

## Basic Vertical Rope Work Skills

Name \_\_\_\_\_

Instructor \_\_\_\_\_

\_\_\_\_\_ Rope pad passing

\_\_\_\_\_ Changeover rappel to ascent

\_\_\_\_\_ Rope coiling

\_\_\_\_\_ Changeover ascent to rappel

\_\_\_\_\_ Harness donning

\_\_\_\_\_ Mechanical 200' climb (20 Min)  
(Time)

\_\_\_\_\_ Emergency Rescue Harness

\_\_\_\_\_ 50' climb using an emergency  
system

### Knots

\_\_\_\_\_ Overhand

\_\_\_\_\_ Ring bend (Water knot) in webbing

\_\_\_\_\_ Bowline w/back-up

\_\_\_\_\_ Figure 8 Follow Through

\_\_\_\_\_ Figure 8

\_\_\_\_\_ Figure 8 on a Bight

\_\_\_\_\_ Double Figure 8

\_\_\_\_\_ In-line Figure 8

\_\_\_\_\_ Double overhand bend (Grapevine)

\_\_\_\_\_ Butterfly

\_\_\_\_\_ Prusik Hitch

\_\_\_\_\_ Helical knot (Ascender knot)

### Practices

\_\_\_\_\_ Clothes and hair restrained during course work

\_\_\_\_\_ Clear signals used (whistle or voice)

\_\_\_\_\_ Demonstrates edge safety (QAS within a body length)(Helmet donned)

\_\_\_\_\_ Bottom Belay demonstration (lower an unconscious person)

\_\_\_\_\_ Demonstrates gates down and proper carabiner loading

\_\_\_\_\_ Demonstrates proficiency using a rack

\_\_\_\_\_ Technique while rappelling (foot placement, speed, smooth, landing)