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APPALACHIAN SEARCH AND RESCUE CONFERENCE, INC.

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Shenandoah Mountain Rescue Group

BASIC MEMBER TRAINING COURSE

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MOUNTAIN RESCUE PRETEST

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@. Refer to Figure 1. Which knot is loaded incorrectly?

- a. (bowline, proper)
- b. (Frusik knot)
- c. (bowline, running end loaded)
- d. (Frusik knot, upside down)

a.

b.

c.

d.

@. Which of the following is the primary reason that the ASRC backs up knots with overhand knots rather than half-hitches?

- a. Overhand knots are stronger than half-hitches.
- b. Overhand knots are self-tightening, and therefore more secure than half-hitches.
- c. Overhand knots allow the primary knot to be better contoured.
- d. Precedent and tradition dictate it.

@. When one is stacking a rope, it should be stacked:

- a. very neatly in coils on the ground.
- b. in figure eights on the ground.
- c. in a random stack on the ground.
- d. in neat coils on a branch or member's arm.
- e. Any of the above will do.

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@. Which of the following, when discovered during the routine inspection of a rope, should be cause for the rope to be considered for cutting or retirement?

- a. a place where the core is showing through the sheath
- b. a place where there is a "dent" felt in the core, even though the sheath is intact
- c. a place where, although the core is not visible, the sheath is severely abraded all around, making the rope much easier to bend at that abraded point
- d. All of the above are good cause to not use the rope, but refer it to a senior member for evaluation.

@. Refer to Figure 2. Which is the strongest rigging?

- a. Theta = 120 degrees
- b. Theta = 60 degrees
- c. Theta = 45 degrees
- d. Theta = 20 degrees

d. c. b. a.

@. Of the following, which is the strongest way to rig a static line to a tree?

- a. tree wrap
- b. bowline
- c. slings

@. Refer to Figure 3. Which belay is tied in and aimed correctly?

- a. (bad aim)
- b. (bad angle of tie-in)
- c. (good belay)

FOR QUESTIONS #-#, EACH ANSWER MAY BE USED ONCE, MORE THAN ONCE, OR NOT AT ALL.

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|---------------|--|
| @. BELAY ON! | a. (Belayer:) I am no longer belaying you. |
| @. ON BELAY! | b. (Belayer:) I am now belaying you. |
| @. BELAY OFF! | c. (Climber or litter captain:) I am on the end of your belay line and waiting. |
| @. OFF BELAY! | d. (Climber or litter captain:) I am in a secure position and you can stop belaying. |
| @. TWO-OH! | e. (Belayer:) You are getting close to the end of the rope. |
| @. PRELOAD! | f. (Belayer:) You have 20 meters of rope left. |
| | g. (Litter captain:) We are going to pull tension on the rope prior to going down a steep slope. |

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@. The proper call to request a belayer to take up slack in a rope is:

- a. UP ROPE!
- b. SLACK!
- c. TAKE IN!
- d. FORWARDS!

@. Which of the following is a correct statement of the descending rope team rotation for semitechnical evacuations?

- a. uphill ropehandler --> downhill ropehandler --> belayer
- b. downhill ropehandler --> uphill ropehandler --> belayer
- c. Neither of the above is correct.

@. Which of the following is a correct statement of the ascending rope team rotation for semitechnical evacuations?

- a. uphill ropehandler --> downhill ropehandler --> belayer
- b. downhill ropehandler --> uphill ropehandler --> belayer
- c. Neither of the above is correct.

@. The _____ is responsible for seeing that slack does not develop in the belay line during a semi-technical ascent.

- a. the belayer
- b. the uphill ropehandler
- c. the litter captain

@. The command "ROTATE!" is given only by the

- a. litter captain
- b. left relief bearer
- c. right relief bearer
- d. old left relief bearer

@. When using a tree-belay to belay an ascending litter, and you hear "FALLING!" you should:

- a. brace yourself (especially your legs), and place your braking hand down between your legs to maximize friction around your hips.
- b. run around the tree to maximize friction around the tree.
- c. let go of the rope and run.

@. When is it permissible to take your braking (i.e. controlling) hand off the rope?

- a. after OFF BELAY! or before BELAY ON!
- b. when you are tied off on a rappel
- c. You may take your braking hand off the rope in both a and b.
- d. You may NOT take your braking hand off the rope in either a and b.

@. Who is the litter captain?

- a. the most senior member on the litter team
- b. whoever is so designated by the Rescue Specialist
- c. the litter team member on the front left corner of the litter (might be head or foot, depending on which way the litter's going)
- d. the litter team member on the victim's left side at the head.

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@. When laddering across an obstacle or toenailing up or down a slope (and using the standard ASRC calls for non-technical litter evacuations), the call "READY TO LADDER!" is used to indicate:

- a. litter team members should get ready to ladder the litter.
- b. the two litter bearers on the end should come around to the front of the litter and get ready to ladder.
- c. the front 4 (or 6) litter bearers are able to hold the litter without assistance from the back to bearers.
- d. Both b and c are correct answers.

@. When the litter captain calls "READY TO ROTATE!" this means:

- a. it's time to exchange the ends of the litter so that if it was going headfirst, it would now be going feetfirst, or vice versa.
- b. it's time for the litter team to set the litter down and new litter bearers to take over.
- c. it's time for two fresh litter bearers to attach themselves to the rear of the litter.

@. A brute force hauling system uses an ascender knot (Prusik or Headden knot) as a safety to prevent the litter from losing any of the elevation it has gained; this is called a "ratchet" ascender.

- a. true
- b. false

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- @. Which of the following is a standard symbol for climbing gear that is no longer considered safe for climbing use?
- two stripes of orange tape
 - black tape
 - white tape
 - orange tape
- @. Which of the following is not, in itself, a significant source of permanent rope damage?
- abrasion on rock, ice, or trees
 - frequent bending or twisting of the rope
 - dirt which has gotten into the rope
 - strain caused by falls or very heavy loading
- @. Which of the following causes the greatest permanent damage to rope?
- water
 - sunlight
 - gasoline
 - car battery fluid
- @. Stepping on a rope causes invisible damage by grinding dirt into the internal fibers.
- true
 - false