**Advanced Rock Climbing Program**

Intermediate Self-Rescue

Class Outline

**Class Objectives:**

To build upon and expand self-rescue skills taught in the Introduction to Self-Rescue class by teaching skills applicable on multipitch terrain. Students will learn how to assist a follower using hauling methods, lower a climber from a top belay with a knot pass, and descend multiple pitches with another climber using tandem rappels.

**Prerequisites:**

Students should have completed BMS Rock and ARC Pro Introduction to Self-Rescue classes or have equivalent skills.

**Textbooks/Reading Assignments:**

* Self-Rescue, by David Fasulo
  + See below outline for page references on specific covered topics in this class
* Rock Climbing: Mastering Basic Skills, by Donahue and Luebben, Chapter 14

**Course Timeline:**

Field Day 1: approx. 7 hours- review of skills from the Intro class, new skill demos and practice

Field Day 2: approx. 7 hours- further practice of day 1 skills and rescue scenario practice

**Gear List: \*\***All the gear listed below except the last item is *required* for each student**\*\***

* Basic climbing kit- harness, helmet, shoes- including approach/hiking and climbing
* Belay device- whichever type(s) you own and use to include a multipitch device such as the BD Guide or Petzl Reverso.
* Personal tether- 120 cm sewn nylon sling or PAS or equivalent
* One 120 cm ***thin*** dyneema sling (to release your guide belay device)
* One additional double length (120 cm) sewn ***nylon*** sling/runner
* At least 2 quickdraws or alpine draws
* Non-locking carabiners- at least 4
* Locking carabiners- at least 6 total with at least 4 large HMS/Pear-shaped
* Two rappel back-up/rescue loops- 10-15 inch tied loops of 5-6 mm nylon cord (made from a 4-ft. length of cord), or small Hollow-block loop; bring 2 separate loops
* Cordelette- 14-22 ft. of 7 mm nylon cord (untied length)
* Foot and waist prusik loops if owned (from BMS Rock)

**Introduction:**

Multipitch climbing involves additional team self-rescue challenges that we will begin to address in this class. We will learn methods for assisting the second climber in a multipitch climb and methods for descending from a multipitch route.

**Course Outline:**

1. Review of single pitch rescue skills from the Intro Class (see that class outline for details)
2. Follower rescue actions from the top of a climb
   1. Lowering from guide-mode (SR pp 91-97)
      1. Short lower
      2. Long lower using sling to release belay device
      3. Using the load-strand-direct (LSD) method
   2. Lowering with a knot pass (SR pp 98-101)
   3. Assisting the second up the climb
      1. Dropped fixed line
      2. Assisted haul (dropped loop); adding foot prusik for the climber (SR pp 164-167)
      3. Hauling techniques (SR pp 127-133, 166-7)
         1. Terminology- pulleys, mechanical advantage, tractor, progress capture/ratchet
         2. Basic “Z” pulley- 3:1
         3. 5:1, 6:1, 9:1 methods
   4. Descending to the second; on fixed rope with re-ascent up the rope to anchor (escaping the top belay- SR chapter 2)
   5. Counterweight rappel to the second (SR pp 160-162)
   6. Tandem rappelling; (SR pp 108-111)