

# INSTRUCTOR HANDOUT

## GRADUATION WEEKEND

### Weekend Goal:

- Students will be quizzed and evaluated for their ability to...
  - ...second a leader on a short multi-pitch climb (including flaking the rope, lead belaying, seconding, multi-pitch rappel, pulling the rope and coiling it again).
  - ...set up a SRENE top rope anchor without the active guidance of an instructor or assistant.
  - ...tie all knots they have learned during the class **and** explain what they are used for.

### Every Student Should:

- Belay a leader.
- Second a leader.
- Do a multi-pitch rappel.
- Set up a SRENE top rope anchor without the guidance of an instructor or assistant. Anchors need to be checked by an instructor.
- Tie all knots they have learned during the class **and** explain what they are used for.  
Students either need to get it right on the first try or have to be able to tie it correctly at least twice.  
Knots: Rewoven Figure 8, Fisherman's Backup, Figure 8 on a Bight, Bowline, Water Knot, Girth Hitch, Clove Hitch, Munter Hitch, Auto-Block, Bachmann, Klemheist, Prusik, Double Fisherman, Overhand (EDK).

### Extra Credit:

- Review sport anchors – How to set them up and break them down again.
- Top rope belaying with a GriGri. Please note that the GriGri is not an auto-locking device.

### Equipment:

- One gear bag per instructor
- Harness/helmet (1/person)
- Shoes (optional, 1 pair/student)

### Guidelines:

- Wear Helmets. **First-Aid Kit and stretcher** are in the Weekend Leader's car near the cliff.
- No instructor/assistant/student soloing.
- Instructors and students should be anchored on top of the cliff whenever near the edge.
- Students should be anchored whenever belaying. They may be anchored by standing/sitting in a loop in the rope or by clipping into a locking biner. Never use the back loop to anchor in; in front, next to the belay device is OK.
- All belays should be backed up by instructor/assistant until the students become proficient.
- Reinforce safety checks. Students should check each other's knots and harnesses.
- Use full set of calls all the time.
- Emphasize importance of rope care and handling (e.g. not stepping on the rope, proper coiling/flaking and why).
- Remember to sign students "Green Books" after they have successfully completed the skills.

### Student Check Out:

- Students have to check out with the weekend leaders.
- The "Green Books" will be collected by the weekend leaders.
- Students have to return their club harnesses, helmets and practice ropes to the weekend leaders.
- Students will receive an invitation to the Crow Hill Climb/BBQ and the legendary New Seconds Weekend only when they have...
  - ...returned all of the club gear
  - ...all mandatory skills signed off and
  - ...returned their "Green Books" with comments.