

E-LEVEL ROCK CHECKOUT FORM
Sierra Club – LEADERSHIP TRAINING PROGRAM – Angeles Chapter
(Helmets Required)

Candidate Name _____ Date _____

Examiner: Initial each line to indicate "pass."

1. Knots

- | <u>USING ROPE</u> | | <u>USING ROPE</u> | <u>USING WEBBING</u> |
|------------------------------|-----------------|--|-------------------------|
| _____ Bowline | | _____ Prusik | _____ Swami |
| _____ Bowline on a coil | | _____ Double fisherman | _____ Seat Sling |
| _____ Figure 8 followthrough | | _____ Triple fisherman | _____ Parisian Baudrier |
| _____ Figure 8 on a bight | | _____ Girth hitch | |
| _____ Munter hitch | | _____ Clove hitch | |
| _____ Klemheist | | _____ Overhand followthrough (water knot) | |
| _____ Judgment | _____ Knowledge | _____ Leadership (Visually verify that knots tied by others are correct) | |

2. Climbing, Downclimbing

- | | | |
|--|--------------------|--|
| _____ Friction, balance | _____ Counterforce | _____ Mantle |
| _____ Edging, shuffle | _____ Layback | _____ Jams: arm, hand, foot |
| _____ Climbing with constant 3 point support | | |
| _____ Judgment | _____ Knowledge | _____ Leadership (Describe to someone else how to do the various techniques) |

3. Anchors

- _____ Set single hardware anchors in at least ten different spots chosen by examiner
- _____ Two natural anchor(s)
- _____ One natural anchor, one chock
- _____ Two anchors with load equalizing sling and safety twist
- _____ Judgment _____ Knowledge _____ Leadership (Inspect and evaluate a preset anchor)

4. Belay Station

- _____ With full daypack lead a 4th class pitch. Using only the climbing rope and prusik, establish a sitting hip belay with anchor and climber tie-off
- _____ Demonstrate proper use and understanding of all belay signals
- _____ Demonstrate climber tie-off with prusik and rope
- _____ Belay climber to top
- _____ Judgment _____ Knowledge _____ Leadership (Explain climbing signals to others, verify climbers are properly tied in, demonstrate rope handling and group management)

5. Rappel Station (May be combined with Part 6; one rappel total)

- _____ Use a harness (or sit harness) supporting waist and both legs
- _____ Set up rappel anchor (natural or artificial) with double rope and separate belay anchor
- _____ Belay at least one rappeller down
- _____ Dulfersitz rappel down. Use self-belay with proper sliding prusik or autoblock technique. Permit self-belay to jam tightly. Using stepup prusik, free the self-belay prusik, and continue the rappel. Recover and coil the rope.
- _____ Judgment _____ Knowledge _____ Leadership (Tell someone else how to dulfersitz, inspect different rappel set-ups and devices for safety and proper use by participants)

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6. Prusik Station

_____ Set up full body harness and prusik system using a waist harness and a chest harness. The chest harness can be a Parisian Baudrier. A connecting loop must connect the chest harness to the waist harness. All weight must be borne by the waist harness.

_____ With separate belay, rappel over a vertical or overhanging ledge. Rappel part way down and prusik back up using a safety prusik to come over the ledge lip.

7. Fixed Rope Station

_____ Set up and demonstrate a fixed rope system as a protection for a horizontal or angled ledge traverse.

8. Top-Roped Climb Station

_____ With top belay, climb a 30 ft pitch with a minimum rating of 5.4

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

Signature of Approved
E level Rock Examiner _____ Date _____

Checkout Location _____

Comments:

Completed forms should be returned to the candidate with comments. Names of successful candidates should be forwarded to the LTC Administration Chair with copies to the LTC Rock Chair.

LTC form 109 (Rev Oct 08)