

**BMS BASIC/INTERMEDIATE ROCK CLIMBING EVALUATION SHEET (Pikes Peak Group, as of 2026)**

| <b>KNOT/BEND/HITCH SKILLS</b>  | <b>Page # in Freedom of the Hills, 10e</b> | <b>Level of Knowledge Required (i.e. Exposure/Proficient/Mastery)</b> | <b>Instructor's Initials</b> |
|--|--|---|------------------------------|
| Overhand Knot and Overhand on a Bight  | Page 159-60                                | Mastery   |                              |
| Rewoven Figure 8 (i.e. Figure 8 Follow-thru)                                     | Page 161                                   | Mastery   |                              |
| Figure 8 on a bight  | Page 161                                   | Mastery   |                              |
| Butterfly Knot   | Page 163                                   | Proficient  |                              |
| Bowline  | Page 162                                   | Proficient  |                              |
| Water Knot (use webbing)   | Page 162                                   | Proficient  |                              |
| Double Fisherman   | Page 160                                   | Proficient  |                              |
| Munter Hitch   | Page 167                                   | Mastery   |                              |
| Clove Hitch  | Page 163                                   | Mastery   |                              |
| Joining two Ropes for Rappel (Flat Overhand / Double Fisherman's / Flemish Bend) | Page 159 / 160 / 161                       | Exposure  |                              |
| Barrel Knot (i.e. Backup Knot; Stopper Knot)                                     | Page 231                                   | Mastery   |                              |
| Klemheist Hitch  | Page 166                                   | (Master 1 of these; and Proficient in ALL)                            |                              |
| Prusik Hitch   | Page 165                                   |   |                              |
| Autoblock Hitch  | Page 166                                   |   |                              |

| <b>ROPE SKILLS</b>   |                     |            |  |
|--|---------------------|------------|--|
| Pre climb safety check   | Page 192 / Handbook | Mastery    |  |
| Pre climb safety commands (on belay, belay on, climbing, climb on) | Page 220            | Mastery    |  |
| Climbing Commands (take, slack, lower, lowering, off belay)        | Page 220            | Mastery    |  |
| PBUS Belay w/ATC   | Page 203            | Mastery    |  |
| Lower a Climber w/ ATC (i.e. "Letting out Rope")                   | Page 204            | Mastery    |  |
| Extended Rappel from Anchor  | Page 235            | Mastery    |  |
| Fireman's Belay  | Page 241            | Exposure   |  |
| Ascend/Descend rope w/Prusik (shown at Field Day)                  | Pg 425-6            | Proficient |  |
| Hip Belay  | Page 204            | Proficient |  |
| Butterfly Coil   | Page 157            | Proficient |  |
| Backpack Coil  | Page 158            | Proficient |  |

| <b>ANCHORS</b>              |                     |          |  |
|-----------------------------|---------------------|----------|--|
| SERENE or EARNEST           | Page 214 / Handbook | Exposure |  |
| Two Point Anchor – V Angle  | Page 208-209        | Exposure |  |
| Quad Anchor with cordelette | Page 213-215        | Exposure |  |

Exposure = Instructor demonstrates skill. Then, the student demonstrates once or twice.  
 Proficient = Student demonstrates skill with little or no assistance from an instructor.  
 Mastery = Student can demonstrate skill with no intervention from an instructor.