

Belay Practice (Intro to Climbing)

Date:	Sunday, February 29, 2020
Time:	TBA
Duration:	All Day – Approximately 10 hours
Place:	Priest Point Park, 2600 East Bay Dr NE, Olympia
Required Text:	Chapters 2, 5, 9, 10, 11, pgs 358-359
Critical Skills:	Knots, Belay Skills, Climbing Commands
Practice/Objectives:	<ul style="list-style-type: none"> ● Demonstrate mastery of knots ● Demonstrate mastery of belay skills and climbing commands ● Introduction to anchor evaluation ● Introduction to fixed line travel ● Introduction to extended rappel and carabiner brake rappel ● Introduction to snow belays-ice axe, boot axe, sitting hip ● Demonstrate knowledge of 10 Essentials ● Practice kiwi coil and butterfly coil
Equipment:	<p>CARABINERS</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 large locking pear carabiner for belaying <input type="checkbox"/> 4 locking carabiners (medium to large) <input type="checkbox"/> 6 non-locking solid or wire-gate standard carabiners <p>RUNNERS</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 pre-sewn nylon double runner <input type="checkbox"/> 1 pre-sewn nylon single runner <input type="checkbox"/> 2 tied nylon single runners, each made from 5 feet of 1" webbing <input type="checkbox"/> 1 tied nylon double runner, made from 9 feet of 1" webbing <input type="checkbox"/> 1 nylon triple runner, made from 13 feet of 1" webbing <p>PRUSIK CORDS</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 6 mm prusik loop made from 6' of accessory cord <input type="checkbox"/> 1 24" 6 mm prusik cord <input type="checkbox"/> 1 5 mm prusik loop made from 6' of accessory cord <input type="checkbox"/> 1 5 mm prusik loop made from 5' of accessory cord <p>OTHER</p> <ul style="list-style-type: none"> <input type="checkbox"/> Belay device <input type="checkbox"/> Autoblock loop

	<input type="checkbox"/> Leather belay gloves <input type="checkbox"/> Day pack or large pack <input type="checkbox"/> UIAA approved climbing helmet <input type="checkbox"/> Approved climbing harness with belay loop <input type="checkbox"/> Chest Harness <input type="checkbox"/> Texas Prusik/foot prusik <input type="checkbox"/> Ice axe (not ice tools)
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Throughout the day, you will use the knots and techniques taught on your first field trip.

Practice at home.

Know your knots!

Following check-in you will be grouped into teams and assigned to a group leader. The group leader will stay with each team throughout the day for assistance. You must complete all stations to receive credit for the field trip.

***Knots [Critical Skill]**

- Single bowline
- Butterfly
- Mule (belay escape)
- Bachman
- Clove hitch
- Girth hitch
- Prusik
- Figure eight rewoven
- Figure eight loop
- Water
- Grapevine
- Munter hitch
- Autoblock

KNOTS MASTERY LOOKS LIKE:

Climber can tie any one of the required knots for Basic Climbing when asked without assistance. Climber can explain what the knot is used for (e.g. hitch, backup, etc.) and any safety considerations associated with the knot (e.g. a bowline knot or figure eight rewoven should be backed up, etc.). When provided a scenario in the field for glacier or rock (i.e. anchor building, or glacier travel), the student can explain/demonstrate what knot should be used and why.

Sitting Hip Belay Station

Sitting Hip will be demonstrated, explained and then practiced by you. Review and practice belay signals learned at the first field trip. Review Sitting Hip Belay in FOTH pages 183-185 and 359-360.

Belay Escape Station

Belay escape will be demonstrated, explained and then practiced by you.

Fixed Line Station:

Will be explained and demonstrated. After which you will be asked to demonstrate.

***Mechanical Belay Devices & Munter Hitch, including climbing commands [Critical Skill]**

You must set up and correctly belay a climber using climbing commands with no assistance from instructors. Review belaying with belay devices in FOTH pages 177-185 and pages 192-197.

BELAY MASTERY LOOKS LIKE:

Student climber will recall the name of the belay, identify situations in which to use the belay with device and munter, set up all aspects of the belay correctly in an appropriate amount of time, use correct climbing commands, and stop a falling climber without anchor failure.

Rappel Setup and Backup

An instructor will explain and demonstrate the extended rappel. You will be asked to demonstrate what you have been shown. You will need your personal anchor, large oval locking carabiner, your other carabiners (locking and nonlocking), and a prusik cord.

Standing Carabiner-Ice Axe and Boot-Axe Belay

An instructor will explain and demonstrate both of these snow belay techniques. You will be asked to demonstrate these techniques with both sides. You will need your ice axe, small hero loop and carabiner.

Ten Essentials

Your ten essentials will be checked. If your instructor or field trip leader has comments on your minimum items, consider his/her advice carefully; your life may some day depend on it.

Anchor evaluation

You will evaluate several different anchors with your group. Review SERENE anchors in FOTH page 191.

Rope coiling and kiwi coil

Kiwi Coil:

https://www.youtube.com/watch?v=6bq7_is-dJQ

Butterfly Coil:

<https://www.youtube.com/watch?v=VdkiBloUmls>

Special Notes:

- You will be required to tie into the climbing rope at the appropriate stations; do not clip onto rope with a carabiner.
- There will be no specific lunch break. Eat as your individual schedule permits.
- You will stay with your assigned group and leader unless the field trip leader makes changes.
- **Do not invite your children, pets, friends, or relatives to this field trip. This field trip is for students only.**
- Do not litter the park and please pick up any litter you see.