

**American Mountain Guides Association
Single Pitch Instructor Exam Drills**

TOP START – DRILL #1 (with two participants and one instructor):

1. Start at the top of the crag with the participants.
2. Lower one participant using the lowering method of your choice.
3. The second participant will rappel on the line that you lowered the first participant on.
4. The second participant will get stuck. Fix the situation.
5. Switch the system to a bottom-managed system.
6. Complete an edge transition and rappel to the base of the climb.
7. One participant will climb, while the other belays. Make sure that the second participant has a ground anchor and a backup belay.
8. The climbing participant will get stuck. Perform a loaded weight transfer and a pick-off.
9. Once both participants are on the ground, climb back up to the top with a participant belaying you. Ensure that the belayer has a ground-anchor and a backup belay.
10. Switch the system to a top-managed system.
11. Manage the fact that you only have one rope and two participants on the ground. Participants should never tie-in on their own.
12. The first participant climbs up. Make sure that the participant is completely safe before dealing with the next participant.
13. The second participant climbs up and gets stuck twice. Perform a 3:1 and a 3:1 assist.
14. Once both participants are on top and are secure, the scenario is finished.

TOP START – DRILL #1 (with one participant and one instructor):

In the event of a one participant/one instructor assessment, there will be two variations on the preceding list.

- After the lower, the participant will walk around the crag and back up to the top while the instructor transitions the system into a releasable rappel. The participant will then rappel and get stuck twice.
- During the pick-off, the instructor will belay using a tube-style device. When the participant gets stuck, the instructor will complete a loaded weight transfer from the tube to a GriGri and then complete the pickoff.

BOTTOM START – DRILL #2 (with two participants and one instructor):

1. Start at the base of the crag.
2. Go to the top of the crag and build an anchor. Set it up for a bottom-managed system.
3. Rappel down to the base of the climb.
4. Once at the base, set up the participants up to climb.
5. One participant will climb, while the other belays. Make sure that the second participant has a ground anchor and a backup belay.
6. The climbing participant will get stuck. Perform a loaded weight transfer and a pick-off.
7. Once both participants are on the ground, climb back up to the top with a participant belaying you. Ensure that the belayer has a ground-anchor and a backup belay.
8. Switch the system to a top-managed system.
9. Switch the system to a top-managed system.
10. Manage the fact that you only have one rope and two participants on the ground. Participants should never tie-in on their own.

11. The first participant climbs up. Make sure that the participant is completely safe before dealing with the next participant.
12. The second participant climbs up and gets stuck twice. Perform a 3:1 and a 3:1 assist.
13. After they are at the top, lower one participant using the lowering method of your choice.
14. The second participant will rappel on the line that you lowered the first participant on.
15. The second participant will get stuck. Fix the situation.
16. Switch the system to a bottom-managed system.
17. Complete an edge transition and rappel to the base of the climb.
18. Once everybody is safely on the ground, the scenario is finished.

BOTTOM START – DRILL #2 (with one participant and one instructor):

In the event of a one participant/one instructor assessment, there will be two variations on the preceding list.

- After the lower, the participant will walk around the crag and back up to the top while the instructor transitions the system into a releasable rappel. The participant will then rappel and get stuck twice.
- During the pick-off, the instructor will belay using a tube-style device. When the participant gets stuck, the instructor will complete a loaded weight transfer from the tube to a GriGri and then complete the pickoff.

WAYS TO MANAGE TWO PARTICIPANTS AT THE BASE AND ONE ROPE:

First Option (short cliff):

If the cliff is short, then the instructor may be able to tie both participants into the ends of the rope, then clip in somewhere in the middle of the rope with an eight-on-a-bight and two opposite and opposed locking carabiners. One participant will belay the instructor to the top, where they will clip in with a tether and then belay each participant up separately.

This system only works on a very short cliff.

Second Option (longer cliff):

If the cliff is too long to use the first option, then the instructor should do the following before leaving the ground.

1. Direct one participant to tie into a figure-eight-follow-through.
2. Direct one participant to clip two opposite and opposed locking carabiners to their belay loop.
3. Show what a figure eight on-a-bight will look like.
4. Explain that once at the top, the instructor will throw down a figure-eight-on-a-bight.
5. The participant should clip this to their opposite and opposed locking carabiners.
6. The other participant should check that the eight is appropriately in the carabiners and that all are locked, before leaving the ground.
7. The instructor will climb up to the top and clip into an anchor with a personal tether. They will then throw down the other end for the participant to clip into. The other participant should check that the carabiners are locked before leaving the ground.