

Duluth & Lake Superior Is Your Outdoor Adventure Destination

Stand-Up Paddleboard Whitewater Kayak & Canoe Sea Kayak & Rock Climb



Recreational Sports Outdoor Program
University of Minnesota Duluth

Courses • Events • Gear Rental

Welcome To Your Outdoor Adventure Destination ...

UMD's Recreational Sports Outdoor Program is excited to offer our 31st Season of unique outdoor courses, tours, events and gear rental.

Everyone Can Participate

The University of Minnesota Duluth Recreational Sport Outdoor Program (RSOP) offers recreational and outdoor opportunities to students, university faculty/staff, and the community. Participants 15 years of age or younger must be accompanied by an adult, and participants aged 16-17 need a co-signature on health and liability forms.

We Offer High Quality Services

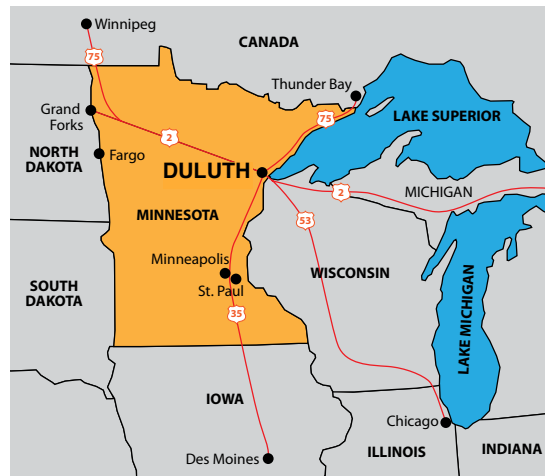
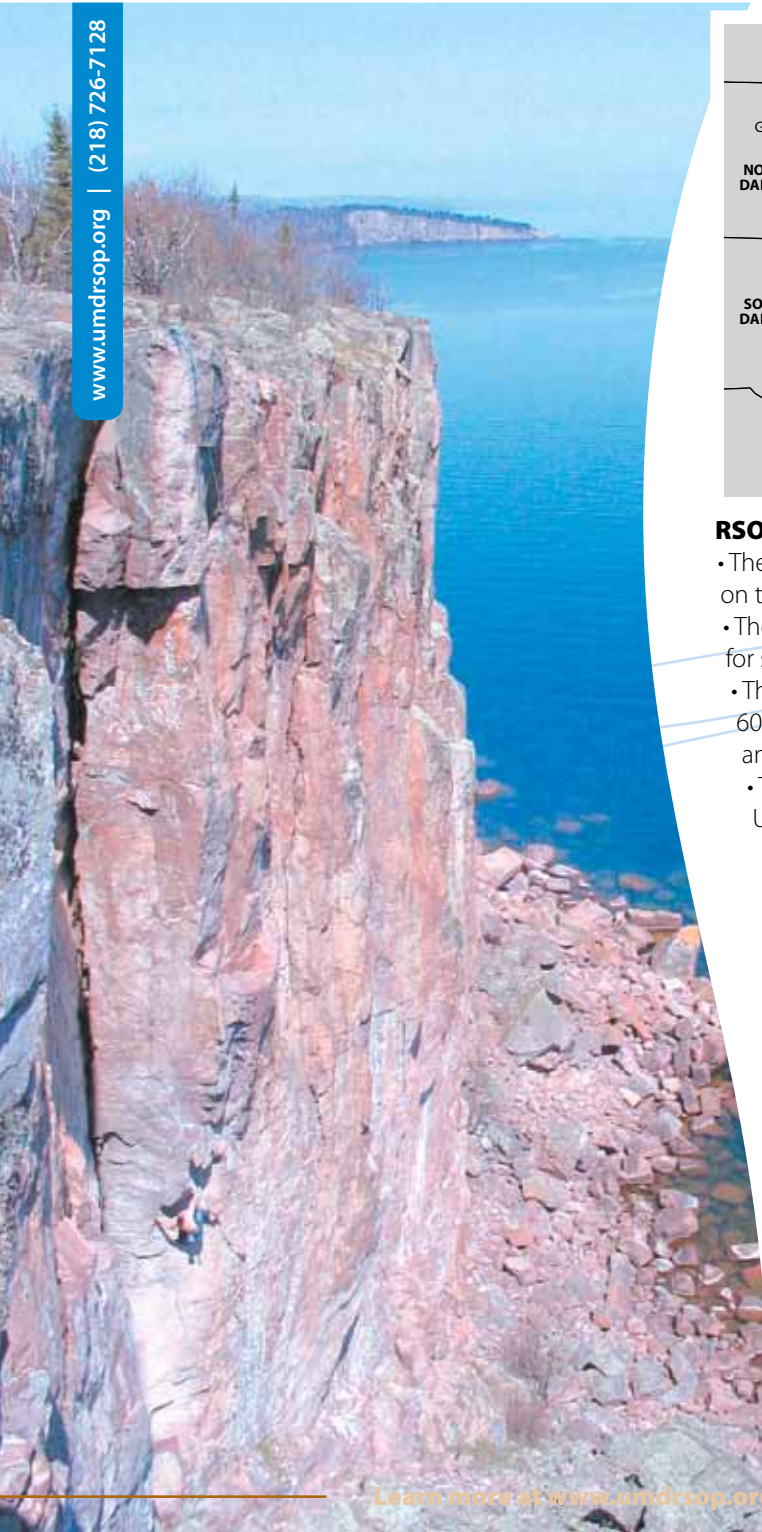
All courses and trips maintain a low instructor/participant ratio to provide personalized instruction and manage risks. Courses that require a higher level of skill or fitness are noted. If you have questions about your current skill level, or can't decide which course is right for you, give us a call; we are glad to discuss your options.

