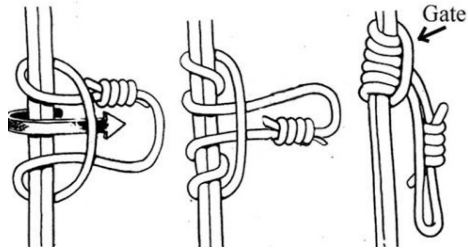
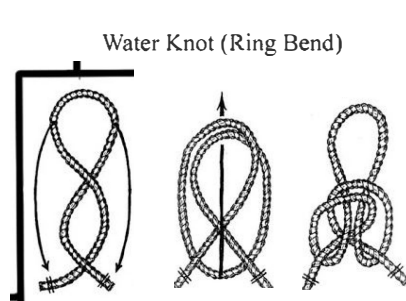


Double Deuce (Double Fisherman)



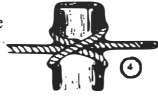
Prusik



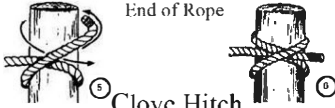
Water Knot (Ring Bend)



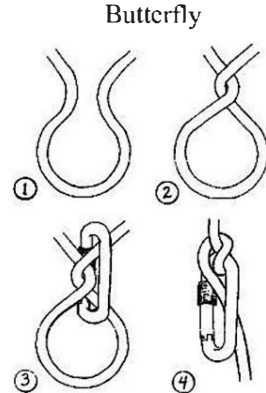
Mid-Rope



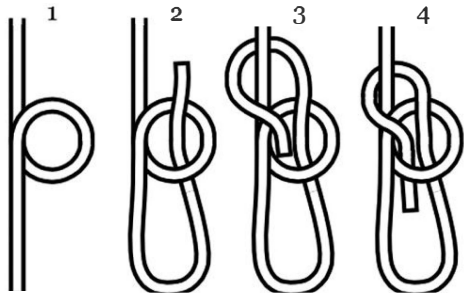
End of Rope



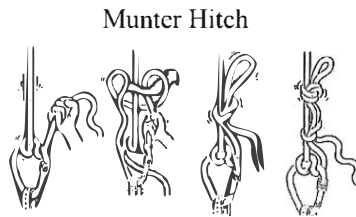
Clove Hitch



Butterfly



Bowline



Munter Hitch

Munter with Mule Tic off

Earth First!

Climbers Guild



Vol. 1
*Climb Training Orientation for Beginning
 Ascending and Descending*

Pre-Climb Checklist

Knots to Learn

- ★ Rethread Figure Eight
- ★ Eight on a bight
- ★ Double Fishermen)
- ★ Water knot
- ★ Prusik hitch
- ★ Girth hitch

Equipment

- **Harness:** Rock climbing or arborist harness
- **Carabineers:** 3 locking, 1 non-locking with webbing on it for descender, extras are useful.
- **Descending Device:** figure 8 or ATC
- **Ascending loops/slings:** lead ascending loop, foot ascending loop w/safety loop and webbing for foot, plus one or two extra slings
- **Heavy Glove:** or some other heavy fabric to hold while descending. Not an absolute requirement but helpful.

Clothing:

- Lightweight clothes, preferably more tightly fitting
- Shoes with a good sole
- Hair-ties for all hair lengths
- No jewelry or large items
- Climbing gloves- bike gloves or snug-fitting garden gloves work great.

Gear Safety Check:

- **Tape** on any gear (prusik loops, carabineers) could indicate that the gear may be retired. Duct tape is corrosive and shouldn't be on any active gear. Trainer should know why tape might be on gear.
- **Harness:** Check for frays in webbing, function of buckles, split stitching, defects, etc.
- **Carabineers:** Check gate and screws to see if they are in good working order.

