APPALACHIAN SEARCH AND RESCUE CONFERENCE

OUTLINE OF BASIC CLIMBING

I. CLIMBING INTRODUCTION
   A. MOUNTAIN CLIMBING
   B. ROCK CLIMBING *(BOULDERING AND SCRAMBLING*)
   C. HISTORY
   D. ROPEs AND DELAYS
   E. PRESENT DAY CLIMBING

II. CLIMBING FOR SEARCH AND RESCUE
    A. LEAD CLIMBING?
    B. METHODS OF FOLLOWING
       1. FREE CLIMBING WITH BELAY
       2. FREE CLIMBING WITH SAFETY LINE
       3. PRUSIKING
    C. WEATHER
    D. INCREASING FREEDOM OF TRAVEL

III. SAFETY
    A. BELAYS AND TIE-INS
    B. TESTING HELMS
    C. BACKUPS
    D. ESCAPE ROUTES
    E. CLOTHING
    F. HARDHATS
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III. CLIMBING: THE BODY VS. THE ROCK
   A. STYLE AND FORM
   B. BALANCE VS. COUNTERFORCE
   C. CHESS
   D. SPECIFIC MOVES

IV. SELF-RESCUE (OPTIONAL)
   A. FALLEN CLIMBER (TOP BELAY)
      1. LOWER TO LEDGE
         a. RESUME CLIMB
         b. TIE OFF, PROSK DOWN
      2. TIE OFF, SET UP HAUL SYSTEM
   B. FALLEN LEADER (SECONDING)
      2. LOWER TO BELAYER
      2. TIE OFF, PROSK UP, (AFTER HAULING, IF POSSIBLE)
      3. YELL FOR HELP.
   C. RAPPELING
      2. REEPSCHNUR
      2. SHEEPSHANK
      3. UNRAVELLING LAID ROPE