

UNIVERSITY OF OREGON • P.E. & Recreation • Outdoor Pursuits Program

**Basics of Technical Rescue Syllabus**

**Fall 2011**

<http://opp.uoregon.edu/climbing/climb.html>

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<u>Week</u>	<u>TOPIC</u>	<u>NOTES</u>
#1	Introduction	Family of 8's, bowline, prusik & klemheist  Knot & rope handling
#2	Anchor dynamics 2, 3, & 4-point anchors	(bring your harnesses/gear)
#3	Belaying /Anchor review	Body, munter/ mechanical
#4	Fixed Rope Ascension/Rappelling	Keep working on the worksheets
#5	Mechanical Advantage	C pulley, Z pulley, 5:1
#6.	Litter setup and carry	
#7	Belay escapes	<a href="http://opp.uoregon.edu/climbing/climb.html">http://opp.uoregon.edu/climbing/climb.html</a> (Belay escape web link)
#8	Review/ practice session	
#9	Practical Examination (knots, belay escapes)	<b>Worksheet due</b> <b>LATE WORKSHEETS WILL NOT BE ACCEPTED!</b>

Notes:

1. Lost or damaged climbing gear belonging to either the OPP or course instructor(s) must be replaced according the procedures set forth by the class.