



ATBO-142 – Ice Climbing Level 1

Business

Effective Term & Year: Fall 2023

Course Outline Review Date: 2028-04-01

Program Area: Tourism, Recreation, & Hospitality

Description:

This course introduces the student to the techniques and skills used in waterfall ice climbing. Safety and hazard management is the focus as the students learn anchor building, ice evaluation, belay considerations, and moderate and vertical ice climbing techniques.

Program Information:

This course is an elective course of the Adventure Tourism Business Diploma program.

Delivery Methods: On-campus (Face-to-Face), Practicum

Credit Type: College of the Rockies Credits

Credits: 2

Instructional Activity and Hours:

Activity	Hours
Classroom, Directed Studies or Online Instruction	
Seminar/Tutorials	
Laboratory/Studio	
Practicum/Field Experience	40
Co-op/Work Experience	
Other	
Total	40

Course Requisites:

- Complete all of the following
 - Completed the following:
 - [ATBO141](#) – Rock Climbing Level 1 (2)
 - Completed or concurrently enrolled in:
 - [ATBO106](#) – Experiential Leadership & Guiding (3)
 - [ATBO123](#) – Introduction to Outdoor Skills (2)

Flexible Assessment: Yes

In some cases students may be able to apply for recognition of prior learning outside the classroom. This flexible assessment process provides equivalent course credit. It is a rigorous process that may include external evaluation, worksite assessment, demonstration, standardized test, self-assessment, interview, products/portfolio, and challenge exam, or other measures as appropriate. Tuition fees apply. Contact an education advisor for more information.

Course Transfer Credit:

For information about receiving transfer credit for courses taken at either British Columbia or Alberta institutions, please see <https://www.bctransferguide.ca/> or <https://transferalberta.alberta.ca> . For more transfer credit information, please visit <https://www.cotr.bc.ca/Transfer>

All requests for course transfer credit from institutions in British Columbia or elsewhere should go to the College of the Rockies Enrolment Services office.

Textbook Resources:

Textbook selection varies by instructor and may change from year to year. At the Course Outline Effective Date the following textbooks were in use:

Suggested Reading:

Mountaineering, The Freedom of the Hills, 7th edition, published by The Mountaineers

Please see the instructor's syllabus or check COTR's online text calculator <https://textbook.cotr.bc.ca/> for a complete list of the currently required textbooks.

Learning Outcomes:

Upon the successful completion of this course, students will be able to:

- select appropriate equipment for water ice climbing and understand how to use this equipment. This equipment would include ice axes, crampons, ropes, harnesses, helmets and ice screws;
- understand the history and progression of crampon techniques as applied to ice climbing. Be able to demonstrate both “French technique” on lower angled ice, and modern front pointing technique on steeper ice;
- understand the history and progression of ice axe techniques as applied to water ice. Be able to demonstrate proper placement and removal of ice tools;
- understand efficient body mechanics as they apply to ice climbing – in order to climb in an efficient manner; and
- build an anchor made with ice screws, or with an Abalakov V thread.

Students should also develop

- confidence and self reliance in the ice climbing environment;
- conservative decision making strategies;
- leadership experience;
- group management skills;
- hazard evaluation skills; and
- critical thinking skills.

Course Topics:

Movement Skills

- Climbing Principles; i.e. X-hang
- Axe Placements
- Crampon Use
- Dry Tool Techniques
- Placing Ice Screws

Technical and Safety Skills

- Equipment and Knots
- Anchors
- Belays, Lowers and Rappels

Leadership Skills

- Preparation

- Site Management and Client Care
- Program Planning

See instructor's syllabus for the detailed outline of weekly readings, activities and assignments.

Evaluation and Assessments

Assessment Type: On-Campus (face-to-face)

Assessment Type	% of Total Grade
Movement Skills	20%
Technical and Safety Skills	40%
Leadership Skills	40%
Total	100%

Grade Scheme

A+	A	A-	B+	B	B-	C+	C	C-	D	F
>=90	89-85	84-80	79-76	75-72	71-68	67-64	63-60	59-55	54-50	<50

Evaluation Notes: A grade of "D" grants credit, but may not be sufficient as a prerequisite for sequential courses.

Evaluation Notes Comments:

Please see the instructor syllabus for specific classroom policies related to this course, such as details of evaluation, penalties for late assignments, and use of electronic aids.

Exam Attendance:

Students must attend all scheduled exams at the appointed time and place. Instructors may approve an alternate exam to accommodate an illness or personal crisis. Department heads will consider other written requests. Any student who misses a scheduled exam without prior approval will receive a "0" on the exam.

Academic Policies:

College of the Rockies policies related to courses can be found at <https://cotr.bc.ca/about-us/college-policies/> and include the following:

- Policy 2.4.3 Students with Documented Disabilities
- Policy 2.4.4 Student Conduct (plagiarism, other cheating, behavioral misconduct)
- Policy 2.5.8 Academic Performance

- Policy 2.5.3 Grade Appeal
 - Policy 2.4.9 Student Concerns Re Faculty
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Course Changes:

The College of the Rockies updates course outlines regularly to meet changing educational, employment and marketing needs. The instructor will notify students in writing of any updates to this outline during the semester. The instructor reserves the right to revise, add or delete material while meeting the learning outcomes of this course outline.