

M-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 (Climb a top-rope pitch rated between 4th and 5.2)

Candidate will climb 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
____ Judgment ____ Knowledge ____ Leadership

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

- _____ With a full daypack and trailing the rope, climb a 3rd class pitch
- _____ 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
- _____ Judgment _____ Knowledge _____ Leadership (Same as unanchored belay station)

6. Anchors

- _____ Set up 2 multipoint natural anchors with an equalized redundant master point

7. Rappelling (During this exercise the candidate must be belayed.)

- _____ Set up a redundant rappel anchor for a 3rd class rappel
- _____ 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 belay/rappel device backed up with an Auto Block
- _____ Clip into the anchor with a personal anchor tether
- _____ Rappel the pitch with a Munter hitch backed up with an Auto Block
- _____ 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. 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 M-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-M (Rev. November, 2011)