Ouray Ice Climbing

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Ouray Ice Climbing

• Introductions
OEI

- Outdoor Education Initiative
  - Learn everything about leading and learning in the outdoors
  - Diversity outcomes
  - Student success
Experiential Learning and Teaching
Fear Factor

- Everyone experiences it
- Effect on learning
- We cope with it in different ways:
  - Team support, team building
  - Self talk
  - Focus on breathing

Vail 2005
Responsibility

- Climbers
  - Personal safety
  - Partners safety
  - The environment
  - Access
    - Land owners and managers
    - Rescue, self rescue and preparedness

- Guides / instructors
  - Client safety
  - Learning
  - Preparedness
Itinerary

• Meals
• Meet at the dumpster at 9:00 AM
• Climb until 2:30 PM, de-rig, return by 3:00
• Evenings, discretionary time, your choice
• Questions??
Non cotton layers

Foot gear
Hypothermia

Px
- Dress for conditions
- Watch out for each other
- Keep warm
- Return to hotel

Tx
- Remove from conditions
- Re-warm

Avoid direct heat:
- Hot tub
- Heat pads
- Hot shower
- Hot springs
Frost Bite

Note: Cold feet and fingers = Pain!

P \times
Gloves and mittens
Hand warmers
Hydration
Encourage circulation

T \times
Re-warm

Avoid direct heat:
Hot tub
Heat pads
Hot shower
Hot springs
Common Injuries

Bruised knuckles
Muscle soreness
Bruised shins, knees, etc
Facial bruises and lacerations
  Common are minor

Px

Stay alert
Gloves
Helmet
Stretch

Tx

HIRISE
Heat
Knots:

Retraced figure of eight
Clove hitch
Munter hitch
Prusik
• Top Bottom Belay
• Top Belay

**Required knots:**
- Water knot
- Clove hitch
- Munter hitch
- Retraced figure of eight
- Double fishermans
- Half double fishermans

**Required Hardware:**
- One rope
- Two large locking carabiners
- Three oval carabiners
- One prussic
- Anchors
• Lead Belay

**Required knots:**
- Water knot
- Clove hitch
- Munter hitch
- Retraced figure of eight
- Double fishermans
- Half double fishermans

**Required Hardware:**
- One rope
- Two large locking carabiners
- 30+ carabiners
- Runners and quick draws
- Anchors
Early ice climbing

Clear Creek ‘77

Clear Creek ‘79

Ouray ‘97
Early ice climbing

I-70 ‘77

Ten Mile ‘01

Clear Creek ‘97

French Technique

Pied troisième
Avalanche!
An overview

Topics:
  Take a field course
  Four Factors:
    Terrain
    Weather
    Snowpack
    Human
Maritime v intercontinental

Colorado

Inner-continental mountain range
Safety

Helmet
Eye and face protection
Tools
Leash-less tools
Crampons
The edge
The river
Falling objects
   Ice
   Rock
Cold weather
Thank you!
Questions?
Comments?

Optional Info
Ouray Web