

INSTRUCTOR HANDOUT

RAPPEL WEEKEND

Every Student Should

- Build a SRENE Top Rope anchor (Solid, Redundant, Equalized, No Extension).
- Build a Rappel Anchor (webbing, cord, etc, and rap rings)
- Practice joining two ropes together with a knot and throw the ropes.
- Perform safety checks of other students' knots, tie-ins, etc. Evaluate technique.
- Rappel with extended belay device. Rappel w/ and w/o auto-block. Please note that students should understand the importance of an auto-block
- Munter Hitch Rappel. Use a harness to rappel using a Munter Hitch on a locking pear-shaped carabiner. Instructor may discuss the use of the Munter Hitch as an alternative belay/rappel method if the belay device is dropped/lost. Remember to explain how a Munter can unscrew a screw gate biner and how to avoid this.
- Rappel on double ropes and understand how to retrieve the rope(s) and issues associated with retrieving rope(s).
- Stop midway through the rappel, once using a leg wrap, once using an auto-block
- Perform a Free Rappel (Separate Station).
- **Tie knots:** Bowline, Rewoven Figure 8, Fisherman's Backup, Water Knot, Figure 8 on a Bight, Munter, Girth & Clove Hitches, EDK
- Coil a rope.

Extra Credit

- Carabiner Brake Rappel – set up with as little biners as possible. Explain pros and cons for Carabiner Brake vs. Munter's Rap
- Body rappel using proper Dulfersitz technique. Make sure you know the proper technique. (See 'How to Rock Climb.'). Remember the back-up belay. Set up on LOW ANGLE slab with no overhangs.

Equipment

- One gear bag per instructor
- Harness (1/person) , Shoes (optional, 1 pair/student)

Guidelines

- Wear Helmets. **First-Aid Kit and stretcher** are in the Weekend Leader's car near the cliff.
- No instructor/assistant/student soloing.
- Instructors and students should be anchored on top of the cliff whenever near the edge.
- Students should be belayed whenever rappelling. Belayers may be anchored by standing/sitting in a loop in the rope or to a locking biner. Never use the back loop of the harness to anchor in; in front, next to their belay device is OK.
- Reinforce safety checks. Students should check the anchor, each other's knots and harnesses, etc.
- Use full set of calls all the time.
- Be supportive. Rappelling can be frightening.
- Explain the concept of a long descent using one and two ropes. Mention snarls and hang-ups, retrieving rope.
- Explain the choices for getting friction: belay device, Munter, body, etc.
- Explain the choices for backup and when to use: none, prussik above device, auto-block below device.
- Explain fixed rappel anchors and how rappelling off trees eventually kills them.
- Explain safety knots in the ends of the rope, pros and cons.
- Explain "smooth" rappels, protecting the anchors and the ropes.
- Explain hazards such as: falling over backwards (top heavy body types may need chest harness); catching clothes or hair in a belay device; falling rock; stuck ropes; which end of the rope to pull.
- Remember to sign students "Green Books" after they have successfully completed the required skills

Leadable, protectable routes – Quincy Quarries

- 5.2 R Wall, “Gary’s rock scramble”
E Wall, far right, improvised rock scramble – very good protection
B Wall, Pink Face Left (not sure about the protection though)
- 5.3 C Wall, Flake in the right side
G Wall, Boardwalk
- 5.4 E Wall, Double Traverse
J Wall, Right of Layback
D Wall, Sharks Tooth (feels like 5.6)
G Wall, Little Inch
G Wall, left of Fallout
- 5.5 D Wall, Cave route
S Wall (Knights Wall), Black Knight
- 5.6 S Wall (Knights Wall), White Knight
J Wall, Layback, there will be a multi-pitch rappel station in the morning tho
D Wall, Drill Holes
G Wall, Fallout
- 5.8 K Wall, Outside Corner
- 5.15d Q Wall, Thank you Scott

