

CHECKLIST FOR BASIC VERTICAL ROPEWORK

K-B-VR(9NOV74GLH)

Print NAME: _____

DATE: _____

LOCATION: _____

- Note; 1) Before starting, please read instructions on other side.
 2) Backup knots are 2 Overhand if webbing, 1 Barrel if rope.
 3) R = rope; W = webbing; L = laid; B = braided

PHASE 1		PHASE 2		DO 1-11 PHASE 1 BEFORE PHASE 2; LIKEWISE 12-15.
R	W	R	W	1 Overhand knot (
R	W	R	W	2 Overhand bend
R	W	R	W	3 Barrel
R	W	R	W	4 Squareknot + backup
R	W	R	W	5 Figure 8 knot
R	W	R	W	6 Figure 8 bend
R	W	R	W	7 Double fisherman (Barrel bend)
R	W	R	W	8 Bowline + backup
R	---	R	---	9 Bowline on coil + backup
R	W	R	W	10 Anchor hitch + backup
Loop	End	Loop	End	11 Prusik knot (rope)
L	B	L	B	12 Uncoil + stack rope; feed freely
Coil	B	Coil	B	13 Gather + throw rope without tangles
Loop	Turn	Loop	Turn	14 Tiein rope + backup; Explain once
L	B	L	B	15 Coil + wrap rope

FOUR TIMES EACH (A, B, C, D) UNLESS OTHERWISE NOTED.

A	B	---	---	16 Setup belay with tiein; Explain once
A	B	C	D	17 Static belay; Explain once
A	B	C	D	18 Dynamic belay; Explain once
A	B	---	---	19 Tie seat harness
A	B	---	---	20 Setup prusik rig (2 knot)
A	B	---	---	21 On rope: invert, relax and correct self
A	B	(C)	(D)	22 Prusik up rope (4 times if possible)
A	B	C	D	23 Arm rappel; Explain once
A	B	C	D	24 Body rappel; Explain once
A	B	C	D	25 Setup double-brake-bar rig; Explain once.
A	B	C	D	26 Rappel with double-brake-bar + bottom belay
A	B	---	---	27 Invert + correct self during above item
A	B	C	D	28 Belay double-brake-bar from below; Explain
(A)	(B)	(C)	(D)	29 Repeat of biggest problem, item _____
(A)	(B)	(C)	(D)	30 Repeat of next biggest problem, item _____

(HAVE YOU TURNED IN YOUR CRITIQUE ???)

CHECKLIST INSTRUCTIONS

K-XX(9NOV74GLH)

Students: You are responsible for the following items:

- 1) Attention to safety and the warning of any hazards.
- 2) Participation in each training activity, with the required equipment, and being available for checking.
- 3) Performance of the checked activity without coaching.
- 4) Completion of this checklist and the critique sheet and the return of both to the instructor.

Instructors: You are responsible for the following items:

- 1) Attention to safety and the warning of any hazards.
- 2) Familiarity with the activity to be checked, and the availability of any special or limited equipment needed.
- 3) Constructively critical analysis of a students' performance of an activity (safety, technique, sequence, speed, etc,) with evaluation on a GO/NO-GO basis ("Can I trust a Life to this...?")
- 4) Inquiry into and aid in areas where the student needs assistance.