



FOUNDED BY  
JAN AND HERB CONN

## NEWS OF THE P.A.T.C. MOUNTAINEERING SECTION

Vol. XXII No. 7

1718 N Street, N.W., Washington, D.C., 20036

July 1967

### CALENDAR OF EVENTS

- |            |  |
|------------|--|
| July 1-4   | Seneca Rocks, West Virginia *<br>Leader: Bob Adams (292-1340)  |
| July 9     | Carderock, Maryland<br>Leader: Dave Templeton (424-7997)<br>See item inside regarding dynamic<br>belay training. |
| July 12    | Outward Bound School film shown by Tom<br>McCrum, PATC Conference Room at<br>8:00 P.M.                           |
| July 16    | Sugarloaf Mountain, Maryland<br>Leader: Tal Bielefeldt (946-4375)  |
| July 23    | Bird's Nest, Great Falls, Virginia<br>Leader: Art Wilder (567-0183)  |
| July 29-30 | The Cove, Virginia<br>Leader: Larry Griffin (560-8831)<br>See item inside on this weekend.                       |
| August 6   | Carderock, Maryland<br>Leader: Dave Templeton (424-7997)<br>See item inside regarding dynamic<br>belay training. |

(SEE INSIDE PAGES FOR DIRECTIONS TO THESE AREAS)

\* These trips are to areas where lead climbs predominate. Climbers are advised to prearrange their teams for climbing, as anyone arriving solo may find teams already made-up. Novice climbers are urged not to attend these trips. Novices and climbers who desire information on an alternate trip should contact a club officer.

UP ROPE STAFF

THE PATC MOUNTAINEERING SECTION

EDITOR

Dave Templeton  
(424-7997)

BUSINESS MANAGER

Phil Eddy  
(942-4231)

PRODUCTION MANAGER

Art Wilder  
(567-0183)

STAFF EDITORS

Joan Templeton  
Trudy Turner

PRINTER'S DEVILS

Al Goldberg  
Debbie Templeton  
Buzz Jones

The Mountaineering Section of the Potomac Appalachian Trail Club welcomes all interested individuals who wish to participate in its weekly outings and to share in the freedom of the hills. Sunday day trips leave from Howard Johnson's at Wisconsin and Western Avenues, N.W. at 8:30 am. Come early and have breakfast. If you are late, check behind the southeast drainpipe for any change in scheduled activities. Climbing lasts all day. Groups stop for supper on the way home. Bring lunch and water. Wear clothing suitable for climbing. For further information, contact the trip leader or Lanny Hughes (652-0193). For information about the Mountaineering Section, write to: Secretary, Mountaineering Section, PATC, 1718 N Street, N. W., Washington, D. C. 20036, or visit PATC Headquarters between 7pm. and 10pm. any weeknight.

MOUNTAINEERING SECTION

OFFICERS

UP ROPE PUBLICATION

CHAIRMAN

Ed Goodman  
(281-4126)

VICE-CHAIRMAN

Dave Templeton  
(424-7997)

SECRETARY

Trudy Turner  
(333-6312)

TREASURER

Sally Griffin  
(560-8831)

UP ROPE is published on the last Wednesday of each month at PATC Headquarters. Deadline for submitted material is the next to last Wednesday of the month preceding an issue. Material for inclusion, comments, or questions on editorial policy should be directed to EDITOR, UP ROPE, c/o PATC, 1718 N Street, N. W. Washington, D. C. 20036. Subscription rates are \$1.50 per year. New subscriptions and changes of address should be directed to: Business Manager, UP ROPE, etc.

ATTENTION ZEALOTS

Extra Copies of UP ROPE are generally found at the Information Desk of the PATC should anyone wish one or two for passouts. Please do not take any more than is necessary for your aims as these are primarily for use by the Information Desk.

## EDITOR'S CORNER

We would like to direct your attention at this point to Page 2, the paragraph headed UP ROPE PUBLICATION. This has appeared so often it is probably not read any more. But please, all potential contributors and subscribers, note the information given there.