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2 LOCATION & GENERAL INFORMATION

www.umdrsop.org | (218) 726-7128



RSOP Facilities

- The UMD Outpost (one mile east of Carlton on Hwy 210) on the St. Louis River for whitewater courses.
- The UMD Boat Shed on Park Point (15th Street, Bayside) for sea kayak and SUP courses.
- The Lester River Surf & Kayak Shack on Lake Superior at 60th Ave. East & London Road for Stand-Up Paddleboard and sit-on-top kayak rental with instruction.
- The Inland and North Shore climbing walls on the UMD campus for climbing courses.

Outdoor Course Locations

Lake Superior - Duluth Waterfront - Lester River
St. Louis River - Ely's Peak - Apostle Islands
Shovel Point - Split Rock Shore Line - Pallsade Head - Lake Superior Water Trail - Carlton Peak

RSOP Features Distinguished Services with National Organizations

- We are an American Canoe Association Pro School. An ACA Pro School designation acknowledges our commitment to innovative high quality paddling instruction, water resource protection and access for paddlers. For more details visit www.americancanoe.org
- We offer our certification courses through the Professional Climbing Instructors' Association. The PCIA is a nationally-recognized training organization dedicated to improving the safety, quality and delivery of technical climbing instruction. For more details visit www.pcia.us

Learn more at www.umdrsop.org or call (218)726-7128

Choose Your Own Small Group Dates

Our catalog features many courses that can be arranged to fit your schedule. Custom courses are helpful for adults with limited time and families with younger children. Rates are listed below each course description. Determine your interests and availability, then call 218-726-7128. *We recommend planning in advance to secure your desired date (August dates are especially limited).*

Equipment We Provide

For paddlers - Kayaks, canoes, SUP, surf ski, paddles, life jackets, wetsuits and paddling accessories
For climbers - Ropes, helmets, harnesses and climbing hardware

Equipment You Provide

For paddlers - Swimsuit, insulating clothes, wind shell, shoes that will get wet, sunscreen, eyeglasses strap, nose plug, filled water bottle, and a snack/bag lunch
For climbers - Sturdy shoes, clothing for cold temperatures, sun and rain. Bring a filled water bottle, snack/bag lunch, sunscreen and hat

A detailed equipment and clothing list will be sent, and is also available on our website.

