

APPALACHIAN SEARCH AND RESCUE CONFERENCE

OUTLINE OF BASIC CLIMBING

I. CLIMBING INTRODUCTION

- A. MOUNTAIN CLIMBING
- B. ROCK CLIMBING (BOULDERING AND SCRAMBLING)
- C. HISTORY
- D. ROPES AND BELAYS
- E. PRESENT DAY CLIMBING

II. CLIMBING FOR SEARCH AND RESCUE

- A. LEAD CLIMBING?
- B. METHODS OF FOLLOWING
 - 1. FREE CLIMBING WITH DELAY
 - 2. FREE CLIMBING WITH SAFETY LINE
 - 3. ~~PROUSING~~ PRUSIKING
- C. WEATHER
- D. INCREASING FREEDOM OF TRAVEL

III. SAFETY

- A. BELAYS AND TIE-INS
- B. TESTING HOLDS
- C. BACKUPS
- D. ESCAPE ROUTES
- E. CLOTHING
- F. HARDHATS

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IV. CLIMBING: THE BODY VS. THE ROCK

- A. STYLE AND FORM
- B. BALANCE VS. COUNTERFORCE
- C. CHESS
- D. SPECIFIC MOVES

V. SELF-RESCUE (OPTIONAL)

A. FALLEN CLIMBER (TOP BELAY)

- 1. LOWER TO LEDGE
 - a. RESUME CLIMB
 - b. TIE OFF, PRUSIK DOWN
- 2. TIE OFF, SET UP HAUL SYSTEM

B. FALLEN LEADER (SECONDING)

- 1. LOWER TO BELAYER
- 2. TIE OFF, PRUSIK UP. (AFTER HAULING, IF POSSIBLE)
- 3. YELL FOR HELP.

C. RAPPELLING

- 1. REEPSCHNUR
- 2. SHEEPSHANK
- 3. UNRAVELLING LAID ROPE