

M 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 (May be demonstrated in Parts 3, 4, and 5)

- _____ Bowline
- _____ Bowline on a coil
- _____ Figure 8 followthrough
- _____ Figure 8 on a bight
- _____ Girth hitch
- _____ Leadership (Visually verify that knots tied by others are correct)
- _____ Prusik
- _____ Overhand
- _____ Overhand followthrough (water knot)
- _____ Double fisherman
- _____ Munter hitch
- _____ Klemheist
- _____ Triple fisherman

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

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

3. Anchored Belay Station

- _____ With full daypack and rope, climb a 3rd class pitch and, using the climbing rope only, establish a sitting belay with anchor and climber tie-off loop
- _____ Belay with left hand as braking hand.
- _____ Proper use and understanding of all belay signals
- _____ Demonstrate climber tie-off
- _____ Carrying daypack and rope, downclimb the pitch
- _____ Judgment _____ Knowledge _____ Leadership (Explain climbing signals to others, verify climbers properly tied in, demonstrate rope handling and group management)

4. Unanchored Belay Station

- _____ With full daypack and rope, climb another 3rd class pitch and, using only the climbing rope, establish a sitting hip belay secure without an anchor system
- _____ Belay with right hand
- _____ Proper use and understanding of all belay signals
- _____ Carrying daypack and rope, downclimb the pitch
- _____ Judgment _____ Knowledge _____ Leadership (Same as anchored belay station)

5. Rappel and Anchor Station

- _____ Set up natural rappel anchor and separate belay anchor
- _____ Belay at least one rappeller
- _____ Set up self-belay
- _____ Dulfersitz rappel down with self-belay and safety belay, recover and coil the rappel 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. Top-Roped Climb Station

With top belay, climb a 30 ft pitch of class 4 to 5.2

_____ Judgment _____ Knowledge _____ Leadership (Describe to the group how to follow the pitch)

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

Signature of Approved

LTC 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.