**Lodging and Camping:****Big Lake Campground,**

Cloquet (218) 879-1819 www.biglakeshores.com

Carlton KOA (218) 879-5726 www.koa.com

Fond du Lac Campground,

Intersection Hwy. 210 & 23
In-person registration only

Jay Cooke State Park Campground

1-866-857-2757 Reservations
(218) 384-4610 Park Office
www.dnr.state.mn.us/state_parks/jay_cooke/index.html

Indian Point Campground,

West Duluth (218) 624-5637
www.indianpointcampground.com

Knife Island Campground,

Scanlon (218) 879-6063
www.knifeislandcampground.com

Munger Inn

West Duluth (800) 982-2453 www.mungerinn.com

Americinn Motel,

Carlton (800) 634-3444 www.americinn.com

Motel 6

West Duluth (218) 723-1123 www.motel6.com

Duluth Convention & Visitors Bureau

(800) 4-DULUTH www.visitduluth.com



RSOP courses are staffed by experienced, motivated and enthusiastic instructors, dedicated to teaching paddlers to become skillful and self-sufficient. All courses blend paddling skill development, risk management training and technical information to help you establish the judgement needed to have a fun and safe day on the water. All courses have skill level designations to help you choose a level that meets your needs.

Skill Levels

Level 1 - No experience is necessary. A willingness to get wet is required. Learn basic strokes, bracing techniques and maneuvering skills.

Level 2 - Must have completed a Level 1 course or equivalent. Must be able to demonstrate basic knowledge of strokes, braces, maneuvering in current, wind and waves with self-rescue abilities on Class I whitewater or on Lake Superior.

Level 3 - Must have Level 2 skills. Must be able to perform maneuvers and self-rescue (rolling or swimming) in Class II-III whitewater or on Lake Superior.

Level 4 - Must have Level 3 skills. Must be proficient with maneuvers and self-rescue in Class II-III whitewater or on Lake Superior and have a proficient kayak roll on flatwater.

Pool Based Kayak Bracing & Rolling

Level 2 ACA Pro School Course

Learn the best method of kayak self-rescue. In this 4-hour session we will lay the foundation of the roll through drills that develop your hip snap and overall comfort in a kayak. Bring your own kayak or use one of ours.

Meet at the UMD Pool 10am-2pm.

July 27 \$75

Class I-II Whitewater Kayak River Running

Level 1 ACA Pro School Course. Building a solid foundation.

This three day intensive is for those who have never paddled a kayak before or wish to measure their understanding of the basics. You will learn about equipment design, stroke techniques, rescues, maneuvering skills, kayak rolling, as well as moving water safety and river hydrology. We will start with learning strokes on flatwater, progress to moving water maneuvers and combine it all during a whitewater river running experience on day three.

Meet at the Outpost 9am-4pm.

July 14-16 \$355

Call to arrange different dates for small groups.

\$175/person/day (2-3 people)

\$150/person/day (4-6 people)



Whitewater Kayak River Tune-Up

Level 2 ACA Pro School Course

Spend a day on Class I-II whitewater polishing your river maneuvers. The tune-up is for paddlers who want more instructor guidance after a Level 1 course or want to tune-up their river reading, ferries, eddy turns, peel outs, and rolls before taking Level 3 courses. It is also a great way to demo a boat. Call for kayak model availability.

Meet at the Outpost 9am-4pm.

Pick Your Date

Call to arrange dates for small groups.

