



Boeing Employees Alpine Society

BRC Mountaineers Review

Overview:

The purpose of this practice night is to get everyone acquainted and up to the same level of knowledge. The instruction will emphasize the skills and techniques for safe rock climbing. These skills are essential for the subsequent weekends.

Required Preparation: Review [AAC Universal Belay Standard](#)
Review knots reference (see lecture materials)

Recommended Reading: Freedom of the Hills (7th ed.), Chapters 9-14

Learning Objectives:

- ✓ Demonstrate proficiency in the following skills to an instructor by successfully performing each task at least once without any assistance: knots, basic rope skills, belaying, rappelling, escape the belay, and catching a fall (see table below)

Location/Time:

- ✓ The Mountaineers Building:
 - In the downstairs basement area
 - 7700 Sand Point Way NE
Seattle, WA 98115
 - Thursday evening at 6:30 PM



What to Bring:

- ✓ Harness
- ✓ Helmet
- ✓ Belay device w/ teeth and guide mode (Petzl Reverso, ATC Guide, etc)
- ✓ 2 Locking Biners
- ✓ 2 double and 2 single length slings
- ✓ Personal Anchor: Pre-fabricated “personal anchor” (such as Metolius PAS) or double sling which is unique in color to all other slings on the student’s harness
- ✓ Safety Gear:
 - Small knife, (2) short prusiks, (1) pulley, (1) oval biner
- ✓ Cordelette (17’-25’): Preferable size: 6 millimeter
 - 4 biners (1 large locking, (3) non-locking)
- ✓ The Leavenworth Book (Optional)



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Agenda:

Thursday, July 5th

18:30 Knots: small groups (2-3 students)

19:00 Demo: Lead Belay, Escape the Belay, Cleaning an anchor

19:30 Stations:

(1) Basement slabs: Münter rappel

(2) Outside slabs: setting up a bolted anchor (anchor in a box), cleaning and rappelling from a bolted anchor, mechanical rappel w/ autoblock,

(3) Basement: escape the belay

(4) Basement sand bags: lead belay (mechanical), catching a lead fall

21:00 Re-group, re-cap

After Sign up for the potluck and carpool





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Checklist & Evaluation:

Student: _____

Skill	Proficiency	Instructor	Comments
Knots			
Figure 8			
Figure 8 on a bight			
Prusik Hitch			
Bachmann			
Double Fisherman			
Water Knot			
Clove Hitch			
Munter Hitch			
Butterfly			
Bowline			
Euro Death Knot (EDK)			
Rope Coiling			
Belay			
Mechanical (lead)			
Catch a Lead Fall			
Escape the Belay			



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Skill	Proficiency	Instructor	Comments
Rappel			
Mechanical w/ autoblock			
Munter			
Bolted Anchors			
Setting up			
Cleaning & rappelling			

Proficiency:

1 = Nailed it!

2 = Practice it a few more times

3 = Spend one-on-one time with an instructor working on this skill

Instructor Comments / Recommendations:

