

## **E-LEVEL ROCK CHECKOUT FORM**

Sierra Club – LEADERSHIP TRAINING PROGRAM – Angeles Chapter  
(Climbing helmet and harness are required. Candidates must use their own ropes and gear.)

Candidate Name: \_\_\_\_\_

Examiner Name: \_\_\_\_\_

Checkout Location: \_\_\_\_\_ Date: \_\_\_\_\_

Examiner: Assign number for each task; 0 = fail, 1 = marginal, 2 = good

### **1. Knots**

_____ BHK	_____ Water Knot	_____ Slip Knot	_____ Figure 8 knot
_____ Figure 8 on a bight	_____ Figure 8 follow through	_____ Double Fisherman	_____ Triple Fisherman
_____ Bowline	_____ Bowline on a coil	_____ Bowline on a coil on another person	
_____ Girth Hitch	_____ Clove Hitch	_____ Munter Hitch	_____ Munter Mule
_____ Prusik	_____ Klemheist	_____ Auto Block	
_____ Leadership (Visually verify that knots tied by others are correct)			

### **2. Climbing, Downclimbing (May be demonstrated in Parts 3, 4, and 5)**

\_\_\_\_\_ Friction, balance    \_\_\_\_\_ Counterforce    \_\_\_\_\_ Edging    \_\_\_\_\_ Mantle    \_\_\_\_\_ Jams: hand, foot, arm, leg  
\_\_\_\_\_ Leadership (Describe to someone else how to do the various techniques)

### **3. Top-Roped Climbing (5.6)**

Candidate will climb a 5.6 top rope, and belay a climber with a belay device and catch a fall. Candidate will instruct a climber in the proper belay technique, safety checks, and climbing commands.

\_\_\_\_\_ Safety checks    \_\_\_\_\_ Climbing commands    \_\_\_\_\_ Climbing technique    \_\_\_\_\_ Belay technique  
\_\_\_\_\_ Leadership skills

### **4. Unanchored Belay**

\_\_\_\_\_ Flake the rope for climbing  
\_\_\_\_\_ Coil the rope in a Mountaineers coil  
\_\_\_\_\_ With full daypack and carrying the rope, climb a 3rd class pitch  
\_\_\_\_\_ Uncoil and throw the rope down to a climber  
\_\_\_\_\_ Establish a secure sitting hip belay and belay a climber up with a right hand brake  
\_\_\_\_\_ Belay a climber down the pitch  
\_\_\_\_\_ Belay a climber up with the left hand brake  
\_\_\_\_\_ Use of appropriate climbing commands  
\_\_\_\_\_ Coil the rope in a Butterfly coil  
\_\_\_\_\_ Carrying daypack and rope, down climb the pitch  
\_\_\_\_\_ Judgment    \_\_\_\_\_ Knowledge    \_\_\_\_\_ Leadership (Explain climbing signals to others, verify climbers properly tied in, demonstrate rope handling and group management)

### **5. Anchored Belay (During this exercise the candidate will require a belay.)**

\_\_\_\_\_ With full daypack lead a 4th class pitch placing protection  
\_\_\_\_\_ Establish a redundant anchor with a redundant master point for belay  
\_\_\_\_\_ Tie into the anchor with a Clove hitch

- \_\_\_\_\_ Belay a climber up using a Munter hitch
- \_\_\_\_\_ Demonstrate a climber tie-off using a Munter Mule knot
- \_\_\_\_\_ Untie the Mule knot and lower the climber down the pitch
- \_\_\_\_\_ Use of appropriate climbing commands
- \_\_\_\_\_ Climbing ability
- \_\_\_\_\_ Judgment      \_\_\_\_\_ Knowledge      \_\_\_\_\_ Leadership (Same as unanchored belay station)

**6. Anchors**

- \_\_\_\_\_ Set up a multipoint natural anchor with an equalized redundant master point
- \_\_\_\_\_ Set up a multipoint gear and natural anchor with an equalized redundant master point
- \_\_\_\_\_ Set up a three point gear anchor with an equalized redundant master point

**7. Rappelling (During these exercises the candidate must be belayed.)**

- \_\_\_\_\_ Set up redundant rappel anchor for a 3<sup>rd</sup> class pitch
- \_\_\_\_\_ Clip into the anchor with a personal anchor tether
- \_\_\_\_\_ Uncoil, flake, and throw the rope down for rappelling
- \_\_\_\_\_ Descend the pitch with a Dulfersitz rappel
- \_\_\_\_\_ Clip into the anchor with a personal anchor tether
- \_\_\_\_\_ Rappel the pitch with a Munter hitch backed up with an Auto Block
- \_\_\_\_\_ Set up a redundant rappel anchor for an overhanging pitch
- \_\_\_\_\_ Clip into the anchor with a personal anchor tether
- \_\_\_\_\_ Rappel half way down the pitch with a belay/rappel device and let the Auto Block lock off
- \_\_\_\_\_ Tie off short with a safety knot
- \_\_\_\_\_ Attach a waist friction hitch
- \_\_\_\_\_ Attach a foot sling friction hitch and connect to harness
- \_\_\_\_\_ Ascend the rope up and over the overhang, tying off short on ascent
- \_\_\_\_\_ Retrieve and coil the rope
- \_\_\_\_\_ Use of appropriate climbing signals
- \_\_\_\_\_ Judgment      \_\_\_\_\_ Knowledge      \_\_\_\_\_ Leadership (Tell someone else how to rappel, inspect different rappel set-ups and devices for safety and proper use by participants)

**8. Fixed Line**

- \_\_\_\_\_ Set up a fixed line for a traverse.
- \_\_\_\_\_ Instruct a climber in passing anchor points with personal anchor tethers
- \_\_\_\_\_ Set up a fixed line for an ascent.
- \_\_\_\_\_ Instruct a climber in self belaying with a friction hitch

**9. Examiner's Comments (Examiners are encouraged to write comments during the checkout.)**

I certify that the named candidate has demonstrated the skill, judgment, and knowledge required for E-level Rock LTP checkout.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Completed form with comments to be returned to the candidate, with copies to the LTC Rock Chair, and the LTC Administration Chair.

LTC form 108-E (Rev. November, 2011)