

NAME _____

BASIC CLASS
Checklist A

CHECKLIST INSTRUCTIONS

1. You are responsible for your safety and the safety of others. Failure to follow safety rules or acting in an unsafe manner is cause for removal from the training session.
2. This checklist is designed to aid you in completing the instruction being offered; there is no requirement for you to complete the items on the checklist, but it is to your advantage to do so to ensure complete coverage of the offered instruction.
3. For each skill, one or more "blocks" are provided. Each time a skill is performed properly, an instructor will initial in the appropriate block. For phase 1, the instructor will initial if you can perform the skill properly after coaching and instruction. If time permits, you should return to each station and perform techniques upon demand. The instructor will initial in phase 2 if you can perform the techniques properly on demand.

STATION 1: Knots

R = rope, W = webbing

All knots must be contoured, with standing ends to the outside where appropriate, and must be backed up with overhands (except water knot and grapevine knot).

PHASE 1		PHASE 2		
R	W	R	W	1. Overhand knot, then water knot (overhand bend, ring bend)
R	W	R	W	2. Square knot (reef bend)
R	W	R	W	3. Bowline
R	W XX	R	W XX	4. Bowline-on-a-coil
R	W	R	W	5. Barrel knot, then grapevine knot (barrel bend, double fisherman's)
R	W	R	W	6. Figure 8 knot, then figure 8 bend
R	W	R	W	7. Figure 8 loop
R	W	R	W	8. Butterfly knot
R	W	R	W	9. Clove hitch
R	W	R	W	10. Tautline hitch
R	W	R	W	11. ASRC seat harness

STATION 2: Short Rappels and Rope Handling

PHASE 1		PHASE 2		
1	XX	2	XX	1. Uncoil and stack rope
1	XX	2	XX	2. Rig doubled rope with tree wrap
1	2	3	4	3. Rig in and rappel short pitch with 8/double rope
1	2	3	4	4. Rig in and rappel with 8/double <u>wrap</u> (single rope)
1	XX	2	XX	5. Tie off, invert, recover, descend

(CONTINUES)

NAME _____

(Station 2 Continued)

PHASE 1		PHASE 2	
1	2	3	4
1	2	3	4
1	2	3	4
1.	2.	3.	4.

6. Provide bottom belay for rappel; control descent
7. Rappel short pitch with arm rappel
8. Rappel short pitch with body rappel
9. Coil and tie off rope

STATION 3: Belaying

PHASE 1		PHASE 2	
1	XX	2	XX
1	2	3	4
1	2	3	4
1	XX	XX	XX
1	XX	XX	XX
1	XX	2	XX

1. Rig tie-in properly with slings for sitting hip belay
2. Belay climber; use proper calls, up rope, and slack
3. Take falls correctly
4. Tie off fallen climber
5. Use Munter hitch belay
6. Rack gear neatly, incl. chaining slings

STATION 4: Ascending

PHASE 1		PHASE 2	
1	XX	2	XX
1	XX	2	XX
1	XX	2	XX

1. Assemble Texas ascending rig
2. Rig in with Texas rig and Headdens
3. Ascend with Texas rig and Prusiks (use 3rd ascender for overhang)

STATION 5: Long Rappels

PHASE 1		PHASE 2	
a	r	a	r
a	r	a	r
a	r	a	r
a	r	a	r
a	r	a	r
a	r	a	r

Assemble (a) and rappel (r) with the following:

1. Figure 8/ double wrap
2. Figure 8/ single wrap
3. Rappel rack
4. 6-biner rappel
5. Carabiner wrap rappel
6. Double carabiner-brake-bar

NAME _____

STATION 6: Self-rescue

PHASE 1		PHASE 2	
1	2	3	4
1	2	3	4

1. With figure 8 (1&3) or double brake-bar (2&4), rappel onto knot. Recover, remove knot, descend.
2. With 1 prusik (1&3) or 1 Headden (2&4) and seat only, ascend short pitch; place knot in rope as ascending.

CRITIQUE

Please help us upgrade the training program by giving your observations and suggestions. Questions of particular interest are:

- 1) Were the discussions, handouts, and exercises relevant and sufficient both in theory and in practice? Why or why not?
- 2) Do you think that you could perform the subject skills effectively alone? with a small team? in darkness or foul weather? Why or why not?
- 3) Did the instructors give you adequate individual attention? Did they stress safety and competence, or did they "let you slide"?
- 4) What should be added or deleted and why?

Thank you!