposure to Covid-19**
You may participate in your U-EXPLORE class if:
- You have had no fever for at least 72 hours (3 full days of no fever without the use of medicine that reduces fevers)
- & you do not have any other flu-like symptoms (for example, cough or shortness of breath)
- & at least 7 days have passed since your symptoms first appeared
- & you have not had contact with anyone who is COVID positive (including the 5 days before they were positive) for 14 days.
- & after reading and signing both the assumption of risk form and attestation form you accept all the risks both known and unknown associated with this class

**Face Coverings:**
Based on CDC guidelines, the University requires everyone to wear face coverings in shared public spaces on campus, including our classroom. As a reminder, when I wear a face covering, I am protecting you. When you wear a face covering, you are protecting me and all of your classmates. If you forget your face covering, I will ask you to leave class to retrieve it. If you repeatedly fail to wear a face covering in class, I will refer you to the Dean of Students for a possible violation of the Student Code and a “no-credit” (NC) on your transcripts. Note that some students may qualify for accommodations through the Americans with Disabilities Act (ADA). If you think you meet these criteria and desire an exception to the face covering policy,
contact the Center for Disability and Access (CDA). Accommodations need to be obtained prior to the first day of class so that I am notified by CDA of any students who are not required to wear a face covering. Face coverings (cloth masks, scarves, gaiters, bandanas) are expected to cover the nose and mouth, except in approved circumstances, in all common areas, in campus buildings such as hallways, restrooms, lounge areas, classrooms, conference rooms, etc. Face coverings must cover both the nose and the mouth. Plastic face shields do not meet this requirement.

Please plan to have a clean face covering to wear each day in the field as needed. We will be in the field for three days, so that means you should have three face coverings. It is always a good idea to have extra face coverings in the event one is damaged, lost, or inadvertently compromised.

For more information on face coverings please visit
https://healthcare.utah.edu/healthfeed/postings/2020/04/face-masks.php

Attendance:
Given the nature of this course, 100% attendance is required and adjustments cannot be granted to allow non-attendance if you are planning to participate in the field portion of this course. However, if you can not, or choose not to attend the first class meeting and/or field experience please inform your instructor that you would like to continue the class by completing the online assignments, or that you will be dropping the class. Remember, to receive a refund for this class you will need to drop this class within 48 hours of the first class meeting (see class schedule for course details). Failure to do so will result in a “no-credit” grade being recorded on your transcripts and loss of any fees paid. If you choose to do online work instead of the field experience you will need to notify your instructor within 48 hours of the first class meeting to receive a refund of the special fees. If you miss the 48 hour deadline no refund of special fees will be given. If the University requires the class to be delivered entirely online, special fees will be refunded minus the funds spent in preparation of your class. If you require special accommodations or request an exception to this attendance/participation policy due to a disability, please contact the Center for Disability and Access (CDA). CDA will work with us to determine what, if any, ADA accommodations are reasonable and appropriate.

Online Materials and Assignments:
Please familiarize yourself with Canvas and any other electronic teaching tools used for this class. The syllabus, other assignments, and course information can be found on the Canvas page for this class. If you are not familiar with the Canvas platform for learning I encourage you to review the Canvas Getting Started Guide for Students which can be very helpful. https://community.canvaslms.com/community/answers/guides/canvas-guide/getting-started/pages/student

Social Distancing and Traveling:
During this class you will be required to wear a face mask per University guidelines and anytime you are unable to maintain a 6’ distance between yourself and others, and anytime
you are entering the public space of others where a 6’ distance can not be maintained.

All camping will be done in single person tents (1 person per tent) unless you qualify for a single household exemption. Single household refers to individuals sharing living arrangements in which they share both the same risks and exposure to the virus as the members of their “single household”. Typically, this applies to those sharing the same household/room as a primary living arrangement but does not include dorm floors.

Cooking supplies, food, utensils etc. will not be shared unless the single household designation threshold is met. Please plan to cook/prepare/consume/clean up your own meals individually.

Assumption of Risk and Attestation Forms:
Every student will be required to complete and sign both an Assumption of Risk form and attestation form. These forms will be required regardless of your participation in the field portion of this class. All students wishing to receive credit for this class need to complete both forms. Failure to complete these forms may result in a “no-credit” (NC) being recorded on your transcripts.

OTHER INFORMATION:

Safety/Injury/First-Aid Information:
All activity classes pose a certain risk to the participant. Both traumatic event injuries and long-term stress injuries are possible. Possible hazards include, but are not limited to, cold temperatures, sharp rocks, tree fall, tree wells, animals, vegetation, avalanches, steep slopes, slick terrain, cold and/or frozen water terrain, fellow students, and yourself. Refer to liability release and your instructors for more details. If any student has a pre existing injury, illness or conditions that would be contrary to the strenuous activities described, it is the students’ responsibility to withdraw from the class. All students must conduct themselves in a reasonable and prudent manner at all times. Be aware and avoid hazardous situations. No student is required to do anything that the student feels is unsafe or above their ability level and this is a “challenge by choice” experience. Inform the instructor(s) if this situation develops. In case of any accident, please inform the instructor(s) immediately. Students are recommended to carry their own personal first aid kits. Please do not leave the group on your own always check-in with the instructor(s) if you need personal time away from the group.