Thank you for your letters and articles. Keep them coming, for it is you who give UP ROPE its character. As Vince De Santi remarked, it is in your mirror that UP ROPE is to shine. It will reflect you as well as you enable it.

In addition to the tear-out directions, the Training Committee's Training Guide Checklist occupies the last two pages of this issue and is removable. One might say this issue is a real tear-er.

## LETTERS TO THE EDITOR

## RESCUE GROUP NEED

Sir,

There have been in the last several years accidents in caving in which a number of caves have been closed as an aftermath. Fortunately, there have been no accidents of a similar nature in which climbing areas have been closed. We cannot, however, go on the premise that this will always be so. I should like to suggest that the Mountaineering Section form a rescue group that is prepared to deal with emergencies and could possibly alleviate the consequences of an accident.

I should like to suggest that persons interested in forming and working on a rescue group meet at the next local climb. At this time we can determine how frequently such a group can meet, what equipment and training are necessary, and possibly set up a functioning organization.

Respectfully,  
Glen Reid.

Chairman's Comment: The MS does recognize the need for a rescue potential. I and the Vice-Chairman invite those who feel with Glen that we should establish a rescue group to work with us in its realization.

## CALL FOR MOUNTAINEERS

Sir,

The June issue of UP ROPE, as always, is of interest, particularly the letter from Tony Harp in Iran. Could you give me his address?

I am planning a Microbus camping trip from Athens to Kathmandu, hopefully climbing one mountain per country on the way, - March to May, 1968. Would like to write Tony for help in Iran. Have room for one or two more - very cheap, except for your fare over and back. Do you know any likely victim?

Cordially,  
Frances Mullen  
Chicago Mountaineering Club.

Ed. Comment: Alas, sir, a blow to UP ROPE's ego. You have admitted to not having read the June issue from cover to cover, as Tony's address was on the last page of that issue. Ah, it is ever ART's FATE, etc. The address is Anthony R. Harp, F. A. T. #3, Box 150, ARMISH/MAAG, APO New York, New York, 09205.

## INITIAL ENCOUNTER

Dear Ed. UR

What's with them initials in UR XXII-6?

PO,

TPB

M-PATC-MS

Zip Code 20852.

Ed. comment: By Gad, UR right.

It takes a mighty foe of "progress" to deliver such a telling blow.

Bad enough to write

An article in acronyms. A pox on such artistic whims.

IM. UR. Enough! Too far! Now ope UP ROPE.

## ACTIVITIES

## MOVIE

The movie from the Outward Bound school which was to have been shown on June 7th, was not, as anyone who drank beer that night remembers. Maybe. Tom McCrum was not aware the PATC has no movie projector. He assures us however, that Don Stemper will provide a projector for this months scheduling. The film is titled "As Tall As The Mountain", was filmed in the Colorado Rockies, and runs for about 40 minutes.

## JULY 29-30 WEEKEND

The Cove is a privately owned and operated campground with a lake for swimming. Rocks in the area provide practice climbing. Register your camping interests with the Trip Leader by Monday, July 24th, so that a block of sites may be reserved and an attempt to obtain group rates may be made. The usual charge is \$1 per person per 24 hours.

We plan to go to The Cove Saturday morn, pitch camp, and have a day of climbing, followed by a swim and a cookout (individual commissaries). Sunday, some may prefer to break camp and drive to Caudy's Castle which is 20 to 25 miles from the Cove.

Larry Griffin

## HARPER'S FERRY

Don Hubbard (HOJO's only)  
Jack Chin       "       "  
Ed Goodman

Al Goldberg  
Bill Deutermann  
Robert Deinken

Mark Carpenter  
Jerry Archibald & two friends  
Kate & Bob Adams

This was one of those days where it is raining a little at HOJO's, and after that just gets worse. Nevertheless a few adventurers set off for Harper's Ferry. Unfortunately, Ed Goodman was unable to get past the Falls Church turn-off. Al Goldberg and Bill Deutermann reached the objective, but after a look at the weather headed back to town.

