



Boeing Employees Alpine Society

Basic Mountaineering Class (BMC) Syllabus

Course Title

Basic Mountaineering Class – *Introduction to the Basics of Mountain Climbing*

Course Description

This course covers the introduction and fundamentals of Basic Mountaineering. Through classroom instruction and weekend outings (both clinics and experience) students learn alpine skills. By the end of the class students are comfortable planning their own trips into the Cascades to climb a mountain.

Instructor

Chief Instructor: Sara Campbell – e-mail: bmcheadstructor@gmail.com

Times / Schedule

- Lectures: Wednesday nights 7–10PM
- Outings: Saturdays and/or Sundays 7AM–6PM (not including travel time)

Location

- Lectures: Boeing 2-22 building 1st floor Cafeteria
- Outings: Throughout Washington (typically 1–3 hours drive from Seattle)

Prerequisites

Although there are no specific prerequisites, it is assumed that the average student taking the class will have a basic familiarity with the outdoors, basic hiking, backpacking, and camping. Additionally, a reasonable fitness level is expected.

Learning Objectives

Students will acquire a basic understanding of rock climbing, snow travel, glacier travel, snow camping, and wilderness navigation.

Curriculum

Having successfully completed the course, students will have a good working knowledge of mountaineering upon which to build in the future. Specific topics covered include: clothing, gear, belay, rappel, navigation, basic rock climbing, food, water, ice ax arrest, avalanche, mountain weather, snow climbing, environmental awareness, first aid, mountain environment, natural anchors, glacier travel, crevasse rescue, trail maintenance, and leadership.



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Attendance

Attendance is mandatory for all scheduled orientations, classes, and outings. Missing the orientation, a lecture, and/or an outing could lead to dismissal from the course. Orientation will cover class expectations, as well as covering gear required for the class. Class lectures cover topics needed for the weekend outings and go into details on the specific outings and requirements, including planning.

Outings are designed to build on each other, therefore missing one will result in a lack of the required material for the next outing. Outings practice the previous class material. Additionally, this class is about dealing with the elements, therefore lectures and outings will not be canceled for inclement weather. For traveling on state roads you must adhere to state advisories. When advised, you must carry chains, have traction tires, or arrange to travel with someone who does.

Grading

- An 80% average or better is required to pass/graduate the class.
- A 70% or better is required on the final written exam, final practical exam, and graduation climb to pass/graduate the class.
- There will be approximately two quizzes to be completed online before lecture every week (approximately 20 total). These quizzes cover the reading assigned that week and check your understanding of the material. Quiz scores will be marked down if completed late.
- On most weeks, trip planning homework will be due prior to the weekly lecture. These ungraded homework assignments are required for outing participation.
- At the Lead or Chief Instructor's discretion, a student may be asked to drop out of the class at any time if not advancing fast enough results in a safety concern for the team.

Grade weight

- Outing/classroom participation: 20%
- Final written exam: 20%
- Final practical exam: 30%
- Grad climb: 30%

Textbooks

- "Mountaineering: The Freedom of the Hills, 9th Edition, ISBN: 978-1680510041 paperback, or ISBN: 978-1680510034 hardcover
- "Accidents in North American Climbing 2018 (Accidents in North American Mountaineering)", ISBN: 978-0999855614
- "Mountaineering First Aid", ISBN: 978-0898868784