

# The Mountaineers

## Assistant Leader Assessment

### TIMED ASSESSMENTS

#### Assessment Objectives:

Students must be able to demonstrate *proficiency* in the following skills. Proficiency means you are a 4 out of 5 on the Mastery Hierarchy (1=failure, 2=insufficient, 3=sufficient, 4=proficient, 5=mastery). Proficiency = fluid execution, a clear understanding of concepts, quick self-correction, depth of knowledge, and includes application and supporting concepts.

Those doing Intermediate Equivalency will have a total of five (5) attempts to pass the three assessments.

Intermediate Graduates are exempt from assessments #1 and #2, and will have two (2) attempts to pass Assessment #3 - Indirect Rope Cutting.

To pass, all must be completed without any [major safety errors](#), and with a maximum of two minor safety errors.

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**1. Timed Assessment - Single-Strand Timed Conversion** - Using a frog system with mechanical ascenders: ascend, pass a knot, convert to rappel, descend, pass a knot, rappel to ground, disconnect from the rope (5 min or less). Two points of contact must be maintained with the rope at all times. Methods of passing a knot such as passing the knot through a rappel device or using a VT prusik are not acceptable in this assessment.

**2. Timed Assessment - Anchor Rigging** (max time will be based on 1.4x instructor demonstration time) This assessment must be completed without any major safety errors, and with a maximum of two minor safety errors.

1. Time starts when the traverse line rope touches the first bolt. Rig a retrievable traverse line from two unlinked bolts to access an unlinked bolted anchor
2. Rig the unlinked bolts with an alpine draw. Rig releasable with an MMO, setting the rope length to 0-1' above the ground
3. Clean the traverse line and anchor, rappel, and retrieve rope (time stops when the end of the rope hits the ground)

**3. Timed Assessment - Indirect Rope Cutting** - As the anchor manager, cut the primary rope and lower a teammate with a rescue rope. Students must approach the system with their harnesses racked as they would be normally. Time starts as soon as the student clips their lanyard into the anchor. Any safe method is acceptable (1 min. 30 sec. or under)

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## UNTIMED ASSESSMENTS

### Assessment Objectives:

Students must be able to demonstrate, at minimum, *sufficiency* in the skills being assessed.

- Sufficiency = 3 on the Mastery Hierarchy:
  - (1=failure, 2=insufficient, 3=sufficient, 4=proficient, 5=mastery).
- These skills are not expected to be done quickly or perfectly, but rather showcase that students are able to demonstrate the required technical skills, without any critical safety errors. Sufficiency means a student is at a suitable level of skill for independence.

### Guidelines

*Candidates may use any piece of equipment on their harness to complete the techniques being assessed. Additional equipment will be provided by the assessors if necessary for specific techniques.*

### How to Pass Each Assessment

1. Complete the task without any [major safety errors](#) (errors that have a high probability of leading to serious injury or death), *and* with 2 or fewer minor errors (errors that are not best practice because they *could* lead to serious injury or death)
  2. In the event that you commit a major safety error or more than 2 minor safety errors, you will be asked to meet 1x1 with a *different* assessor at the end of the day (after assessments are complete), and correctly demonstrate the skill where you committed the error, and explain to the assessor the error you made, and why it's a critical safety error. If you cannot do this, you will need to take the entire assessment again another day.
  3. In the event that you cannot complete the task, regardless of safety errors, you can reset. Only one (1) reset is allowed during the assessment. In the event that you need more than one reset, you will need to take the assessment again on another day.
  4. In the event that you commit 3 or more major errors throughout the day, you will need to re-take the entire assessment another day.
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## **GEAR MANAGEMENT & COMMUNICATION**

*This assessment is only required for candidates doing Basic Equivalency.*

1. Pack a rope bag with a BFK stopper knot tied at the bottom
2. As anchor manager, rig a rappel with an EMO (eight mule overhand) style releasable 8 block & send a teammate down
3. Communicate the following using only whistle and hand signals that you would like to:
  - a. Send packs down on a zipline
4. Work with a teammate to zip a bag down
5. Clean, descend, and pull the rope

## **PERSONAL MOVEMENT - DOUBLE ROPE**

Ascend double-rope, pass a knot, and convert to descent

## **PERSONAL MOVEMENT - QUICK-RELEASE ASCENDING SYSTEM**

Ascend and convert to descent using a VT and Italian 8 on a single rope system

## **SAFETY MANAGEMENT - BELAY**

Provide a belay from the top, and then from the bottom, to protect a rappeller

## **GUIDED RAPPEL TEST**

Rig, manage & clean a guided rappel

- Verbal planning with your teammate at the top is allowed; once you have left the top anchor, only hand and whistle signals can be used
- Guided rappel should be rigged on a canyon descender at the bottom anchor
- System should be closed (BFK or closed loop)
- Rig and execute conveyor belt lowering of stuck rappeller

## **NATURAL ANCHORS**

Build a series of natural anchors, including building and managing a cairn anchor

- Single strand of webbing around a tree with a water knot (4" tails)
  - Include anchor (tree) assessment
- Wrap 2 Pull 1 with a water knot (4" tails)
- Basket Hitch around a rock pinch (made redundant with a tied master point)
  - Include anchor (rock pinch) assessment
- Cairn anchor
  - Build, rig, sequence/manage team for a marginal anchor

## **CONVERT STATIC RIGGING TO A LOWER**

Any safe technique is acceptable

## **CONVERT RELEASABLE RIGGING TO A HAUL**

Haul a subject 10'. Any safe technique is acceptable.

## **PICK-OFFS**

Use a VT as a pick-off strap

## **CORE SHOT MANAGEMENT**

As the anchor manager, respond to a teammate communicating that there's a core shot, manage the anchor for the remainder of the team, and manage abrasion as the last person down.

## **RIG & MANAGE A REBELAY**

Rig a rebelay, and anchor-manage at the rebelay

## **TWIN SYSTEMS**

Rig and retrieve both twin static and twin releasable systems

## **LOWER JOINED ROPES PAST AN ANCHOR**

While lowering a teammate, safely transfer two ropes joined together past the anchor to continue lowering.