

Advanced Companion Rescue

ACMG Asst Rock Guide: Tim Taylor

Date: June 6, 2018

Time: 8:30 -16:30

Location: Abraham Slabs

Cost: \$140.- (including transportation and all meals for the day)

Course Outline:

Companion Recue skills are perishable. Spring is the time to get tuned up for the year and add a few more tricks to your toolbox.

Refresh the basic skills. Simple is smart so let's get tuned up on the basics.

-What are Ratchets?

-Which ratchets belong where?

-Why Knot

-LRH

-Belay Devices and Lowers

-Escaping the Belay

-Up? , Down? , Help?

-Low efficiency 3 to 1 (z drag)

-Double Italian Lower (Bonus Material – with a knot pass)

-What gear do you carry and why? Let's find the least gear you can carry in event of a rescue while still producing a high efficiency raising system.

-Escape the belay and raise with a high efficient 3 to 1

Prerequisite Skills:

- Tying off belay, escape belay, transfer load
- Anchor building
- Knots: Italian Hitch, Double Italian Hitch, Prussic, Follow-through Figure Eight, Bowline
- Rappel with a backup below device

Required personal gear: * gear available to loan from conference organizers

- Climbing helmet
- Harness
- Guide Belay Device
- 4 non locking carabiners
- 2 HMS Locking carabiner
- 2 small locking carabiners
- Eye protection recommended
- Double length sewn runner*
- Long prussic (7mm diameter, 5 m in length)*
- 1 short prussic (7mm x 1.5m) or Sterling Hollow Block*