WSU Vancouver Recreation Program
Clinic/Trip Rating System

This rating system factors in three major elements, the trip/clinic, experience of an individual, and physical conditioning. To determine if a trip/clinic is for you, you should consider these three elements.

Be sure to assess a trip/clinic for the amount of physical exertion and technical proficiency that will be needed to complete the trip safely. To assess a trip's difficulty, consider such issues as mileage, remoteness, elevation gain, weather, technical travel or skills required, and the medium we are traveling on, i.e.-water, ice, snow, glacier, rough or rocky terrain.

When looking at personal experience, consider what quantity and type of experience you have had in the past. Factors in personal experience are guided vs. unguided trips; duration of past trips, difficulty of personal trips, and any special training an individual has received. Physical conditioning plays an important role in having a successful and safe trip for all involved.

When considering your physical conditioning consider how frequently you do this type of activity, cardiovascular conditioning, and anaerobic endurance. Our trips are unguided, co-educational endeavors, where the participants are responsible for their decisions and safety, so a personal, fair, and honest assessment of your abilities should be made before going on a trip or clinic. If you have questions regarding your level of physical conditioning, you should consult your physician.

If you are unclear about what is expected of you on a trip/clinic, please discuss this with the Recreation Coordinator.

The following is a 5 tiered rating system that includes general descriptions of 5 levels of difficulties. Certain trips with low technical skill ratings and very high levels of physical requirements could be rated the same as a trip with very high technical skills and a very low physical requirement, so always be sure to inquire as to the specifics of the activity you are participating in. These are general descriptions of the 5 levels and may differ when applied to specific activities.

Level 1  This activity requires low levels of physical conditioning and no specific experience is necessary, technical skills are not necessary.

Level 2  Good physical conditioning is necessary, little experience is required, and little technical knowledge is necessary.

Level 3  Good physical conditioning is required, some experience is recommended, and some technical knowledge is highly recommended.

Level 4  Good physical condition is required, specific experience is required, and technical proficiency is highly recommended.

Level 5  Excellent physical conditioning is required, proficiency in specific technical skill is required, and prior experience is a necessity.