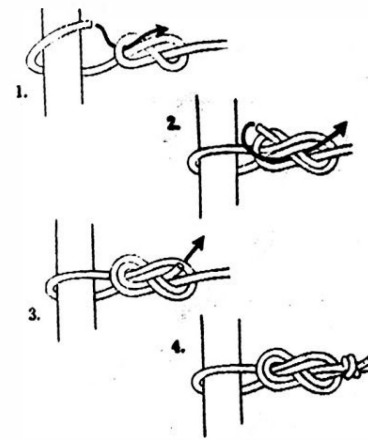
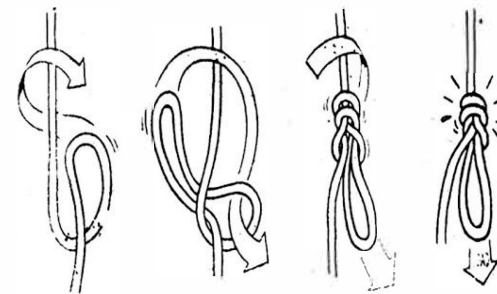
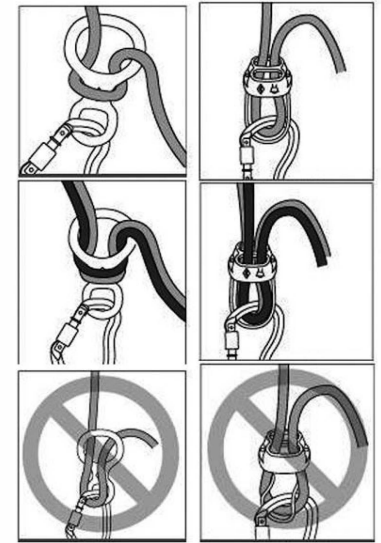


Figure 8 follow through



In-Line Figure 8

KNOTS

A great resource for knots is animatedknots.com

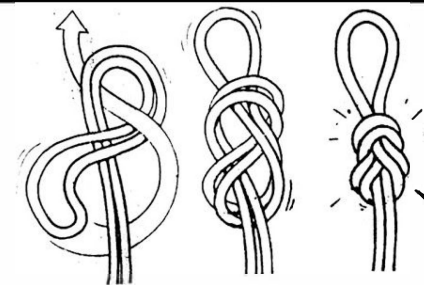
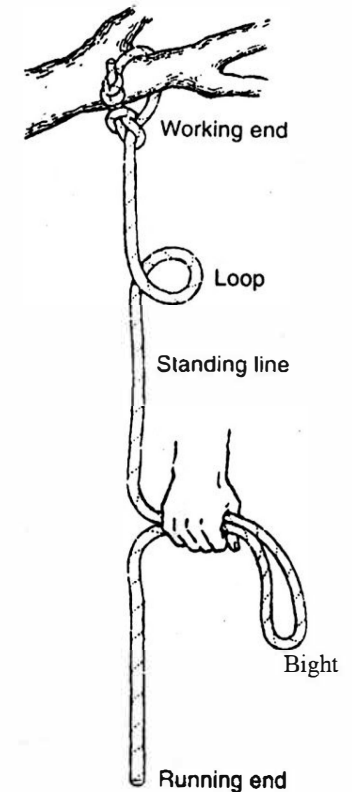


Figure 8 on a bight



Parts of the rope.

- Do not go fast. If you start to go too fast, tighten your grip on the line with your brake hand. If you're going too fast or at any time feel out of control or unable to continue to grip the line, **let go of your prusiks**. This will catch you.
 - Remember that you'll have to step back up to loosen it again if you do this.
- Be VERY careful not to get anything caught in your belay device. Hair and loose clothes get easily sucked in. In a few cases peoples' nipple rings and even breasts have been caught in 8's so this can't be stressed enough.
- Watch out for branches, and how far from the ground you are.
- As you approach the ground, slow down and prepare to come to a slow connection with the ground.
 - Approach in a nicely balanced manner with your feet as downward as possible. Keep your knees bent. Be careful not to step on the line when you come down.
 - Come all the way down to a squat before stopping to make sure all the tension will be off your prusik hitches.
- Once you are on the ground undo your belay device from its carabineer, take it off the climb line, and return the belay device to the harness.
 - Do this right away, as after long repels, belay devices will heat up and if left on a line, the heat will degrade it.
- Take the prusiks off their carabineers and the climb line and return them to an extra carabineer on the harness.
- Take off the harness and put it in a safe spot (i.e. not in the dirt). Careful not to step on the rope.
- Talk to your trainer about any problems or anything you need clarified. Make sure you thank your trainer.