\$175/person/day (2-3 people)

\$150/person/day (4-6 people)

Class I-II River Tripping Tandem & Solo Whitewater Open Canoe Course
Level 1 ACA Pro School Course

Take your Boundary Waters tripping to a new level. Learn the skills it takes to travel down a whitewater river in royalex tripping canoes. This two-day intensive course is for those who have never paddled a canoe before or have paddled flatwater only. Have fun learning about equipment design, stroke technique, maneuvering, river hazards and rescues. This course will teach you river tripping techniques used to paddle a loaded canoes down the river. Tripping canoes are outfitted with thigh straps and flotation bags to enhance your safety and learning on flatwater through Class II whitewater. Meet at the Outpost 9am-4pm.

Pick Your Date

Call to arrange dates for small groups.
 \$175/person/day (2-3 people)
 \$150/person/day (4-6 people)

Whitewater Custom Courses:

Call to arrange dates for small groups.
 \$175/person/day (2-3 people)
 \$150/person/day (4-6 people)

1. Class II-III Whitewater Tandem & Solo Canoe Playboating
Level 2 ACA Pro School Course
Moving towards efficient communication and river play.

2. Class II-III Whitewater Kayak River Running
Level 3 ACA Pro School Course
Learn to paddle down a challenging river safely and efficiently.

3. Rodeo Freestyle Whitewater Kayak Playboating
Levels 3 & 4 ACA Pro School Course
Learn to play the river!



Lester River Stand-Up Paddleboard, Surf Ski and Sit-On-Top Kayak Instruction & Equipment Demos

Make a new connection with Lake Superior. Our staff and equipment will be set up on the West side of the Lester River mouth from 3-8pm on several Fridays and Saturdays. We provide basic instruction, stand-up paddle board, surf ski or kayak, paddle, lifejacket and wetsuit. Equipment is distributed on a first come first served basis.

\$25/person same day rate or \$100/advance purchase rate for the five punch pass

Fridays & Saturdays 3-9pm
July 4, 5, 11, 12, 18, 19, 25, 26,
August 1, 8, 9, 15, 16, 22, 23

Sundays Noon-6pm
July 6, 13, 20, 27, August 10, 17, 24

Lester River Summer Season Pass

Paddle more, learn more and save! SUP, Surf Ski & Sit-On-Top Kayak Paddling on Lake Superior

Take advantage of progressive instruction for the whole summer. *Season pass holders enjoy early access to equipment from 1-3pm on scheduled Friday and Saturday sessions.*

Fridays & Saturdays 3-9pm

July 4, 5, 11, 12, 18, 19, 25, 26, August 1, 8, 9, 15, 16, 22, 23

Sundays Noon-6pm

July 6, 13, 20, 27, August 10, 17, 24

Two advanced instruction sessions are offered to members on Sundays. These sessions include:

July 13 (SUP Racing Clinic noon-3pm)

July 27 (Advanced Touring Skills noon-3pm)

\$60/person UMD Students \$125/person Others





Adventure Tour - Level 2

Explore the Split Rock Lighthouse State Park shoreline, visit the lighthouse and a Lake Superior Water Trail kayak campsite. This day-tour is designed to refine your skills as we travel along a challenging route. Learn about trip planning, equipment, paddling efficiency, group management and take in some spectacular scenery. We will compare the attributes of the SUP with the kayak and surf ski in calm conditions or in wind and waves as we adapt to whatever the day brings.

Meet at the Lester River Surf Shack, 8am-6pm.

Pick Your Date

Call to arrange dates

\$145/person/day (2-3 people)

\$135/person/day (4-6 people)

St. Louis River Whitewater Rendezvous Service Weekend

Join the staff of UMD, Minnesota Power, Superior Whitewater and citizens from Thomson and Calton for a trail, raft, and canoe based river clean-up culminating with a group BBQ dinner at the Outpost on Saturday night 5-7pm.

