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Semi-permanent seat harness using 1" wide tubular webbing:
1. Tie a firm bowline high on the left thigh with an excess of 12" to 18" on the short end.
2. Tie a second bowline high on the right thigh with a 2" to 3" crosspiece separating the leg loops. Knot over and rotate the loops to move the crosspiece high in front.
3. Wrap the remaining webbing around the hipbone, just below the crests, passing the end under the crosspiece each time. Tie the ends on the left hip with a square knot backed up with overhand knots. Secure excess.

**Signals for Vertical Ropework**

I. **Usage:** Anytime while in a vertical or ropework environment. All signals have a response, several of which are the reverse order. Delayed signals are repeated exactly as heard. Multiple ropes are numbered from left to right, facing the pitch, and the number is added to the signal.

II. **General Signals:**
- **Signal**
- **Response**
- **Meaning**
  - Rock!
  - Universal warning of falling objects!
  - Don't move—no time to explain.
  - Clear!
  - Situation no longer dangerous.
  - Warning of rope loss—use twice.
  - Down!
  - At the bottom of pitch or rope.
  - At the top of pitch or rope.
  - Relayed signal is repeated exactly as heard.

III. **Climbing Sequence**
- **Climber**
- **Belayer**
- **Meaning**
  - On Belay?
  - Is my belay ready?
  - Yes, go ahead.
  - On Climbing!
  - I am starting to climb.
  - Off Slack!
  - Slack!
  - Give me more rope or less tension.
  - Off Up Rope!
  - Up Rope!
  - Give me less rope or more tension.
  - Off Hold!
  - Hold!
  - Stop movement of me and/or rope.
  - Off Tension!
  - Tension!
  - Pull to give me support.
  - Off Falling!
  - Falling!
  - I'm slipping and/or falling.
  - Off Lower!
  - Lower!
  - Lower me on the belay.
  - Off Rope!
  - The rope is available.

IV. **Rappelling Sequence**
- **Rappeller**
- **Belayer**
- **Meaning**
  - On Belay?
  - Is my belay ready?
  - Yes, go ahead.
  - On Rappelling!
  - I am starting to rappel.
  - Off Rope!
  - The rope is available.

V. **Prusik Sequence**
- **Prusik**
- **Others**
- **Meaning**
  - On Prusik!
  - I am attached to the rope.
  - On Prusik!
  - I am starting to prusik.
  - Lower!
  - Lower!
  - Lower me on the rope.
  - Off Prusik!
  - The rope is available.