

# INSTRUCTOR HANDOUT

## ASCENDING WEEKEND

### Guidelines:

- No instructor/assistant soloing.
- There is a first-aid kit and stretcher available in the weekend leader car near the cliff.
- Instructors and students should be anchored on top of the cliff whenever near the edge.
- Belay students as they ascend.
- Protect the ascending rope from sharp edges. Explain why we protect the rope to the students.
- To make it easier for the students to ascend, make sure the wraps are close together and neat. Note that the number of wraps vary with the size/fuzziness of the rope and size/type of the slings. Spectra is often a problem.
- Be patient with students as they often tire quickly particularly if knots are slipping. Be prepared to get them off the ascent when this happens.
- The point of the 3 biner backup is so one can move the backup and still be into two biners and never have more than one rope in a biner.

### Every Student Should:

- Ascend a fixed rope with the Klemheist on the *lower* knot for the foot and a Bachman on the *higher* knot attached to the waist. The idea is to try both knots. Note that this mixed pair is definitely not the preferred way to ascend but is safe and allows the student to learn two different knots for ascending.
- Demonstrate the figure 8 backup, using 3 (or 2 locking) biners clipped to the harness.
- Pass an overhang at the top, using a third ascending knot.
- Have opportunity to set-up to top ropes and climb/belay.

### Extra Credit:

- Rappel and ascend exercise : rappel down the ascending rope, stop in mid-air and shift to ascending mode
- Tie prussik knot with cords rather than slings.
- Use jumars at a separate station.

### Equipment:

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