May 24: River Clean-Up from Scanlon to Thomson Reservoir, 9am-4pm

May 25: Slalom Race Course Work Day, 9am-2pm

2014 Thomson Dam Whitewater Releases: Enjoy class II-V paddling below Thomson Dam. Minimum flow is always 350 cfs.

June 28 & 29 (600 cfs) **July 26 & 27** (600 cfs) **August 23 & 24** (600 cfs)

17th Annual Two Harbors Kayak Festival

August 1-3 More information at www.kayakfestival.org

Duluth Paddlesports and Surfing Rendezvous

Join local non-profit service agencies for a beach clean-up, equipment demo, marathon downwind race and course race. Learn about Lake Superior research, water sport safety, stewardship, access, exploration, outdoor fitness and more.

September 26-27

More information at www.umdrsop.org/dpsr

NEW 2014



St. Louis River and Lake Superior Eco-Kayak Tours

Discover the unique natural and cultural history of the Lower St. Louis River, the United States' largest Lake Superior tributary and Lake Superior, the worlds largest lake by surface area. Choose from three different beginner level tours: The Historic Fond du Lac Riverfront and Birding Tour, the Duluth Waterfront Tour and the Duluth North Shoreline Tour. Use your choice of sea kayak and enjoy access to a stand-up paddleboard during the tour. We'll begin with a basic introduction and incorporate on water instruction throughout the three to six mile tour. We will paddle rain or shine and the weather conditions of the day will determine the degree of difficulty. Children aged six and above are welcome to participate in a tandem kayak with an adult. Meets at the UMD Boat Shed. Approximately 4 hours.

Pick Your Date

Call to arrange dates for small groups.
 \$50/person/day (2-3 people)
 \$45/person/day (4-6 people)

Basic Sea Kayak Strokes and Rescues Level 1 ACA Pro School Course, 1-Day Format

Learn the basics in a day filled with wet exits, paddle strokes, braces, solo and assisted rescues. Our ACA certified instructors will teach you the paddling strokes and rescues most common to sea kayaking. Using the skills learned in this class, you will be able to safely guide your kayak to the places you love to explore. Prepare for a rigorous day of kayaking. Be ready to get wet, work hard and have fun! Meet at the UMD Boat Shed 9am-5pm.

Pick Your Date

Call to arrange date for small groups.
 \$175/person/day (2-3 people)
 \$150/person/day (4-6 people)

Pool Based Kayak Bracing & Rolling

Learn the best method of kayak self-rescue. We will lay the foundation of the roll through drills that develop your hip snap and overall comfort in a kayak. Bring your own kayak or use one of ours. Meet at the UMD Pool 10am-2pm.

July 27 \$75

Basic Sea Kayak Strokes and Rescues**Level 1 ACA Pro School Course, 2-Day Format**

This two-day course is designed to provide beginners with a safe and fun introduction to the sport of sea kayaking at a more relaxed pace than our one-day course. Day One: Learn kayak nomenclature, wet exit, forward touring and power stroke, forward and reverse sweep stroke, sculling and in water recovery draw strokes along with risk management strategies for paddling in mixed boat traffic. Day Two: Paddle under the Ariel Lift Bridge to Lake Superior thru the ship canal to master the wet exit and practice solo and assisted rescues.

Meet at the UMD Boat Shed 9am-3pm.

Pick Your Dates

Call to arrange dates for small groups.

\$195/person (2-3 people)

\$170/person (4-6 people)

Apostle Islands Sea Kayaking

The Apostle Islands are a beautiful series of islands that spread out into Lake Superior at the northern end of Wisconsin. In your sea kayak, you can explore secluded beaches, sea caves, cliffs and old growth forests. Paddle the largest freshwater lake in the world with us while learning navigation and risk management skills. Participants will be active in all aspects of the course, including rescues! This is a 4-day paddling and wilderness camping trip.

Pick Your Dates

Call to arrange dates for small groups.

