Finger Lakes Ice Climbing
Cornell Outdoor Education
Phillips Outdoor Program Center
B01 Bartels Hall, Campus Road
Cornell University, Ithaca, NY 14853
(607) 255-6183

COE Contact: Rob Cook, rjc288@cornell.edu

Meeting Times: Refer to website, coe.cornell.edu

Attendance/Timeliness Policy
We expect all students to be at all class meetings, attendance is required for successful completion. Missing any meeting or outing will result in loss of credit for the class.

The alternate day will be used if a regular class is cancelled due to weather conditions. It is expected that you are available on the alternate day if any of the previous classes are cancelled.

The instructors have planned the course to use the entire class time. You are expected to be on time and ready to participate at the beginning of each day.

This is a participation based class, and cell phones have proven detrimental to students’ ability to participate fully in our courses. As a result, no cell phone use will be allowed during class. Failure to recognize this policy or a failure to participate actively in the class may result in loss of credit for the course based on lack of participation in the activity.

Topics Covered
• Safety policies and emergency procedures
• Basic use and care of ice climbing equipment
• Basic footwork techniques for ice climbing
• Basic tool placement
• Knots and hitches
• Basic use of feet for balance and movement
• Basic use of hands for balance and movement
• Resting techniques
• Ice screw placement and cleaning techniques
• Belay procedures and commands
• Rating systems for technical ice climbing
• Proper use and care of climbing equipment
• Basic cold weather comfort

Goals:
• Students should have fun and develop an appreciation for climbing
• Students should gain an understanding of basic climbing skills as identified above.
• Students should learn to take responsibility for their own safety while climbing.
• Students should learn how to properly use and care for climbing equipment in an outdoor, cold weather environment.