



2019 CLIMBING PROGRAM PARTICIPANT GUIDE



WHAT TO EXPECT

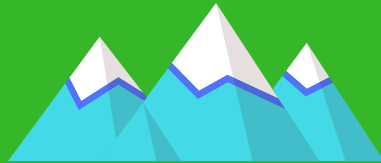
- Fun!
- Outdoor teambuilding activities
- Insider tips on how to be successful at WCU
- Introduction to camping skills
- Introduction to climbing (belaying, climbing technique) on our 34ft climbing wall
- Outdoor Climbing at Ralph Stover State Park
- Did we mention fun?!



MEET YOUR GUIDES!

Kathleen Tobelmann

Senior Trip Guide



Kathleen was first introduced to outdoor sports in highschool, and her trip to the pacific northwest really solidified her love for long distance hiking and alpine lakes. When she started at WCU, she immediately became involved in OAP to continue her pursuit in enjoying the great outdoors. On her trip guide training, she was dubbed the trail name “Kompost Kat” for her efforts in leaving no trace through drinking our grey water from dinner. Since then, she has become more passionate about preserving our public lands and sustainability, and has expanded her interests to also include rock climbing, kayaking, paddleboarding, and biking. Kathleen is a Senior Nutrition Major with a concentration in Sustainable Food Systems Management. She is pursuing yoga teacher training, and outside of OAP, she is secretary for Students United by The Sustainability Advisory Council, Project Manager for the WCU Fair Trade University Initiative, and works on an organic farm! She is Wilderness First Aid and CPR certified, and a Leave No Trace Trainer. When you see Kathleen, you’ll almost always find her with a smile on her face, stoked for the next adventure; so don’t be afraid to say hello!

John Herbison



Climbing Instructor and Supervisor

Major: Physics Education

Certifications: American Red Cross First Aid & CPR/AED

Favorite Thing About WCU: The people I have met.

Favorite Thing about OAP: The wonderful community the climbing wall attracts.

Other Involvement: Instructor and Route Setter at Gravity Vault in Radnor

ESSENTIAL ELIGIBILITY CRITERIA

The Outdoor Adventure Pursuits (OAP) program of West Chester University is a student centered and driven program whose purpose is to engage students in meaningful experiential education opportunities by utilizing a variety of outdoor activities, trips, and excursions. These programs will develop participants' commitment to the campus community, encourage healthy living, and help them gain confidence in their ability to lead. In order to best enhance this experience, our program is open to all who are able to meet the following essential eligibility requirements listed below. Accommodations may be made as long as it does not compromise the health or safety of staff members or other participants or significantly alter the fundamental learning outcomes of the program.

General Requirements

- Have the cognitive ability to discern all instructions of OAP staff
- Effectively communicate ideas on a group and individual level
- Properly wear and use all required safety equipment designated by the OAP staff
- Be able to effectively notify OAP staff and participants of potential hazards, personal distress, or other emergency situations
- Be able and willing to equally share in group responsibilities such as tent set up, campsite clean-up, and cooking
- Contribute to a safe learning environment-no inappropriate verbal or physical behavior is tolerated for any reason
- If taking prescription medications, be able to maintain proper dosage by self-medicating without assistance from others
- Have an average level of fitness including the agility, endurance and strength necessary to complete the chosen activity
- Perform necessary self-care in a remote outdoor environment, including maintaining adequate nutrition and hydration, maintaining proper body temperature by dressing appropriately for weather conditions, and maintaining personal hygiene
- Act in manner consistent with the 7 principles of Leave No Trace Outdoor Ethics (www.Int.org)



Climbing & Belaying

- Meet all general requirements listed above
- Successfully pass the WCU Climbing Wall Belay test
- Be able to reliably manipulate a climbing rope through a belay device (ATC, GriGri)
- Understand and convey necessary communication and climbing signals which include being able to clearly communicate at a distance of up to 50 meters
- Be able to independently tie figure of eight follow through and overhand knot
- Be able to inspect climber's harness, knot, and helmet (when applicable)
- Reliably and independently perform simple technical tasks such as tying into a rope, clipping into an anchor and getting into a harness without the direct supervision of a staff member



THE LEAVE NO TRACE SEVEN PRINCIPLES

1

PLAN AHEAD AND PREPARE

Know the regulations and special concerns for the area you'll visit. Prepare for extreme weather, hazards, and emergencies. Schedule your trip to avoid times of high use. Visit in small groups when possible. Consider splitting larger groups into smaller groups. Repackage food to minimize waste. Use a map and compass to eliminate the use of marking paint, rock cairns or flagging.

