

M & E LEVEL ROCK CHECKOUT FORM

Sierra Club – LEADERSHIP TRAINING PROGRAM – Angeles Chapter

(Climbing helmet and harness are required. Candidates must use their own rope and gear.)

Candidate Name: _____

Examiner Name: _____

Checkout Location: _____ Date: _____

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

1. Knots (Demonstrate how to tie each knot and explain its primary usage in climbing.)

____ Figure 8 ____ Figure 8 follow through ____ Figure 8 on a bight
____ Bowline ____ Bowline on a coil ____ Bowline on a coil on another person
____ Double fisherman ____ Water knot ____ Slip knot ____ BHK
____ Girth hitch ____ Clove hitch ____ Munter hitch ____ Munter mule
____ Prusik ____ Klemheist ____ Auto block
____ Leadership (Ability to demonstrate knot tying and knowledge of knot usage.)

2. Climbing and Downclimbing (May be demonstrated in Parts 3, 4, and 6.)

____ Balance ____ Friction ____ Edging ____ Counterforce ____ Hand & foot jams
____ Chimney ____ Mantle
____ Leadership (Demonstrate and explain the various techniques.)

3. Top Rope Climbing and Belaying (Climb and belay on an easy top roped Class 5 pitch.)

Examiner will set up a top rope anchor for a pitch rated Class 5.0 to 5.5 (5.6 for E). Candidate will climb the pitch. Candidate will belay a climber with a belay device and stop an unannounced fall.

____ Safety checks ____ Climbing commands ____ Climbing techniques ____ Belay technique
____ Leadership (Candidate will instruct a climber in the proper safety checks, climbing commands, and belay technique.)

4. Unanchored Belay and Rope Handling (Examiner will utilize a separate back-up belay.)

____ Uncoil and flake the rope for climbing
____ Coil the rope in a Mountaineers coil
____ With a full daypack and carrying the rope, climb a Class 3 pitch
____ Establish a secure sitting hip belay to belay a group of climbers up
____ Uncoil and throw a rope end down to the group
____ Belay a climber up with a right hand brake
____ Belay the climber down the pitch
____ Belay the 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
____ Leadership (Candidate will discuss issues with communication and group management.)

5. Anchor Building

- ___ 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

6. Anchored Belay (Examiner will utilize a separate back-up belay.)

- ___ Flake the rope for climbing and tie the rope to your harness with a figure eight follow through
- M ___ With a full daypack and trailing the rope, climb a Class 3 pitch
- E ___ With a full daypack lead a belayed Class 4 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 and communication
- E ___ Protection placements

7. Rappelling and Prusiking (Examiner will utilize a separate back-up belay.)

- ___ Set up a redundant rappel anchor for a Class 3 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
 - ___ Return to the anchor and clip in with a personal anchor tether
 - ___ Rappel the pitch with a belay/rappel device backed up with an Auto block
 - ___ Return to the anchor and clip in with a personal anchor tether
 - ___ Rappel the pitch with a Munter hitch backed up with an Auto block
 - ___ Leadership (Candidate will demonstrate and explain the Dulfersitz and Munter hitch rappels.)
 - ___ Retrieve and coil the rope
 - ___ Use of appropriate climbing commands
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- E ___ Set up a redundant rappel anchor for an overhanging rappel
 - E ___ Clip into the anchor with a personal anchor tether
 - E ___ Uncoil, flake, and throw the rope down for rappelling
 - E ___ Rappel half way down the pitch with a belay/rappel device and let the Auto block lock off
 - E ___ Tie a back-up knot below the Auto block
 - E ___ Attach a waist friction hitch Prusik to the rope and harness
 - E ___ Attach a foot sling friction hitch Prusik to the rope and harness
 - E ___ Ascend the rope with Prusiks up and over the overhang, tying appropriate back-up knots
 - E ___ Retrieve and coil the rope

8. Fixed Lines

- E ___ Set up a fixed line for a traverse using multiple anchor points
- E ___ Instruct a climber in passing anchor points with personal anchor tethers
- E ___ Set up a fixed line for an ascent using multiple anchor points
- E ___ Instruct a climber in self belaying with a friction hitch and a personal anchor tether

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

I certify that (Candidate Name) _____ has demonstrated the skill, judgment, and knowledge required for the LTP (Check one) M ____ E ____ level Rock Checkout.

Examiner Signature: _____ Date: _____

Completed form with comments to be returned to the LTC Rock Chair, who will forward a copy to the candidate and will notify the LTC Administration Chair.

LTC form 108-M & E (December, 2017)