Since it was raining only gently at the time, Mark and I worked out way up the easy route to the right of the sign. Then Jerry, his two friends and a park ranger undertook the long ramp to the right. This took most of the day and gave them a good chance to test their rain gear. Just before the deluge, Robert Deinken and I made a quick ascent of the long ramp to the left of the sign. (One



of these times we should agree on some printable names for these climbs!)

After that we visited the Harper's Ferry Cemetery and enjoyed the view from Jefferson Rock.

It may be worth noting that the Park Service proposes to change the rules governing this area to require written permission before climbing on the Maryland Heights rocks.

RJA

#### BULL RUN MOUNTAIN AFTERMATH

Dear Folks,

I would like to thank you all for taking us climbing last Sunday. All those students who went had a wonderful time and have been telling the others what they missed.

I would like to thank Bob Adams, Chuck Wettling and Phil Eddy for providing us with water. I just forgot to remind the children. Dave Templeton, Bob Adams, Grey Thompson, and other belayers, thank you for taking some of the kids through the climbs. Ed Goodman, Chuck Wettling and Dave Templeton, you all did a great job demonstrating rappelling. The kids were just a little leary of that first step over the edge.

Everyone was so nice to my students and they enjoyed themselves in spite of the lack of water and the abundance of poison ivy (The lack of water made the best story.)

Robin Craft

Dear Sirs,

We are writing to say we had a wonderful time Sunday. Even though we got a little thirsty we had a great time. When Mrs. Craft mentioned it to us we thought it would be fun. We might come back soon. I'm sorry you had to break your trip to West Virginia. Thanks for all your help.

Thank you

Patricia Bray

Dear Sir,

Thank you very much for your time to take us to Haymarket to go climbing. We hope it didn't cause you much trouble.

Thank

Patricia Bray

PATC Club Mountaineering Section

Thank you for taking up your time in taking us mountain climbing. I enjoyed it very much and learned many things. I might take up the sport.

From Steve Garner.

Dear PATC Club Mountaineering Section,

Thank you for taking time out to take us to Bull Run Mountains to climb. I had a lot of fun & enjoyed it very much.

From Phyllis Duckett

Dear Club,

I would like to thank you for sharing your time & skill with us.

Your friend

Don Richards

Gentilman,

Thank you for the wonderful time I had at the place where we were climbing. I had lots of fun

Pat Cummings

PATC CLUB Mountaineering Section,

Thank you for showing me some important facts about climbing

Jenny Ritter.

Dear Sir,

Thank you very much for taking us climbing & showing the Techniques of the sport.

Sincerely Roxana Lathrem

Dear PATC Club, Mountaineering Section,

Thank you very much for taking us to Bull Run Mountains to climb. I had a lot of fun except for the repell part, I got scared. Some of the other people that went got Poison Ivy, but I didn't.

You were very kind for canceling your trip to West Virginia so you could take us.

Yours truly

Patty Walsh

Dear PATC, Club Mountaineering Section,

Thank you for taking us climbing. I enjoyed the trip. Tell Mr. Adams I said Thank You for him teaching me how to repll. Thank you for taking your time.

Sincerely yours,

Debbie Pugh

Dear People,

I thank you for guiding us and helping us climb. Where sorry you went out of your way for us.

Yours truly,

John

P.S.

Expically Bob Adams, Dave Templeton, Mark Carpenter, and two other man which I don't know there names but they helped and asked me would I climbed(Ed. Charlie's Crack) the two only a few men made it up.

Dear Mr. Adams and Mr. Templeton,

I want to thank you for teaching me to climb. I have never gone mt. climbing before but I learned more my first time than I figure I ever will. If I ever get the chance again I will go with no hesitation.

Sincerely

David Wise

Dear Sirs:

Thank you for taking us climbing. I hope you let us climb again.

Debbie Daymude.

#### TRAINING COMMITTEE REPORT

Two items this month. A word or hundred on dynamic belay practice will handle the first item, Then we'll go on to the second which is the long awaited (?) training schedule.