- **Descending Device:** check for small fractures, burrs, deep surface scratches, etc. Worn finish is usually o.k..
 - Has this been dropped from a tall height? Do not use it.
- **Prusik and Climbing Rope:** Check for frays in sheath that reveal the core, flat spots, hard spots, chemical burns, excessive tree sap, any visible core, correct knots (double fisherman, or rethread figure eight).
 - Knots should have at least a 1 1/2 inch tail after the knot).
 - Foot Prusik should have a correctly tied water knot in the foot loop webbing and a girth hitch to connect the loop to the Prusik.
 - The climb line should have a figure eight or monkeys fist knot on the end of it.

PSYCHOLOGICAL ASPECTS OF CLIMBING / TRAINING

CLIMBER: it is your and your trainer's responsibility to know the following before you climb.

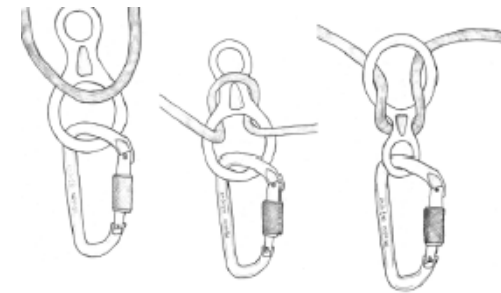
- You should know the dependability and experience level of your trainer.
 - If you don't feel comfortable with the trainer, do not climb. If you have communication problems with the trainer, do not climb. If the trainer seems unfocused, do not climb.
- You should ask as many questions as possible to feel confident in each aspect of climbing at any point of concern.
 - You should always know what you're getting into and why. Know each aspect of the climb (safety, ascending, descending, midline descent) before you start climbing.
- Maintain awareness and a calm body and mind. If you aren't well rested, maybe you should learn to climb another day.
- Do not try anything your trainer has not instructed you to do.
- Keep your safety and others in mind at all times.
- Maintain two points of safety at all times while climbing. No exceptions.
- You should know all the knots listed on the knot page & how they are applied and used.
- Know how a rappel device works and how to use it.
- Inspect all the gear with your trainer (see gear safety check).
- Make sure you & your trainer have checked all safety points.
- Make sure your gear fits.
- If you have taken drugs that impair your mind or body, do not climb.

TRAINERS SHOULD KNOW THE FOLLOWING: it is your responsibility to make sure the climber reads this paper and climb safely and responsibly. People's lives depend on it.

- You must be a confident and very experienced climber before you are a teacher - no exceptions. You must know all aspects of climbing gone over in the EF!CG vol. 2.
- You are potentially placing someone's life in danger if proper safety techniques are ignored.
- You must stay mentally connected at all times with the climber. Do not allow yourself to become distracted by anything. If some one else is talking to you besides the climber tell them you must focus on the climber and not to disturb you.
- You must know what bad gear looks like and should know the history of the gear being used.
- If the climber seems uncomfortable with this training tell them there is no rush in this training and they should maybe wait for another day.
- You cannot be under the influence of any drugs.
- You must be alert and focused. Do not teach someone if you are not mentally prepared to.
- Remember to have patience.
- If possible it is best to have two lines next to each other so as a trainer you can go up next to the person.
- If two lines are not possible then it is a good idea to rig training lines so they are anchored at the ground and over a branch/other structure.
 - This allows the trainer to belay a climber from the ground during an emergency or if they were to freeze up while climbing.
 - Only attempt this if you are familiar with belay techniques, as you will be in total control of the person's decent and subsequent safety.
- If you feel a climber isn't ready or capable to climb safely then you have a responsibility to that person and the campaign to refuse training. You are the trainer and it is your call don't let anyone guilt you or pressure you into a training you don't feel comfortable giving.
- Remember you are a role model, so set the safest example possible. You reflect the campaign. Safety is cool, showing off is not. Don't let your ego get in the way.