\$450/person/(2-3 people)

\$425/person/(4-6 people)





Kayak & Climb Combo Day ***Sea Kayaking and Climbing in Duluth***

Plan a full day of fun and exploration on Lake Superior and on the cliffs near Duluth. We'll spend the morning rock climbing amid the friendly climbs in the forests of Ely's Peak followed by a waterfront picnic lunch. The afternoon will be spent sea kayaking the Duluth Waterfront. Meets 9am-5pm.

Pick Your Dates

Call to arrange different dates for small groups.

\$175/person (2-3 people)

\$150/person (4-6 people)

Family Climbing Outings

Rock climbing is a great way for families to be active and have fun together. Call at least five days in advance and set up your own 3-hour morning or afternoon session. Our experienced and friendly instructors will guide you through the process.

Call to arrange dates for small groups.

\$45/person (2-3 people) \$40/person (4-6

people)

North Shore Rock Climbing

Experience a day of climbing on the beautiful sea cliffs above Lake Superior. Beginners are welcome. No experience is necessary for this fun and friendly climbing outing. Meets 10am-4pm.

Call to arrange dates for small groups.

\$110/person (2-3 people) \$100/person (4-6

people)

UMD Climbing Walls

Climbing Sessions for Your Group

Groups of up to 15 people can reserve the climbing walls for private sessions. Equipment and customized instruction based on your group's goals are provided.

\$80/hour/group for a 1, 1.5 or 2 hour block

Birthday Parties on the Wall

Great fun for kids ages 7 and up! Parties include private use of the climbing wall, instruction, equipment, treats hidden on the wall for climbers to find and a free climbing session pass for the birthday person. Max group size is 12.

\$85/hour/group for a 1, 1.5 or 2 hour block

Call 218-726-6257 at least 2 weeks in advance to make your group or private guiding reservation. Note: Each person under 18 years old must bring a guardian signed liability waiver. Waivers are available on-line at www.umdrsop.org

Climbing Instructor Courses

3-Day Top Rope Instructor Training Course

This course is taught by PCIA certified instructors and is designed to help prepare a recreational climber for his or her role as a professional outdoor top rope instructor. Topics include placing and evaluating rock protection, building top rope anchors, rescue practice with raising and lowering injured climbers, risk management, group management, teaching techniques and safety. Call to arrange date and time.

\$345

2-Day Top Rope Instructor Skills Update

You've worked with groups in an outdoor setting as a top rope instructor in the past. This course will help you refresh your skills, practice rescues and update your knowledge of equipment use and risk management. Course instructors are PCIA certified. Call to arrange date and time.

\$220

1-Day Climbing Rescue Course

Join a PCIA certified instructor to practice the skills needed to raise or lower an injured or frightened climber to safety. This one-day course will emphasize technical rigging of anchors and rope work. Previous experience in outdoor climbing and building anchors is required. Call to arrange date and time.

\$110



American Canoe Association Stand-Up Paddleboard IDW/ICE (L1- L2) 305014

This workshop is designed to develop and evaluate experienced stand-up paddleboard Instructor Candidates. We will prepare lessons, develop our teaching methods, analyze videotape and refine paddling skills on flatwater, in river current and on Lake Superior. Facilitated by Instructor Trainer - Randy Carlson and assistants. Meet at the Outpost 8am-9pm.

May 15-18 \$377 UMD Students/\$420 Others

Swift Water Rescue 205005

Learn how to prepare for and react to swift water rescue situations. Classroom and hands-on learning focuses on equipment, rope skills, self and assisted-rescues that are done from in or out of the boat. The final day is dedicated to handling on-river rescue scenarios in groups. Paddlers must be comfortable paddling a kayak or canoe in at least Class II whitewater. Meet at the Outpost, 9am-4pm.

