

UNIVERSITY OF OREGON • P.E. & Recreation • Outdoor Pursuits Program  
**Outdoor Rock Climbing Worksheet #1**

Name .....

This worksheet must be completed in its entirety for a passing grade. Unless otherwise specified, questions are based on specific readings taken from *The O.P.P Website* and classroom sessions. Be attentive to detail and precise with your answers. Print neatly. This worksheet is due on \_\_\_\_\_. Assignments handed in late will not be accepted

**PART A-KNOT REVIEW** Read the article posted on the rock climbing web page: <http://opp.uoregon.edu/climbing/climb.html> and answer the following questions.

- List the three categories of knots and describe the function of each category. (3 pts.)
  - .....
  - .....
  - .....
- In selecting a knot for climbing, the strength of a knot is obviously important. It should not, however, be the deciding factor. Name 3 other factors which are important in knot selection. (3 pts.)
  - .....
  - .....
  - .....
- Discuss the main reason each of why the following knots are not used for tying in to the climbing rope. (2 pts.)

single bowline: .....

overhand follow through: .....

**PART B-EQUIPMENT REVIEW**

- How should the gate of a carabiner be oriented when clipped into a nut or sling?. (1 pt.)

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- Name 1 advantage and 1 disadvantage of sewn (vs. tied) runners and slings. (2 pts.)

advantage: .....

disadvantage: .....
- Guidelines for retiring a rope from use were discussed in class. What are they? (2.5 pts.)

From normal weekend use retire the rope after .....

.....

After a long fall of great severity retire the rope after .....

**PART C- ANCHORS**

- The acronym ERNEST is used to describe/evaluate an anchor system. Write what each letter stands for AND discuss (thoroughly) what is meant by each (4 pts.)

E.....

.....

R.....

.....

NE.....

.....

S.....

.....

T.....
- An anchor system consists of several anchor points joined together. What is the biggest drawback to utilizing the self-equalizing slider knot, especially with a very long sling? (1 pt.)

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.....

**PART D- ROCK CLIMBING TECHNIQUE**

1. Name 2 conditions when you should always wear a helmet when rock climbing. (2 pts.)

- a) .....
- b) .....

2. The "class" tells us how hard a climb is. Describe each of the following "classes" of climbing. (3 pts.)

- Class 1 .....
- Class 2 .....
- Class 3 .....
- Class 4 .....
- Class 5 .....
- Class 6 .....

3. While the "class" tells us how hard a climb is, the "grade" tells us how long an experienced climber can expect to take to complete a given route. How long should it take to complete the following climbs? (3 pts.)

- Grade I .....
- Grade II .....
- Grade III .....
- Grade IV .....
- Grade V .....

4. Some climbing guides include "seriousness" and "quality" grades. Read the section in the packet from the Climber's Guide to Smith Rock and describe what is meant by the following seriousness or quality ratings. (4 pts.)

- R: .....
- X: .....
- One star: .....
- Four star: .....

5. What is meant (EXACTLY) by the following rating. (2.5 pts.)

5 pitches, III 5.9 A3 X \*\* .....