Henceforth, dynamic belay practice will be available subject to two conditions as follows:

1. At least one person much have requested and been scheduled for practice on a given Sunday.
2. Those persons scheduled for a given Sunday must be at HOJO's by 8:45 to assist in getting the gear to Carderock. These people will be expected to stay with the dynamic belay class until the last of their group has been checked out. They will then assist in the return of the gear to its storage place. Only scheduled people will have the dubious privilege of doing all this, which includes the belay practice.

If reasons for the above are desired we will list them next month.

Sometime ago, never mind when, the Training Committee was instructed to draft a training schedule which would lay down guidelines for our training. This committee was composed of Ed Goodman, Tony Gray, Don Stemper, Dave Templeton (Chairman)

and Chuck Wettling. The committee met several times during 1966 and had quite a bit of fun arguing, exchanging opinions, and drinking beer. After several deliberations it was agreed that in order to reflect the feelings of the membership, a training schedule should be constrained as follows:

1. It should follow the major points of achievement enumerated on the membership card, i.e.
  - a. Static Belayer.
  - b. Dynamic Belayer.
  - c. Rope Leader.
  - d. Trip Leader.
2. It should be neither extremely informal nor extremely formal. It should be equally useful to a "Coach" with a single pupil and to a trip leader with a horde of pupils. That is it should strike the middle of the road between anarchy and authoritarianism.
3. It should be confined to the rock climbing techniques germane to the D. C. area, but be flexible enough to allow an individual instructor room for teaching extended techniques.
4. It should use the base previously established in the Club everywhere except where experience had shown a point to be questionable.

Keeping these arguments in mind the committee deliberated and came up with the following training procedure for the club, which will be respectfully submitted to the chairman at the next business session.

#### PATC MOUNTAINEERING SECTION TECHNICAL ACHIEVEMENT RECOGNITION PROCEDURES

1. A member will be declared a "Trip Leader" by the Chairman of the Mountaineering Section and he will be recognized as such by having the Chairman's signature on his membership card.
2. A member will be recognized as a "Static Belayer", a "Dynamic Belayer" or a "Rope Leader" by the Chairman of the Club's Training Committee or some single individual Club member appointed by the Club Chairman, who will declare his recognition by signing the member's card for the appropriate achievement level.
3. Recognition of achievement of the levels stated in 2, above, will be granted when the member presents the Climbing Techniques Checklist signed by club members designated in a list maintained by the recognizing individual in 2, above. This list shall be printed in UP ROPE along with necessary changes at least annually.
4. Accomplishments beyond the limits of the Checklist shall be entered on their list for the clubs files, should the member desire it.
5. The Climbing Techniques Checklist referred to in 3, above, is the list, that is published in UP ROPE, Vol. XXII, No. 7, July, 1967.
6. Non-members of the Mountaineering Section may be recognized by any member as having a given Technical Achievement Level upon presentation of the Checklist signed subject to the restrictions in 3, above.
7. No non-member of the Mountaineering Section shall be eligible to sign the Checklist in an instructor's capacity.
8. Training is to be initiated by the trainee.

As an addendum to this, the present list of members whose signatures will be accepted on the checklist is given below. This list was made up of those members who have participated at all levels of club activity, who have done a fair amount of lead climbing and who are generally available to those desiring training. If someone wishes not to be on this list or feels they should be included, please let us know.

Regarding the checklist, the Committee's views were the following. By the time an individual requests some type of training, he (or she) should be pretty familiar with the items in I-1. By immediately introducing Rappel Technique, the

proper attitude toward a belay is induced and the proper habits for the braking hand in regard to its no-separation from the rope in use are presented so as to enable the climber to gain plenty of practice in these habits before belaying is actually presented. Braking hands are hardly ever removed from ropes during rappels. The body rappel is played up as it is always possible to rappel down in this manner. The mechanical rig is dependent on the instructor's idiosyncracies.