Essential Documents:
Following forms must be received by your instructors before departing for the first field trip: Participation Agreement, Release, and Acknowledgement of Risk Form: and if driving, Driver Information Sheet. If your name does not appear on the roll you must furnish proof of registration before leaving for the field session. Everyone must have medical insurance and sign a waiver and 1st aid consent form. (temporary insurance is available at the Student Services Building for a very low cost)
Alcohol, Drugs, Pets & Firearms:
Non-enrolled persons, and electronic devices are not allowed. Leaving the group without permission, destructive/damaging/unsafe behaviors are not allowed at any time during this course. All of the above are grounds for dismissal and a failing grade. Transportation is up to the students. Participants and drivers must sign a waiver. If you smoke, please be considerate of others and smoke away from the group. All cigarette butts and waste associated with smoking must be carried out. No illegal drugs are permitted during this course. Excluding service animals, pets and other animals are not permitted - see the instructor for more information. Service animals in certain exclusion areas (like the Cottonwood Canyons) may require special permits. If a permit is required it is up to the student to apply and present the required permits before the class departs for the field. Except as expressly permitted by law, firearms are not allowed on fieldtrips. Participants will need to demonstrate that they have a lawful permit for the firearm.

The Americans with Disabilities Act:
The University of Utah seeks to provide equal access to its programs, services, and activities for people with disabilities. If you will need accommodations in this class, reasonable prior notice needs to be given to the Center for Disability Services (CDS; http://disability.utah.edu; 162 Olpin Union Building; (801)-581-5020). CDS will work with you and the instructor to make arrangements for accommodations. All written information in this course can be made available in an alternative format with prior notification to the CDS.

Addressing Sexual Misconduct:
Title IX makes it clear that violence and harassment based on sex and gender (which includes sexual orientation and gender identity/expression) is a Civil Rights offense subject to the same kinds of accountability and the same kinds of support applied to offenses against other protected categories such as race, national origin, color, religion, age, status as a person with a disability, veteran’s status or genetic information. If you or someone you know has been harassed or assaulted, you are encouraged to report it to the Title IX Coordinator in the Office of Equal Opportunity and Affirmative Action, 135 Park Building, 801-581-8365, or the Office of the Dean of Students, 270 Union Building, 801-581-7066. For support and confidential consultation, contact the Center for Student Wellness, 426 SSB, 801-581-7776. To report to the police, contact the Department of Public Safety, 801-585-2677(COPS).

The Code of Student Rights and Responsibilities:
The code, which specifies student rights as well as conduct involving cheating, plagiarism, collusion, fraud, theft, etc., is provided at http://regulations.utah.edu/academics/6-400.php.

Wellness Statement:
Personal concerns such as stress, anxiety, relationship difficulties, depression, cross-cultural differences, etc., can interfere with a student’s ability to succeed and thrive at the University of Utah. For helpful resources contact the Center for Student Wellness, http://wellness.utah.edu; 801-581-7776.
Drop/Withdrawal:
The last day to withdraw from this class is Two Days after First course meeting (02/23/2019). Please check the academic calendar for more information pertaining to dropping and withdrawing from a course. Withdrawing from a course and other matters of registration are the student’s responsibility. Drops not possible after the 2nd day following the meeting. To determine the last day to drop this course, see http://registrar.utah.edu/handbook/drop.php or call the Registrar’s Office at (801) 581-8969.

Veterans Center:
If you are a student veteran, I want you to know that the U of Utah has a Veterans Support Center on campus. They are located in Room 161 in the Olpin Union Building. Hours: M-F 8-5pm. Please visit their website for more information about what support they offer, a list of ongoing events and links to outside resources: http://veteranscenter.utah.edu/. Please also let me know if you need any additional support in this class for any reason.

LGBT+ Resource Center:
If you are a member of the LGBTQ community, I want you to know that my classroom is a safe zone. Additionally, please know that the U of Utah has an LGBT Resource Center on campus. They are located in Room 409 in the Olpin Union Building; their hours are M-F 8-5 pm. You can visit their website to find more information about the support they can offer, a list of events through the center and links to additional resources: http://lgbt.utah.edu/. Please also let me know if there is any additional support you need in this class.

Learners of English as an Additional/Second Language:
If you are an English language learner, please be aware of several resources on campus that will support you with your language development and writing. These resources include: the Writing Center (http://writingcenter.utah.edu/); the Writing Program (http://writing-program.utah.edu/); the English Language Institute (http://continue.utah.edu/eli/). Please let me know if there is any additional support you would like to discuss for this class.