

**BLUE RIDGE MOUNTAIN RESCUE GROUP**

**Ropes, Knots, and Vertical  
Outline**

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## I. Equipment

- A. Ropes
  - 1. Dynamic
  - 2. Static
  - 3. Lengths
  - 4. Kernmantel vs. Laid
  - 5. Rope Care
  - 6. Stacking
  - 7. Coiling
  - 8. Throwing
- B. Webbing
- C. Carabiners

## II. Knots in Rope and Webbing

- A. Bowline
- B. Double Barrel
- C. Figure-8
- D. Figure-8 follow-through
- E. Water Knot
- F. Square Knot
- G. Prussik

## III. The ASRC seat harness

*Note: In this session, the tying of the seat harness was only demonstrated. Students would receive instruction in the practical session on the following weekend.*

## IV. Anchors

- A. Friction wrap and tree
- B. Self-Equalization
- C. Artificial protection

## V. Rappelling Techniques

- A. Figure-8
- B. Rappel rack
- C. Meunter Hitch
- D. Six biner break
- E. Body rappel
- F. Technique
- G. SAFETY

## VI. Ascending Techniques

- A. Prussik

## B. Gibbs / Jumars

## VII. Calls and Safety

## A. Rappelling

Person Rappelling - "On Rappel" ("Rope #")  
 Leader at bottom - "Rappel On"  
                     PR - "Rappelling"  
                     PR - "Off Rope" (Off of rope)  
                     PR - "All Clear" (Clear from area)  
 Leader at Top - "All Clear" or "Thank You"

## B. Belaying

Person Rappelling - "On Belay"  
 litter or climber  
                     Belayer - "Belay On"  
  
 PR, litter, climber - "Off Belay"  
                     Belayer - "Belay Off"

## C. Additional Calls

1. Rock!
2. Falling!
3. Slack
4. Tension
5. Up rope
6. zero
7. Two-oh

## IX. Equipment for practical session