

Ascend/Descend

Training for the Blue Ridge Mountain Rescue Group

- What is Ascend/Descend?

- What is it used for?

- Overview of Equipment Used
 - A. Ropes
 - B. Carabiners
 - C. Seat Harness
 - D. Descending Device – Figure 8, Rappel Rack, Münter Hitch
 - E. Perlon
 - F. Helmet

- Four Parts to Ascend/Descend
 - A. Ascending
 - 1. Step into foot prüssik
 - 2. Raise top prüssik
 - 3. Sit in top prüssik
 - 4. Raise foot prüssik
 - 5. Repeat...
 - B. Changing Direction (ascend to descend)
 - 1. Sit in top prüssik
 - 2. Add descending device to system below foot prüssik
 - 3. Leg wrap to brake descending device
 - 4. Release top prüssik using foot prüssik
 - 5. Remove foot prüssik
 - 6. Hold brake and hold top prüssik
 - 7. Remove leg wraps
 - C. Descending
 - 1. Never remove brake-hand
 - 2. Top prüssik becomes independent belay
 - D. Changing Direction (descend to ascend)
 - 1. Set top prüssik
 - 2. Remove descending device from system
 - 3. Add foot prüssik