AMRG BASIC TEST VERTICAL SKILLS

The candidate must be able to perform the following tasks.

1. Rappel properly with:
   a. the arm rappel
   b. the body rappel
   c. the figure eight, single and double wrap
   d. the carabiner wrap
   e. the rappel rack
   f. the munter hitch

2. Rappel, stop and lock off. Rig a prusik ascend system. Ascend.

3. Rig for a rappel by using the following methods.
   a. a tree wrap
   b. a bowline
   c. webbing and slings.

4. Demonstrate the following rope handling techniques.
   a. coiling and uncoiling of a mountaineer’s coil.
   b. stacking and inspecting the rope.
   c. casting, padding, and rigging static lines.
   d. ability to care for ropes and rescue gear.

5. Belay competently, including:
   a. proper anchorage, tie-in, stance, and aim.
   b. correct calls, up rope, slack, and fall-catch