



# IWLS

International Wilderness Leadership School



## 12-Day North Cascades Rock Climbing Leadership Course Information

### Course Location

The jagged peaks of the North Cascades have more than 300 glaciers making it home to 85% of all the glaciers in the lower 48. Sometimes referred to as the “Alps of North America”, the North Cascades are home to some of the worlds most classic alpine rock routes. This course starts and ends in Seattle, Washington.

### Course Goals

- Students will gain a strong technical backpacking skill set and appropriate traveling techniques.
- Students will be able to demonstrate the ability to professionally deal with emergency scenarios while in the field.
- Students will be able to use and teach state-of-the art minimum-impact camping and travel techniques to move a group through various types of terrain with minimum impact.
- They will be able to exercise good quality judgment and decision-making skills within a leadership position to help avoid potential accident and survival situations, and develop a comprehensive understanding of safety considerations in a wilderness environment.
- They will be able to recognize their own leadership abilities and limitations within the context of a group. Students will be able to demonstrate the ability to make decisions and lead small groups in the wilderness environment.

### Course Itinerary

*This is a flexible trip itinerary that shows the general progression of the trip.*

**Day 0:** Plan on arriving in Seattle the evening before the course starts.

**Day 1:** We'll spend the first day preparing, planning, having a pre-trip meeting, and packing food and equipment for our expedition into the mountains. We talk about expectations for the course from the students and from the instructors.

**Day 2:** Head to North Cascades National Park.

**Day 3-5:** We will cover a wide spectrum of rock climbing skills including but not limited to: rock climbing technique, rock assessment, rock anchors, belaying, repelling and top-roping.

**Day 6:** Mid Course Evaluations.



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**Day 7-11:** Students will learn the finer points associated with alpine rock climbing as they continue to tackle technical climbing objectives. Skills will include but are not limited to: mock leading, high angle rescue and emergency protocols.

**Day 12:** Return to Seattle. In the last few days of the course we will have final peer and instructor evaluations. Students will be evaluated on their understanding and completion of the IWLS curriculums.

## Course Curriculum

The course curriculum consists of material from both the International Wilderness Leadership School and the Wilderness Education Association. A detailed curriculum will be supplied to students at the beginning of the course. Below is a partial list of curriculum points that will be covered.

### IWLS Rock Climbing Curriculum

Equipment Selection and Use	Ascending	Guiding mentality
Knots	Route Selection	Teaching and Tact
Climbing Technique	Rock Protection	Mock Leading
Belaying	Anchors	Multi-pitch Climbing
Rappelling	Emergency Protocols	Belay Station Management
Top Roping	High Angle Rescue	

### The Wilderness Education Association

The WEA has been training and certifying outdoor leaders around the world for nearly 25 years, and teaching students to safely and effectively lead groups in the outdoors without harming the environment.

Legendary mountaineer Paul K. Petzoldt, Chuck Gregory, Robert Christie, and Dr. Frank Lupton, founded the WEA in 1977. The organization's mission includes "...promoting the professionalism of outdoor leadership and to thereby improve the safety of outdoor trips and to enhance the conservation of the wild outdoors..."

### WEA curriculum

Decision Making and Problem Solving	Weather	Specialized Travel / Adventure Activity
Leadership	Health and Sanitation	Communication Skills
Expedition Behavior and Group Dynamics	Travel Techniques	Trip Planning
Environmental Ethics	Navigation	Teaching, Processing and Transference
Basic Camping Skills	Safety and Risk Management	
Equipment/Clothing Selection and Use	Wilderness Emergency	
	Procedures and Treatment	
	Natural and Cultural History	



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## Journal Writing

Keeping a wilderness journal can help students to record, reflect, and gain from experiences throughout the expedition. The following are examples of topics that may be assigned throughout the course: First-Aid SOAP notes, incident management forms, leadership analyses, trip reports, lesson plans and decision making analyses

## Evaluation and Grading

Students who take this course for credit will receive a letter grade. Grading is a measurement of one's knowledge of material, participation, written and oral communication, and one's judgment and awareness. Students will be evaluated on their skills, level of participation, their knowledge and awareness of their own abilities as outdoor leaders, their level of judgment as applied to decisions, and written projects assigned during the trip. Students that don't take the course for credit will receive an evaluation in place of a grade.

Additionally, the grading will be a reflection of student's peer and instructor evaluations as per the WEA and IWLS assessment rubrics.

## Certifications

Upon completion of the 12-day rock climbing leadership course, students may be eligible for the following certifications.

- IWLS certificate of completion
- Level 1 rock climbing certification



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