The Static Belay presentation contains a prelude to Dynamic Belaying and leans heavily toward overhead belays as this is the more general one used in continuous climbing, through necessity. The unaided Rappel may be viewed as extreme, but one should remember that the climber will eventually be taken on a lead climb and should be able to perform an independent Rappel should the occasion demand it. The tie-off is introduced here, together with the severe falls, as an early introduction to items of possible use on a lead climb. The manner of the rigging and of the tie-off are instructor oriented.

Since a Static Belayer can go on a continuous climb as an extra man, he (or she) may have need to prussik from an overhang fall, thus I-4. The simulated fall starts with the climber dangling. There are several places to do this. A jump from the rock by the Oscar tree would suffice.

As stated above, a Static Belayer can enjoy continuous climbing. The Chris-Wex-Don and Peg's progress make excellent introductory climbs.

He may be noisy and greasy, but OSCAR still makes a good simulation device. He can be quieted down and cleaned up, but his severe falls are not worthy of imitation. Arnold Wexler has a club movie, in which many valuable points for dynamic belay training are shown.

Experience in seconding on a team climb is felt to be desirable for qualification as a dynamic belayer as the use of Oscar does not present all the responsibilities of the Second. Again we note that there are abundant climbs in the immediate area for introducing a climber to his initial role as second.

Lastly, it is felt that some form of presentation of Leader Protection Techniques is desirable and that introduction of the climber to the lead on an area climb is preferable to introduction on some more exposed face.

This wraps up the Committee's presentation here in UP ROPE. We know we speak for the committee in saying that we enjoyed threading our way through the labyrinth of meetings and talks which led to this. We speak for ourselves when we say that working together with Chuck, Ed, Don and Tony toward defining and achieving our goal was a pleasurable experience.

Our last aim, not listed above, was to lay another foundation for a "Mountaineering Section Training Manual", or for a "Guide to the Local Climbing Areas". We can only hope events will show this aim fulfilled.

Dave Templeton

#### List of Members Generally Available for Instruction

|                  |                   |                |
|------------------|-------------------|----------------|
| Bob Adams        | Tony Gray         | John Reed      |
| Bobby Adams      | Larry Griffin     | Bob Robinson   |
| Kate Adams       | Sally Griffin     | Ted Schad      |
| Tal Bielefeldt   | Rick Hall         | Dick Sideman   |
| Tom Flevins      | Don Hubbard       | Don Stemper    |
| Paul Bradt       | Lanny Hughey      | Dave Templeton |
| Chris Buckingham | Chips Janger      | Trudy Turner   |
| Glenn Cannon     | Andy Kauffman     | Barry Wallen   |
| Mark Carpenter   | Al Klov Dahl      | Chuck Wettling |
| Vince De Santi   | Hal Kramer        | Arnold Wexler  |
| Phil Eddy        | George Livingston | Art Wilder     |
| Karl Edler       | Tom McCrum        | Bob Williams   |
| Ed Goodman       | Merv Oleson       |                |

## NEWS OF MEMBERS.

"Dear friends, this is to say "au revoir" to you once again. We are leaving for Europe for several months, and we hope to have some mountain-climbing in the French Alps or in Corsica. In any case we will be back in October and look forward to meeting you again in the fall. Our best wishes for your summer.

Andre et Valentine De Schutter"

## DIRECTIONS TO THE CLIMBING AREAS

CARDEROCK, MARYLAND. SENECA ROCKS, W.VA. See UP ROPE, Vol. XXII, June 1967, page 7.

## THE COVE, VIRGINIA.

The cove is a privately owned and operated campground with a lake for swimming. Rocks in the area provide practice climbing.

To get to the Cove, take Route 50 to Winchester, Virginia, and continue for 11 miles on Route 50 to Gore, Va. Here, turn left (south) on State Route 704 for 4.8 miles to State Route 683. At this point, turn left (east) for 1 mile to Rock Enon Boy Scout Camp. Continue through the camp, turn left (north) and proceed 1 mile to the Cove.

## SUGARLOAF MOUNTAIN, MARYLAND.

Sugarloaf Mountain is a privately owned mountain north of Washington, D.C. Its public area is open from sun-up to sundown. Lead climbing is possible.

