

INSTRUCTOR HANDOUT

KNOTS NIGHT

General Guidelines

- There are 3 stations; Instructors do not move; students move from station to station.
- Each station has one Lead Instructor with several Instructors and Assistants. The Lead Instructor should pair up assistants with other instructors.
- Match students with Instructors/Assistants on each rotation. Prevent large student groups from forming.
- On first rotation check all harnesses.
- Demonstrate each task a couple of times. Students do not need to master all skills but should be able to tie all knots at least once.
- Teach only the specialties of your station. This will require improvising when you need a knot or technique taught at some other station.
- Work the assistants into the process since they need to learn to be next years Instructors.
- Stress not stepping on the rope and why.
- Use full set of calls all the time.

Station #1: The Climber

- **Goal:** Teach how to tie into rope and use of some climbing calls.
- **Knots:** Tie rewoven figure 8 knot and backup into a harness.
- **Calls:** Up rope; slack; take (or tension); falling; that's me; rock; rope. Do NOT teach calls dealing with the belay (e.g. - belay on).
- **Exercise:** Simulate the climber's role with calls noted above. Do NOT teach how to belay.
- **Discuss:** When a climber should be belayed; what a fall is like; strength of equipment; what happens to the climber if the belay fails.

Station #2: The Belayer

- **Goal:** Teach how to belay using belay device and use of some belay calls.
- **Knots:** Tie figure eight on a bight and clove hitch into a pre-made belay anchor. Do NOT teach the rewoven figure 8 knot.
- **Calls:** Climber-On belay; Belayer-belay on; Climber-climbing; Belayer-climb away or climb on; Climber-off belay; Belayer-belay off.
- **Exercise:** Simulate the belayer's role, use of a belay device with calls and falls.
- **Discuss:** How to use a belay device; what a fall is like for the belayer; purpose of calls; how a belay fails at the belayer's end (e.g. belayer not locked off, not lined up with anchor, pinned).

Station #3: Anchor & Rope Coiling

- **Goal:** Teach how to build a simple top rope anchor and if time remains, how to coil a rope (butterfly & mountaineers coil).
- **Knots:** Tie bowline; girth hitch; water knot using webbing.
- **Calls:** None
- **Exercise:** Simulate the belayer's role, use of a belay device with calls and falls.
- **Discuss:** How and why anchors fail; **SRENE** (Solid, Redundant, Equalized, No Extension); how carbiners (even locked) come unclipped; use of anchor to belay from top/bottom of cliff.

Equipment:

- Harness for each student
- Two gear bags per station