

INSTRUCTOR HANDOUT

KNOTS NIGHT

Anchors

- Explain SRENE anchor (Solid, Redundant, Equalized, No Extension). No details, just the basic idea.
- Give examples for features that can be used as anchor material (trees)

Harness

- Explain features of the harness (belay loop, haul loop, double backing, gear loops)
- Make sure every student learns how to put on his/her harness
- Teach Figure 8 tie-in and Fisherman backup

Q&A

Only proceed to optional skills if students can demonstrate the skills taught to this point w/o help.

Optional

- Explain how an ATC works (friction)
- Go through proper belay commands (on belay belay is on, climbing – climb on, up rope, take – got you, falling, ...)
- Mention both belay methods (“Slip/slap/slide” and “Get on the bus” and highlight pros and cons for each method)
- Have students mock belaying each other
- Demonstrate rope coiling (butterfly) and have each student coil a rope