

## Overview

The rock climbing course will offer students a journey through the crags and spires of one of Central Oregon's most distinct and renowned areas, Smith Rock State Park. While exploring this world famous climbing area, students will learn climbing techniques including gear use, belaying, rappelling, movement on rock, and etiquette. Students are given ample opportunity to push their limits and test their learning amidst the grandeur of this towering geologic formation.

You do not need to have any previous experience, as we will teach you the necessary skill sets for each activity.

Outward Bound courses are team environments where students work closely together and are designed to develop courage, build trust, compassion and personal initiative. Leadership, communication, goal setting and problem solving are core components taught on every course.

Outward Bound courses are demanding. Days can include getting up early to pack your bags and cook breakfast, making long approaches to climbs, carrying heavy packs and spending late evenings debriefing with your team. Additionally, working as a member of a greater team can be mentally challenging, requiring patience, openness, and a willingness to compromise with others. Past students and instructors agree that arriving physically fit and excited for the opportunity for personal development will enhance your experience and ability to do well on the course, and, ultimately allow you to take full advantage of the expedition.



## Course Area

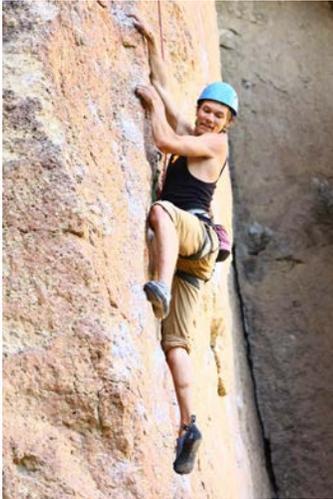
**SMITH ROCK STATE PARK, OREGON** – Smith Rock is a world-renowned climbing destination that attracts climbers of all ability levels. It is widely considered to be one of the top sport climbing areas in the country. Smith rock is a uniquely beautiful area with the Crooked River lazily winding its way through the canyon. To the west, the snow-capped volcanoes of the Cascade Range rise on the horizon. One of the most striking features is a prominent spire, Monkey Face.

## Course Activities

**ROCK CLIMBING** – Students will receive individual instruction and develop their skills on vertical cracks, steep faces and boulders. Camping will be at a front country site at Smith Rock. Students will learn about basic climbing equipment, rope management, wearing a harness, tying knots, belaying and rappelling techniques and movement over rocks.

**SOLO** – In order for profound learning to take place, there must be time to reflect on the experience. Within course, the solo is that opportunity. It is a chance to experience solitude in the wilderness without distraction while also taking a break from the physical rigors of course.

Students experience time away from their group for short periods of time throughout the course. These “mini-solos” are at solo sites chosen by students or instructors to provide as much solitude as possible (within emergency whistle-signaling distance of other group members). Participants have all necessary equipment, food and water. On this course, solos range from 30 minutes to no more than 24 hours. Most students spend their solo time journaling, drawing, reflecting and resting as they process lessons from course and focus on their goals for the future.



**SERVICE** – Service to others and the environment is a core value of Outward Bound and is integrated into each course. Participants follow Leave No Trace ethics as service to the environment and do acts of service while leading and supporting fellow participants. Students develop a value of service, seeing the impact of their actions firsthand, and transfer this desire to serve their communities back home.

**OUTCOMES** – This course will introduce students to the ideas of leadership, character development, and service that are integral to Outward Bound. Students will begin to develop these skills in an expedition setting so that they can continue to grow once they return home. Instructors will work to challenge students to try new things and step outside their comfort zones. As a team, each group will work together to complete difficult tasks necessary for backcountry travel.

### Sample Itinerary

*Please note that this is an example of activities that might occur on course, not a specific schedule or guarantee. All itineraries will vary depending on student groups, instructor teams, and environmental factors.*

Day 1	Course Start, welcome and introductions, gear check, course overview, intro to climbing gear and movement on rock
Day 2	Rock Climbing: Introduction to rock climbing systems, belaying, top roping and lowering. Development of group culture and personal goals.
Day 3-4	Rock Climbing: Development of climbing technique. Experience various types of rock climbs and difficulties. Continue to work on belaying and supporting other climbers.
Day 5	Personal challenge event, de-issue gear, de-brief, course end celebration and graduation
Day 6	Transport home