Sugarloaf is reached by obtaining Route 70S and heading north toward Frederick, Maryland. If entry was from the Washington Beltway, at about 20 miles from this entry is the interchange for Comus, Md. This interchange leads onto State Route 109. Take this route right. In about  $2\frac{1}{2}$  miles, Comus is reached. A sign for Sugarloaf precedes this intersection, but is easily missed. Turn right at the intersection and drive about two miles, cross a circular area and reach the entrance to the Sugarloaf area in another 100 feet or so. Follow the drive up to the last parking area. A path leads past a concession stand up to the rocks.

## GREAT FALLS, VIRGINIA

Juliet's Balcony, Birdsnest Climb, Corkscrew Climb

These areas are shown on John Reed's map of the climbing areas in the Potomac Gorge. They are within walking distance of the park at Great Falls. The on-rush of progress has removed free parking areas from use, so cars are parked in the park's parking area (50¢) and a short hike is endured.

Leave the Beltway in Virginia, near the Cabin John Bridge, on State Route 193, or pick up State Route 7 from the Dulles Airport Turnoff. Routes 193 meets Route 7 at Dranesville. Follow Route 7 beyond Dranesville to its intersection with Route 28. Turn right at this point and proceed to the park. Inside the park, it is convenient to park near the carousel. Take the path from here, downriver, a half a mile or so to Juliet's Balcony. The Birdsnest Climb is about 0.2 of a mile further and on beyond this point 0.2 of a mile is the Corkscrew Climb.



## NEW SUBSCRIPTIONS

David F. Burdett  
# 106  
15248 Dickens Street  
Sherman Oaks, Calif., 91403

Dan Foss  
6209 East Halbert Road  
Bethesda, Maryland, 20034

John P. Hackett, M. D.  
1309 North Ode Street  
Arlington, Virginia, 22209

June Lehman  
117 South Aberdeen Street  
Arlington, Virginia, 22204

John Little  
10620 River Road  
Potomac, Maryland, 20854

## CHANGE OF ADDRESS

Donald Rice  
202 East Chase Street  
Baltimore, Maryland, 21202

Richard A. Curtin  
527-A Decatur Ave.  
Pittsburgh, Pa., 15221

Penny Cromwell  
American Embassy, USIS  
APO New York, 09777

William B. Lord  
610 Leonard St.  
Madison, Wisconsin, 53711

## BITS OF SCREE

## Definitions

Cashew - a nut  
Climber - a real nut  
Novice Climber - a mountaineer that thinks prue  
Intermediate Climber - the one halfway between Carderock and Touhey's  
Lead Climber - the one on the bar stool at Touhey's  
Second - the one holding the bar stool steady  
Third - the one holding the second steady

\* \* \*

Count Dracula to Bartender, "One Climber, on the rocks, please".

\* \* \*



THE  
POTOMAC APPALACHIAN TRAIL CLUB  
MOUNTAINEERING SECTION

CLIMBING TECHNIQUES CHECKOUT LIST

CLIMBER \_\_\_\_\_

CLIMBER'S ADDRESS \_\_\_\_\_

I. STATIC BELAYER TECHNIQUES.

1. Initial checkout by \_\_\_\_\_ on \_\_\_\_\_

CALLS

Climber

KNOTS

\_\_\_\_ MAY I TEST?  
\_\_\_\_ MAY I CLIMB?  
\_\_\_\_ UP ROPE.  
\_\_\_\_ TENSION.  
\_\_\_\_ SLACK.  
\_\_\_\_ OFF BELAY

\_\_\_\_ YOU MAY TEST.  
\_\_\_\_ YOU MAY CLIMB.

\_\_\_\_ BOWLINE.  
\_\_\_\_ HALF HITCH.  
\_\_\_\_ OVERHAND.

\_\_\_\_ BELAY OFF.