If using a Figure 8: Hold the 8 so it is parallel to the ground. Take a bite of rope and pass it through the topside large hole, then slide the end of the bite up over the small hole.

- Unclip the 8 and rotate it 180 degrees, spinning the small hole toward the ground. Clip the small loop into your right carabiner--if right handed-- and lock the carabiner.
- Make sure your 8 is facing the right way with the rope exiting on the side of your repelling hand. Pull up on the tail end of the rope (towards the top of your head) and pull down on the standing line to get the slack out between your 8 and lead prusik hitch. (see image.)
- Make sure all slack is taken out.
- When adding or changing points of safety, **redo the ABCs on your new points of safety.**



- 8) With your left hand, hold your loosened lead and foot prusik hitches. The way to hold them is by making a "raptor claw", using your fingertips like a peace sign to push down the lead prusik from just above it, and using your thumb and pinky to push down the foot prusik, keeping a small distance between the two prusiks.
 - a) Avoid grabbing the hitches directly. If the hitches tighten up, you won't be able to slide down the rope.
 - b) If you start going too fast, you want the prusiks to catch and stop you. People have a natural tendency to grab on when falling and if you were to grab the prusik hitches, you could prevent them from catching. Thus, use the "raptor claw" to help remind you to not grab onto the hitches, opposed to grabbing the hitches themselves.
- 9) The lead prusik hitch should be at about eye level just above the belay device and stay there the entire descent. If you "weight" the prusiks at all, they will catch you and you'll have to start over.
- 10) Start to slowly loosen your grip with your brake hand. Let the rope feed through your belay device and your prusiks.
 - a) Don't ever grab the lead prusik tightly. Remember to hold the lead prusik loosely and let it slide along the line.
- 11) Use the "raptor claw" to push down your prusiks, keeping a small distance between the two prusiks. The grip of your brake hand will be controlling your speed.

- 4) Grab the climb line under your lead prusik hitch, step up into the foot loop and bring yourself into a squatting position. -- The prusik hitch is not to be used as a hand hold for pulling yourself up or lowering yourself. Only use your fingertips to move it --
- 5) From this squatting position you're going to loosen your lead prusik hitch. Now stand up fully in your foot loop as you slide up your lead prusik.
- 6) Once the lead prusik is pushed up as high as possible, let go of the hitch, sit back in your harness, and repeat this process over again until you reach about 10 feet off the ground.

A lot of people have a hard time with sliding the foot prusik up because they keep their knee straight when trying to push it up, thus creating an amount of force just enough to stop the prusik from sliding. The prusik won't slide if there is any pressure on it.

MID-LINE DESCENT

IF YOU ARE LEARNING TO CLIMB YOU MUST LEARN TO MID-LINE DESCEND. LEARN THIS AT ABOUT 10 FEET FROM THE GROUND ON YOUR FIRST CLIMB (this ensures no one panics high-off the ground and has to learn it in a bad spot).

- 1) Slide your lead prusik up as high as possible and then hang from it.
- 2) Remove your foot from the foot loop, then slide foot prusik up and out of the way.
- 3) Attach your belay device below your foot prusik:
 - **If using an ATC:** Pinch the rope to create a sharp bend in the rope and shove the bend through one of the slots in the ATC.
 - It doesn't matter which slot as long as you enter the ATC from the top so the bend is next to the wire loop on the underside of the ATC.
- 4) Clip the rope bend and the wire of the ATC into your right carabiner--if right handed-- and lock the carabiner. Make sure your ATC is facing the right way with the rope exiting on the side of your repelling hand.
 - Pull up on the tail end of the rope (towards the top of your head) and pull down on the standing line to get the slack out between your ATC and lead prusik hitch. Make sure all slack is taken out.

ABC'S OF CLIMBING

For clarity, these directions are for right-handed people. Left-handed individuals need only to reverse the steps that make a right/left distinction.