2

TRAVEL AND CAMP ON DURABLE SURFACES

Durable surfaces include established trails and campsites, rock, gravel, dry grasses or snow. Protect riparian areas by camping at least 200 feet from lakes and streams. Good campsites are found, not made. Altering a site is not necessary. In popular areas: Concentrate use on existing trails and campsites. Walk single file in the middle of the trail, even when wet or muddy. Keep campsites small. Focus activity in areas where vegetation is absent. In pristine areas: Disperse use to prevent the creation of campsites and trails. Avoid places where impacts are just beginning.

3

DISPOSE OF WASTE PROPERLY

Pack it in, pack it out. Inspect your campsite and rest areas for trash or spilled foods. Pack out all trash, leftover food and litter. Deposit solid human waste in catholes dug 6 to 8 inches deep, at least 200 feet from water, camp and trails. Cover and disguise the cathole when finished. Pack out toilet paper and hygiene products. To wash yourself or your dishes, carry water 200 feet away from streams or lakes and use small amounts of biodegradable soap. Scatter strained dishwater.

4

LEAVE WHAT YOU FIND

Preserve the past: examine, but do not touch cultural or historic structures and artifacts. Leave rocks, plants and other natural objects as you find them. Avoid introducing or transporting non-native species. Do not build structures, furniture, or dig trenches.

5

MINIMIZE CAMPFIRE IMPACTS

Campfires can cause lasting impacts to the backcountry. Use a lightweight stove for cooking and enjoy a candle lantern for light. Where fires are permitted, use established fire rings, fire pans, or mound fires. Keep fires small. Only use sticks from the ground that can be broken by hand. Burn all wood and coals to ash, put out campfires completely, then scatter cool ashes.

RESPECT WILDLIFE

Observe wildlife from a distance. Do not follow or approach them. Never feed animals. Feeding wildlife damages their health, alters natural behaviors, and exposes them to predators and other dangers. Protect wildlife and your food by storing rations and trash securely. Control pets at all times, or leave them at home. Avoid wildlife during sensitive times: mating, nesting, raising young, or winter.

7

BE CONSIDERATE OF OTHER VISITORS

Respect other visitors and protect the quality of their experience. Be courteous. Yield to other users on the trail. Step to the downhill side of the trail when encountering pack stock. Take breaks and camp away from trails and other visitors. Let nature's sounds prevail. Avoid loud voices and noises.

WHAT TO BRING?

- Positive Attitude
- 30-50L Backpack or duffel (we have limited van space so one bag limit)
- 3 pairs of underwear (wool or synthetic recommended)
- 3 tops (wool or synthetic recommended)
- 2 pairs of athletic shorts
- 1 pair of pants for camping
- 1 hoody or puffy jacket (available to rent from ORC)
- 1 Waterproof Rain Jacket (Available to rent from ORC)
- 1 pair of closed toed active shoes suitable for hiking
- 1 pair of climbing shoes (available from ORC)
- Climbing Harness (available from ORC)
- Climbing Helmet (available from ORC)
- 20-40 degree sleeping bag (available from ORC)
- Sleeping Pad (available from ORC)
- Personal Eating Utensils
- Headlamp (Available from ORC)
- 2 32 oz water bottles
- Sunscreen
- Bug repellent
- Personal hygiene items
- Personal Snacks
- Cash for Souvenirs & last minute items



SCHEDULE- DAY 1 JULY 19



2:00pm-3:00pm - Check in

*Meet at Struzbecker Health Science Center front door
where our Guides will greet you and get checked in*

3:00pm-4:30pm - Low Initiatives at Challenge Course

4:45pm-6:00pm - Campsite Set Up and Cooking

6:00pm-7:00pm - Dinner

7:00pm-7:45pm - Leadership Journey Activity

8:00pm-9:00pm - Headlamp Hike

9:00pm-9:30pm - Evening Reflection

11:00pm - Lights Out

SCHEDULE- DAY 2 JULY 20TH

8:00am-9:00am Breakfast

9:00am-10:30am - Break camp and load van

10:30am-10:45am - Drive to Student Rec Center

11:00am-1:00pm - Introduction to climbing

1:00pm-2:30pm - Drive to Climbing Site

2:30pm-5:30pm - Outdoor Climbing

5:30pm-6:00pm - Drive to Campsite

6:00pm-7:00pm - Set up Campsite

7:00pm-8:00pm - Dinner

8:00pm-9:30pm - S'mores and free time

9:30pm- 10:30pm - Evening Reflection

11:00pm - Lights Out



SCHEDULE- DAY 3

8:00am-9:00am Breakfast

9:00am-10:30am - Break camp and load van

10:30am-11:00am - Drive to Climbing Site

11:00am-2:30pm - Outdoor Climbing

2:30pm-4:00pm - Drive to Campus

4:00pm-5:00pm - Unload Van

5:00pm - Closing activity and departure

Note: Program will end at the Student Recreation Center

