

AMRG BASIC TEST VERTICAL SKILLS

MSK Version 1 March 88

Candidate's Name _____

The candidate must be able to preform the following tasks.

1. Rappel properly with:
_____ a. the arm rappel
_____ b. the body rappel
_____ c. the figure eight, single and double wrap
_____ d. the carabiner wrap
_____ e. the rappel rack
_____ f. the munter hitch

2. Rappel, stop and lock off. Rig a prusik ascend system. Ascend.

3. Rig for a rappel by using the following methods.
_____ a. a tree wrap
_____ b. a bowline
_____ c. webbing and slings.

4. Demonstrate the following rope handling techniques.
_____ a. coiling and uncoiling of a mountaineer's coil.
_____ b. stacking and inspecting the rope.
_____ c. casting, padding, and rigging static lines.
_____ d. ability to care for ropes and rescue gear.

5. Belay competently, including:
_____ a. proper anchorage, tie-in, stance, and aim.
_____ b. correct calls, up rope, slack, and fall-catching

Instructor's comments: