

AMERICAN ALPINE INSTITUTE

Benefit for Las Vegas Climbing Community
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Rock Rescue



Registration and Planning
Handbook

Rock Rescue Clinic

Overview of Rock Rescue

Imagine a rock leader taking a fall and breaking an ankle. You want to lower him, but you don't have enough rope. Imagine taking a family member out who has never climbed before. He gets half-way up a top-rope problem and freezes. He won't climb up or lower down. Imagine your partner, whipping under a roof that you lead. He can't reach the wall and can't get back on the route. He's stuck.

Each of the preceding problems could happen to any climber anytime, anywhere. If you are not prepared to deal with these issues, a minor epic could easily evolve into a full on situation where somebody gets seriously hurt or dies. Rock rescue is an absolutely essential skill.

Our rescue courses address what you can do with the minimal gear that you normally carry in the mountains. In other words, we want climbers to be able to do most of the things that a Search and Rescue crew might do with a large amount of gear and helicopter support, with nothing more than a rack and a rope.

Rescue skills should be thought of as a spectrum. On one end of the spectrum is the climber who can't pull a move and needs his partner to rig a quick hauling system for assistance. On the other end of the spectrum is the seriously injured climber who needs to be lowered down tricky multi-pitch terrain with a lot of assistance. There is a tremendous amount of material in the entire spectrum of rock rescue and only a small amount of it can be addressed in a two-hour session.

Rock rescue is a life long learning process. While you may only get the basics in this clinic, serious climbers should consider yearly training in rescue skills. You never know when you will need to use this material and the more knowledge you have, the better the outcome will be in any real rescue situation.

Equipment Requirements

We will be working in a rock gym, so dress appropriately. If you do not have some of the equipment listed, please let us know ahead of time and we will try to bring extra to accommodate you.

- Harness (A harness with a belay loop is strongly encouraged.)
- 5 Locking Carabiners
- 6 Non-Locking Carabiners
- Tube Style Belay Device (If you have an autoblocking device like a Guide XP or a Reverso, please bring that.)

- Petzl GriGri or Trango Cinch (Optional - please bring if you have one.)
- 2 Shoulder-Length Slings
- 2 Cordelletes (6-7 mm, 18-21 foot pieces of accessory cord)

Prerequisite Knots

Climbers who have a basic knowledge of the following knots will find their two-hour clinic the most productive. If you don't have this knot knowledge, we will spend the time to teach you the knots, but it may cut into the number of rescue techniques that we can cover.

- Figure-Eight Follow-Through
- Figure-Eight on a Bite
- Overhand Knot
- Clove-Hitch
- Munter-Hitch
- Mule-Hitch
- Kliemhiest Hitch
- Prussik Hitch
- Patagonia Bend (AKA Overhand Flat Bend, EDK)

Rescue Techniques to be Covered

1. Bottom managed un-weighted load transfer.
2. Bottom managed weighted load transfer
 - Between two climbers.
 - With one climber.
3. Counterbalance rope climbing
4. Counterbalance Rappel
5. Simple hauling systems with a GriGri and an autoblocking device.
 - 3:1
 - 3:1 Assist
 - 6:1
6. Belay escape from a top-managed belay off of a belay loop.

Questions

For technical or logistical questions about this course, how it will be run, or its location, please contact Andrew Yasso at andrew@alpineinstitute.com.

For more information about our regular rock rescue programs, please log onto our website at <http://www.alpineinstitute.com> .