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
   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)