

Anchor & Rope Station - Instructor Handout

Knots Night

Guidelines:

- Introduce the importance of a solid top rope anchor.
 - Introduce the SRENE (Solid, Redundant, Equalized, No Extension) anchor.
 - Demonstrate the **Bowline Knot** (as if around a tree), **Girth Hitch**, and **Water Knot** (to make a loop with a sling).
 - Demonstrate Rope Coiling using the butterfly method, leaving 10 foot ends.
 - Demonstrate carrying method. (see other side)
 - Explain rope care and management (i.e.: Don't step on the rope, untie knots after use).
- ** We are introducing a lot of material on Knots Night and don't expect the students to get everything. We will go over all this material again on Belay Weekend. Mastery of the material is not required.
- ** Don't emphasize anchoring the belayer or tying into the end of the rope or belaying. We will cover that in other stations.

Every Student Should Demonstrate:

- Bowline Knot, Girth Hitch, and Water Knot.
- Coiling of rope.
- Attaching the rope to carry.

Equipment:

- A few ropes
- Some slings, not sewn
- Several carabiners