

UNIVERSITY OF OREGON • P.E. & Recreation • Outdoor Pursuits Program
Outdoor Rock Climbing Worksheet #2

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 course text.

Be attentive to detail and precise with your answers. Print neatly. Assignments handed in late will not be accepted.

PART A-ANCHOR SYSTEMS

1. Draw 3 ways to equalize a 2-point anchor system. Do not include the American Triangle. (6 pts.)

2. Draw the American Triangle configuration of anchor construction. (3 pts.)

3. When considering that the force on an anchor system depends on a) how the force is distributed among anchor points, and b) the angle at the bottom of the sling, why should one avoid using the American Triangle? (3 pts.)

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PART B-BASIC RESCUE

1. You are belaying a leader who falls near the end of the first pitch of a climb. Describe or draw and label the steps involved with escaping from the system so that you can go for help. (10 pts.)

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PART C-RAPPELLING

Statistically, rappelling is climbing's 2nd most dangerous process, close behind leader accidents. As a result, it is vital that you "attend to the details" while rappelling. The following questions address rappelling safety.

1. Your decision to rappel should be made before you begin to climb (unless you have to rappel part way up the climb due to inclement weather or unforeseen circumstances). What are 2 things you need to know ahead of time about your rappel route? (3 pts.)
 - a)
 - b)

2. When rappelling from a fixed anchor, a minimum of _____ nuts, bolts, or pitons are a must (1 pt.)

3. What are 3 things to consider when transitioning from being anchored in after climbing to rappelling? (3 pt)
 - a)
 - b)
 - c)

