

## ESOE Unit Schedule: Weeks 4-7

Unit	Chapter(s)	Essential Questions:
<b>Basic Outdoor Education Concepts</b> A. First Aid	-WMA <i>Field Guide</i> (All Chapters)	-How can we prevent accidents and injuries in the outdoors? -If someone is injured in the outdoors, how can we help them?

**Timeline:**

<u>Date</u>	<u>In Class</u>	<u>Activities</u>	<u>Homework</u>
Week 4	Discuss Wilderness Medical Associates field guide— Scene Size-Up, Initial Assessment, and Focused History and Physical Exam	Students pick sections of the WMA manual to teach to the class next week.	Read Wilderness Medical Associates (WMA) field guide. Students each pick a section to teach to the rest of the class.
Week 5	Students teach class excerpts from Wilderness Medical Associates field guide— <ul style="list-style-type: none"> <li>• Chest Pain/Circulatory System pp. 23-25</li> <li>• Respiratory System/Asthma pp. 26-28</li> <li>• Brain/Nervous System/Spine/Improved Stretchers pp. 29-44</li> <li>• Musculoskeletal Injuries/Splinting pp. 45-56</li> <li>• Severe Bleeding p. 57</li> <li>• Burn Evaluation p. 58</li> <li>• Blister Care p. 59</li> <li>• Anaphylaxis p. 60</li> <li>• Hypothermia/Packaging pp. 61-63</li> <li>• Frostbite p. 65</li> <li>• Heat Problems p. 66-67</li> <li>• Drowning/Near Drowning p. 69</li> <li>• Lightning/Lightning Prevention pp. 70-71</li> <li>• Altitude Sickness/AMS/Edema pp. 72-73</li> <li>• Diabetes pp. 74-75</li> <li>• Toxins, Bites, and Stings pp. 76-78</li> </ul>	Students should take notes on the excerpts from the WMA Manual	Review notes and work on presentations

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	<ul style="list-style-type: none"> <li>• Common Medical Problems pp. 79-88</li> </ul> <p>Medical/Rescue Kit p. 90</p>		
Week 6	<p>Discuss SOAP notes</p> <p>Discuss student SOAP notes from scenes</p>	<p>First Aid Scenes skill assessment—students use what they have learned about first aid to make a SOAP note for each of four First Aid Scenes</p>	<p>Finalize SOAP notes</p> <p>Begin planning First Aid Unit Assessments</p>
Week 7		<p>Work on First Aid Unit Assessments</p> <p>Turn in Unit Assessments</p>	

# ACS Rock Climbing Courses

## Skills Sheet

\*Note: Skills are cumulative: all climbers must be able to demonstrate the skills and knowledge in the level below before moving on to the next level.

### Level 1: Introduction to Rock Climbing

<b>Skill</b>	<b>Description</b>	<b>Date Completed/Signature</b>
<p>Safety</p> <p>*BARK= Belay (and harness), Anchor, Rope, Knot</p> <p>*Climbing commands: “on belay”, “belay on”, “climbing”, “climb on”, “take” or “tension”, “slack”, “lower me”, “lowering”, “off belay”, “belay off”</p>	<p>-Can accurately list the dangers associated with climbing in the gym</p> <p>-Rings taken off fingers before climbing</p> <p>-Correctly put on harness</p> <p>-Correct attachment to floor anchor when belaying</p> <p>*BARK check between climber and belayer before climbing</p> <p>-Correct use of *Climbing Commands</p>	
<p>Rock Features</p>	<p>List and Describe:</p> <ul style="list-style-type: none"> <li>-Arete</li> <li>-Dihedral (left-facing, right-facing)</li> <li>-Roof</li> <li>-Chimney</li> <li>-Crack</li> <li>-Slab</li> </ul>	
<p>Basic Movement</p>	<ul style="list-style-type: none"> <li>-Use of Feet</li> <li>-Resting with arm extended</li> <li>-Shaking out forearms</li> <li>-Stem</li> <li>-Mantle</li> <li>-Lieback</li> <li>-Slopers</li> <li>-Crimps</li> <li>-Underclings</li> </ul>	
<p>Knots</p>	<p>-Figure-8 Follow Through</p>	
<p>Belaying</p>	<p>-Toprope belay with GriGri</p>	
<p>Routes</p>	<p>Successful top rope of Routes 1, 2, and 4 without falls or hangdogging</p>	

Level 2: Intermediate Rock Climbing

<b>Skill</b>	<b>Description</b>	<b>Date Completed/Signature</b>
Movement	-Flagging -Backstepping -Cross-throughs -No-hands rests -Heel hooking -Traversing -Downclimbing	
Knots	-Girth Hitch -Munter Hitch -Munter Mule -Clove Hitch -Figure-8 on a Bight -Double Fisherman's Knot -Prussik -Bachman Knot	
Belaying	-Toprope belay with GriGri -Toprope belay with ATC	
Routes	Successful toprope of Routes 3, 5, 6, and 7 without falls or hangdogging	

Level 3: Advanced Rock Climbing

<b>Skill</b>	<b>Description</b>	<b>Date Completed/Signature</b>
Movement	-Drop-knee -Deadpoints -Dynos -Lead Climbing: Sport -Overhang/ roof climbing technique	
Knots  *SRENE= Solid, Redundant, Equalized, No Extension	-Climbing Anchor Construction: cordelette, self-equalizing sling, climbing rope *SRENE Anchors -Water Knots (for webbing)	
Belaying	- Lead climbing belay with Grigri - Lead climbing belay with ATC	

	-Belay with Munter Hitch -Top-belay a second with Reverso or Grigri -Escape belay with Munter Mule	
Routes	-Toprope all routes in gym without falls/ hangdogging -Lead routes 1-5 in gym	
Fall Factors	-Understand fall factors and how to minimize high-factor falls while leading	

Level 4: Outdoor Rock Climbing

Skill	Description	Date Completed/Signature
Movement	-Crack Climbing Technique: hand jams, fist jams, finger locks, off-fingers, offwidth technique, chimney technique, liebacking	
Knots	-Review of Climbing Anchor Construction: cordelette, self-equalizing sling, climbing rope -SRENE Anchor -Kiwi Coil -Mountaineer's coils -Construct harness from webbing -Z-Pulley construction	
Belaying  *Non-verbal Commands (in sequence): 5 tugs="belay off", 5 tugs="off belay", 5 tugs="on belay", 5 tugs="climbing"	-Use of *Non-verbal Commands -Learn hip belay technique -Construct carabiner and body rappels	
Routes	-Second outdoor routes: sport and trad -Clean routes while seconding -Rig and rappel single pitch climb using ATC extension and Autoblock knot. -Place traditional rock protection on the ground -Construct SRENE anchors: with cordelette, slings, climbing rope	
Environmental Skills	-Minimization of environmental impact: trash, "crowd" climbing, clothing, scarring of rock, raptor nesting, etc. -Learn to read and interpret route topos -Learn to read and interpret topographic maps	

	<ul style="list-style-type: none"><li>-Learn to select safe outdoor routes</li><li>-Use safe techniques for climbing outdoor routes</li><li>-Learn how to select climbing and safety equipment for outdoor routes</li><li>-Wilderness travel techniques and clothing</li></ul>	
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