May 24-26 \$322 UMD Students/\$358 Others

ACA Open Canoe Multi-Level Instructor Certification Workshop (ICW): 305008

This multi-day Instructor Certification Workshop (ICW) is designed to train Instructor Candidates at the Introduction Level and then Upgrade or Update Instructors to River and Whitewater Canoe Instructor Levels. Prepare lessons, practice teaching, analyze videotape, refine strokes, improve river running skills and complete skills exam on flatwater up to Class III whitewater. Meet with Instructor Trainer Randy Carlson to clarify your instructional goals. All levels meet at the UMD Outpost, Carlton, MN.

Introduction through Level 2 In Tandem & Solo Canoes

June 25-27

Cost: \$377 UMD Students/\$420 Others

Add River Canoe Level 3

June 28, for an additional \$75 UMD Students/\$125 Others

Add Whitewater Canoe Tandem and/or Solo Canoe Instructor Level 4

June 29-30

Cost: \$100 UMD Students/\$150 Others

* Call for Instructor Updates & Upgrades

Download documents with more detailed information at the www.umdrsop.org and www.americancanoe.org websites. You must be 18 years old to enroll in ACA Instructor Workshops.



Wilderness Water Safety

This is a certification course that focuses on waterfront risk assessment and risk management in a backcountry setting. The course emphasizes risk prevention through group discussion and scenario-based small group work, as well as practical rescue techniques to be used in the event of a backcountry water emergency. Upon successful completion, participants will receive Wilderness Water Safety certification, which lasts for 3 years and is contingent on valid certifications of Wilderness First Aid (or Wilderness First Responder) and CPR. Wilderness Water Safety certification is recognized by the American Camp Association (ACA), and it is a requirement for many summer camps and other agencies that have a wilderness tripping program. UMD's pool and Boulder Lake E.L.C. will be the locations for this course.

May 31- June 1**Cost: \$200****ACA Coastal Kayak Day Trip Leading Assessment**

Refine the broad range of skills needed to be a successful sea kayak trip leader. We will present the ACA standards for equipment use, paddling skills and risk management. Trip planning exercises and the exploration of scenarios on the Duluth Waterfront will provide valuable experience. Trainers will document successful completion of the assessment with the ACA. Meets at the UMD Boat Shed 9am-9pm.

May 31-June 1**\$205 UMD Students/\$230 Others****Apostle Islands - ACA Coastal Kayaking IDW (L1-L3)**

This four-day workshop focuses on the how-to's of trip leadership and quality instruction. Instructor candidates will camp from their kayak, learn how to manage trips, prepare lessons, practice teach, analyze videotape, refine skills and meet with Instructor Trainer Pat Kohlin.

August 7-10

Cost: \$410 UMD Students/\$460 Others

Duluth Waterfront - ACA Coastal Kayaking Instructor Certification Evaluation ICE (L1-L3)

The two-day Instructor Certification Evaluation Exam examines each candidate's paddling skills, coastal kayak knowledge, teaching and people skills. Participation in the Instructor Development Workshop and Instructor Certification Exam is required to complete the certification.

September 13-14

Cost: \$205 UMD Students/\$230 Others

Professional Climbing Instructors' Association Certification Courses

PCIA certification courses are ideally suited for top rope instructors who work at camps or schools in our region or in climbing instructional settings around the world. Check our website later this summer for Fall 2014 course dates and prices.



Equipment Rental Center 154 Sports and Health Center

We're here to help you get out and explore the great outdoors!

The Rental Process

Reserve Your Gear: Stop by or call 218-726-6134.
Full rental amount is due at time of reservation.

