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