ROPE HANDLING

NEVER STEP ON A ROPE. NEVER PASS A ROPE ACROSS A SHARP OR EXTREMELY ABRASIVE ROCK EDGE. REMOVE ALL KINKS FROM A ROPE IN USE AND COIL IT IN THE DIRECTION OF THE LAY. DO NOT EXPOSE A ROPE TO DIRECT SUNLIGHT OR HIGH HEAT FOR LONG TIME PERIODS. DO NOT SUBJECT A ROPE TO DETERIORATIVE CHEMICALS SUCH AS INSECT REPELLANT, OILS, GASOLINES, OR SIMILAR SOLVENTS.

2. Rappel Technique demonstrated by \_\_\_\_\_  
and \_\_\_\_\_ on \_\_\_\_\_.

\_\_\_\_ Assisted with tie-in of belayer. Coiled rope at end of demonstration.  
\_\_\_\_ Body Rappel, right hand braking.  
\_\_\_\_ Body Rappel, left hand braking.  
\_\_\_\_ Rappel with mechanical rig, either hand braking.  
\_\_\_\_ Use of signal, OFF RAPPEL.

3. Static Belay Technique presented by \_\_\_\_\_  
and \_\_\_\_\_ on \_\_\_\_\_.

\_\_\_\_ Rigged own Belay position.  
\_\_\_\_ Overhead Static Belay, right hand braking, climber obscured. Severe falls caught using dynamic action near end of test. Climber tied-off once.  
\_\_\_\_ Overhead Static Belay, left hand braking, climber obscured. Severe falls caught using dynamic action near end of test. Climber tied-off once.  
\_\_\_\_ Unaided Rappel to bottom of test cliff.  
\_\_\_\_ Static Belay from below, climber in sight.

4. Prussik Technique acquired from \_\_\_\_\_ on \_\_\_\_\_.

\_\_\_\_ Ring Bend Knot, using Overhand or Figure Eight Knot as a base knot.  
\_\_\_\_ Prussik Loops made, using Ring Bend Knot demonstrated.  
\_\_\_\_ Prussiked on a fixed rope.  
\_\_\_\_ Prussiked out of a simulated fall on an overhanging cliff.

5. Qualified as a STATIC BELAYER by going as third man on a Team Climb with \_\_\_\_\_ and \_\_\_\_\_ on \_\_\_\_\_.

\_\_\_\_\_ Acquired familiarity with Butterfly knot, preventing rope salads, passing carabiners, belaying on a traverse, and the responsibilities of both the lead and the Second on a team climb.

## II. DYNAMIC BELAYER TECHNIQUES.

1. Practice in catching leader falls was obtained \_\_\_\_\_ by means of the club's leader fall simulation device (OSCAR). Observed by \_\_\_\_\_.

2. Qualified as a DYNAMIC BELAYER by serving as Second on a Lead Climb with \_\_\_\_\_ and \_\_\_\_\_ on \_\_\_\_\_.

\_\_\_\_\_ Acquired familiarity with removing pitons, moving across a traverse, belaying third man across the traverse, and acquired more familiarity with responsibilities of the Lead Climber.

## III. ROPE LEADER TECHNIQUES.

1. Instruction in Leader Protection Techniques given by \_\_\_\_\_ on \_\_\_\_\_.

\_\_\_\_\_ Piton placement, with discussion of piton types.

\_\_\_\_\_ Use of silent aids.

\_\_\_\_\_ Use of slings for protection and for Rappel attachments.

\_\_\_\_\_ General discussion of other devices and techniques.

2. Qualified as a Rope Leader by leading on a team climb with \_\_\_\_\_ and \_\_\_\_\_ on \_\_\_\_\_.

\_\_\_\_\_ Use of standard means of protection was observed.

## REFERENCES (These books are meant to both augment and extend the training outlined.)

1. Fundamentals of Rock Climbing. M.I.T. Outing Club, Cambridge, Massachusetts\*
2. Belaying the Leader, An Omnibus On Climbing Safety, The Sierra Club
3. Useful Knots, and How To Tie Them, Plymouth Cordage Company \*\*

\* Available at PATC Headquarters.

\*\* Obtainable on request from Training Committee Chairman.