Hours Monday - Friday: Noon-6pm

Rental Rate Calculator

1 Day (up to 24 hours) = List Price(LP) X 1

Weekend (Fri-Mon, up to 72 hrs) = LP X 2

Extended Weekend (Thur-Mon) = LP X 3

Week (up to 7 days) = LP X 4

10 Days = LP X 5

14 Days = LP X 6



Tents & Shelters

1 Person \$6.00

2 Person \$7.50

3 Person \$9.00

4 Person \$12.00

Rain Fly (10X14) or (9x12) \$4.00

Sleeping Bags

Sleeping Bag (to 35 F) \$3.00

Sleeping Bag (to 20 F)(Wiggy's) \$4.00

Sleeping Bag (to 0 F)(Wiggy's) \$4.00

Self Inflating Pad (Insul-Mat) \$2.00

Closed Cell Foam Sleeping Mat \$1.00

Packs

Backpack (Granite Gear) \$4.50

Duluth Pack #3 & #4 \$3.50

Stove/Cooking Gear

2 Burner Stove (Coleman) \$4.00

1 Burner Stove (Coleman) \$3.50

Alcohol Stove \$2.00

Cook Kit (Lg.) - Up to 10 ppl. \$2.50

Cook Kit (Sm.) - Up to 3 ppl. \$2.00

Camp Lantern (Coleman) \$3.00

Utensil Kit \$1.00

Fuel Bottle \$0.50

Fuel 32 oz. \$4.00

Fuel 22 oz. \$3.00

Water Filter (Katadyne Ceramic) \$5.00

Clothing

Rain Jacket \$2.00

Rain Pants \$2.50

Fishing

Spin Casting Rod/Reel Combo

(Collapsible) \$2.00

Chest Waders \$3.00

Miscellaneous

Trowel \$0.50

Head Lamp \$2.00

First Aid Kit \$3.00

Bear Rope Kit \$2.00

Folding Camp Saw \$1.50

Compass (Orienteering Style) \$1.00

Disc Golf

Driver, Putter \$1.00

Climbing (Indoor/Outdoor)

Rock Shoes \$2.00

Climbing Harness \$2.00

Climbing Helmet \$2.00

Crash Pad \$5.00

Cold Water Wear

Wetsuit, Life Jacket &

Paddling Jacket \$9.00

Canoe (Available May 15-Oct 31)

(Includes 2 Paddles, 2 Life Jackets & Tiedown Kit)

Aluminum Canoe \$18.00

Royalex Canoe \$21.00

Paddle Only (Plastic \$2.00, Wood \$3.00)

Life Jacket Only \$3.00

Canoe Trailer \$35.00

Sea Kayak (Available May 15-Oct 1)

(Includes Spray Skirt, Paddles, Life Jackets & Tiedown Kit)

Single Kayak \$40.00

Tandem Kayak \$65.00

Stand-Up Paddleboard

(Available May 15-Oct 1)

(Includes Paddle, Life Jacket, Wetsuit & Tiedown Kit) \$25.00

Transportation

Bikes also available for 2 or 6 hour rentals

Canoe Trailer \$35.00

Bike, Single Speed Cruiser \$10.00

City/Path Pike \$15.00

Bike, Mountain \$22.00

Kick Scooter \$6.00

Visit www.umdrsop.org for our winter gear inventory.

For program details check out our website:

www.umdrsop.org or email rsop@d.umn.edu
Phone (218) 726-7128 for registration. Have your information and Visa, Mastercard or Discover card ready. Personal checks are also accepted. Office hours are Monday-Friday, 8am - 4pm. If you reach our voicemail, please leave a detailed message and when & how to contact you during business hours.

RSOP Cancellation and Refund Policy

IF YOU ARE UNABLE TO ATTEND A CONFIRMED COURSE OR TOUR, for any reason, we appreciate hearing from you as late as the evening before or the morning of your program at the RSOP Office (218) 726-7128, Janette Vernon (218) 726-6533. If you reach voicemail please leave a message.

A full refund will be given when a written cancellation is received 30 days prior to the course date. A 50% refund will be given if your written cancellation is received at least 15 days prior to the course date. All courses will meet, rain or shine. Only in cases of severe weather will portions of a course be cancelled. If persistent rain occurs during an outside climbing course, the course will be moved indoors to the UMD Indoor Climbing Center. Any course or portion of a course cancelled by RSOP will result in an appropriate refund.