1. Harness:

- Pull harness up over your hips. The upper strap should rest on top of your hipbone.
- Make sure to double back your harness belt and keep the harness snug. A belt not doubled back or a harness too loose is as good as no harness at all. Double your leg straps if there are any.
- Do not ever hang or put any of your weight on the accessory loops, located on the sides of the harness.

2. Carabineers:

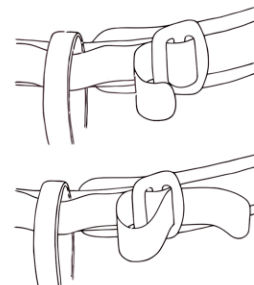
- Attach carabineers through loops on front of harness.
- When looking down on carabineers. make sure that the gate is facing out and away from your body. When locking the screwgates should screw down, think; "Screw down, so you don't screw up!"
- You should have three carabineers facing the correct way.
 - the left hand one is for your lead prusik, the center one is for your foot prusiks safety, the right hand one is for your 8/ATC --if you are right handed--.

3. Ascending loops:

- Attach lead ascending loop to climb line with Prusik hitch and then use a girth hitch to attach to left hand carabiner. Lock carabiner.
- Next attach foot ascending loop to climb line with prusik hitch.
- Attach safety loop to the foot ascending loop. Attach with a girth hitch on the side of the foot ascending loop that doesn't have the fisherman's knot.
- Attach safety loop to middle carabiner. Lock carabiner.

4. ABCs

- A. Anchor: Check anchor integrity. Put weight on the climb line to ensure it is safely attached and will not fall. Check anchor knot.
- B. Belt/Buckle: Are all your harness buckles doubled-back (leg and belt)? hanging off it can cross thread it making it really freakin hard to unscrew.



Ascending

- C. Carabineers:** Make sure only one rope is attached to any one carabineer. Make sure all carabineers are locked and in the correct position. When locking carabineers don't over tighten. If a carabineer is too tight, the extra pressure of hanging off it can cross thread it making it really freakin hard to unscrew.
- D. Devices:** A device is whatever you are actually using to climb.
 - i.** When ascending, your devices are your ascending ropes. Make sure the knots/hitches/bends are dressed correctly and you have two points of safety.
 - ii.** When rappelling, (i.e. a mid-line descent), the devices are your figure 8 or ATC, and your safety loop. Also make sure nothing is tangled. Check over yourself, your knots, and your gear
- E. End of rope:** Is the end of the rope close enough to the ground? How good is the knot on the end of the rope? Don't descend off the end!
- F. Friends:** Make sure that there is ground support that can hear you.
- G. Gear:** What extra gear will you need once up a tree? Do you have an 8 or ATC? Do you have an extra carabineer and sling? Is there any other gear you need to accomplish your goal once airborne?
- H. Hair:** When climbing & descending pull back your hair or it will get caught in the figure 8.
 - i.** This goes for facial hair, loose clothing, & even nipples! They can rip out. This is very important!
- I. I'm Ready to Climb?:** It is a question. Are you hydrated? Do you need food? Well rested? Need to piss?

If you have any more questions ask your trainer. If you don't want to climb, now is the time to speak. But otherwise, have fun!

- 1) The first thing to do when attached to a line and about to ascend is to understand about the prusik "gate" and how to loosen it to slide the hitch up.
 - a) The "gate" is the part of the hitch where the rope crosses over itself. The prusik hitch is designed to be able to slide easily on a climb line when there is no tension on it, but as soon as any weight is applied; the hitch tightens & locks on the climb line.
 - b) To loosen it, first make sure there is no tension on the hitch, then push the gate back with your thumb. To lift it pull it up with two fingers on either side of the climb line right under the hitch.
- 2) Slide up your lead prusik as high as it can go. Take a seat and hang from it. You may swing a little but that is natural.
- 3) Put your foot into the foot loop. It should rest in the middle of your foot. Take any weight off the foot loop (keeping your foot in the loop), loosen & pull the foot prusik up as high as you are able (your foot goes up as you pull it up).
 - a) Make sure to leave at least 5 inches between the lead prusik and the foot prusik hitch.

