

# Climber Self-Rescue Level I & II



**When:** April 29<sup>th</sup> 9:00 am to April 30<sup>th</sup> 4:00 pm

**Where:** McQuirks Mountain; both days; camping Saturday night.  
Storm location – CFB Gagetown climbing facility (TBD April 27<sup>th</sup>).

**Cost:** \$150/person (must be or become Ascent NB member)

- \$100 for only Saturday (SR level I) if you can't make level 2 on Sunday.
- money collected will be 100% used for buying rope rescue team gear

**Instructors:** Greg Hughes, Shawn Bethune, Chris Hennigar, Joe Kennedy, Steve Adamson, Adam Morgan, and others TBD

**Sign up:** [Chris.Hennigar@gmail.com](mailto:Chris.Hennigar@gmail.com); first come first serve; 15 participants max



## Rundown

The Level I course on Saturday is designed to teach fundamental self-rescue techniques to rock climbers. The Level II course on Sunday will reinforce Level I techniques under more complicated rescue situations with focus on improvisation. See skills covered for each Level on the following page.

This course will make you aware of a number of useful techniques to help avoid and more easily deal with situations involving climber rescue.

Participants must be 18 years or older, be or become a member of Ascent NB, and meet experience and personal gear requirements outlined in prerequisites below to participate.

## Self-Rescue Level I Program (Saturday)

- Knots: Improved Prusik, Munter Hitch, Munter Mule Overhand (MMO), Improved Prusik MMO (PMMO), Autoblock, Klemheist, Bachmann, EDK
- Proper use of EDK and water knot, and where use of these knots should be avoided.
- Ascend and descend a fixed line.
- Belay escape: transfer leader load to ground anchor & rescue cord, transfer load back to baseline.
- Lowering a second on an auto-locking belay device; 3 methods: 1) ratchet, 2) mechanical advantage with backup, 3) PMMO.
- Simple 3:1 haul system, mechanical advantage theory.



## Self-Rescue Level II Program (Sunday)

- Passing a knot
- Advanced haul systems: 3:1, 5:1, 6:1
- Tandem & counterbalance rappel
- Belay escape and leader rescue
- Improvisation (mariner's knot and other useful tricks)
- Rescue scenarios and practice

### Good References:

- [Rock Climbing Instructor Notebook](#)
- [Self-Rescue \(How To Climb Series\)](#)



## Prerequisites

### Minimum experience required

- Basic belay & rappel with an ATC or equivalent.
- Knots: figure-8 series (rethreaded, on a bight, bend), overhand series (on a bight, European Death Knot [EDK]), clove hitch, double fisherman
- Basic anchors (from bolts). Advanced (traditional) anchor experience is not required
- Some lead climbing experience (you have started to lead climb or plan to learn this year).

### Minimum gear required

- Helmet, harness, belay device (preferably ATC Guide or Petzl Reverso plus Petzl Hera carabiner)
- Carabiners (6)
  - Two small locking carabiners, two non-locking carabiners,
  - One or two large locking carabiners (anything made of the heavy bar stock such as the Petzl William or the BD Rocklock if possible),
  - One HMS carabiner (such as the Petzl Hera) would be good to have
- Cord & slings
  - Two prusik loops (5 feet of 6mm cord each) or equivalent (e.g., Sterling hollow blocks)
  - Two single (60 cm) sewn slings; two double (120 cm) sewn slings;
  - Rescue cord (about 2-3m of 6mm cord)
  - Anchor material (7-8mm cord or sewn sling; ~ 240cm loop (480 cm total) ideal)
- Dynamic climbing rope (9-10mm, 60m+; bring it if you have it; one rope per two participants; enquire if you need one).