

Videos, articles, and manuals to read to prepare for HAR practice (and assessment)

Welcome to the Instruction Module for Climb Leader High Angle Rescue (CL:HAR). This module is required to recertify your CL:HAR badge and should be completed before attending the Practice Module or Assessment Module.

The goal of this Instruction Module is to review what you already know about HAR and instruct on the latest HAR techniques. The assignments include knots to practice, articles to read, and videos to watch.

Please budget 2-4 hours to complete this module. There are ~1.5 hour of required videos plus reading, knots practice, and several optional videos. It is HIGHLY recommended to practice the rescue skills on the ground at home before attending the Practice Module or the Assessment Module.

Knots & Hitches for Rescue

Instructions (optional)

Practice and know this knots before attending the Practice Module or Assessment Module. You do not have to watch all the videos. They are just for your reference if needed for practicing these knots.

- Rewoven Figure 8
- Overhand on a bight
- Figure 8 on a bight
- Bowline
- Alpine butterfly
- Water knot
- Double figure 8 knot (bunny ears)
- Double overhand knot
- Triple overhand knot (barrel knot)
- Flat overhand bend
- BHK (Big Honking Knot)
- Friction hitches (Prusik, Autoblock, Klemheist)
- Clove hitch (one-handed)
- Munter to clove
- Munter Mule Overhand (MMO)



How to Tie A Hand Shake Clove
YouTube video • 1 minute



Climbing Knots: How to Tie a BHK Overhand Master Point Knot (Animated Tutorial)

Videos, articles, and manuals to read to prepare for HAR practice (and assessment)

YouTube video • 1 minute

Flat Overhand Bend | How to tie a Flat Overhand Bend using Step-by-Step Animations | Animated Knots by Grog

<https://www.animatedknots.com/flat-overhand-bend-knot>



Rock Climbing: How to Tie a Barrel Knot

YouTube video • 0 minutes

Double Overhand Stopper | How to tie a Double Overhand Stopper using Step-by-Step Animations | Animated Knots by Grog

<https://www.animatedknots.com/double-overhand-stopper-knot>

Figure 8 Double Loop | How to tie a Figure 8 Double Loop using Step-by-Step Animations | Animated Knots by Grog

<https://www.animatedknots.com/figure-8-double-loop-knot>



Tying a Munter Mule Overhand (MMO)

YouTube video • 3 minutes

Bowline Knot | How to tie a Bowline Knot using Step-by-Step Animations | Animated Knots by Grog

<https://www.animatedknots.com/bowline-knot>

Alpine Butterfly Loop | How to tie a Alpine Butterfly Loop using Step-by-Step Animations | Animated Knots by Grog

<https://www.animatedknots.com/alpine-butterfly-loop-knot>



How to Turn a Munter Hitch Into a Clove Hitch

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YouTube video • 1 minute



How To Tie The Auto-Block, Prusik And Klemheist Friction Hitches

YouTube video • 4 minutes

Rescue Ready Anchors

AAC Anchors Article (Triple S Anchors)

Please read the linked article on the Triple S anchoring concept.

[How to Build Climbing Anchors – The American Alpine Club](#)

Optional: Master Carabiner Anchors (3:00)



How to Set Up an Anchor Using a Master Carabiner

YouTube video • 3 minutes

Belaying

Belay & Lower with a Munter Hitch (4:01)



How to Belay with a Munter Hitch

YouTube video • 4 minutes

Belaying from Above with a GriGri (2:34)



How to Belay From Above with a GriGri

YouTube video • 2 minutes

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Going Hands Free (2:05)



How to go Hands-free While Belaying
YouTube video • 2 minutes

Weighted Belay Take Over (2:56)



Climbing Instructor & Guide Training: Weighted Belay Transfer
YouTube video • 2 minutes

Belay & Lower with a Munter Hitch (4:01)



How to Belay with a Munter Hitch
YouTube video • 4 minutes

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Going Hands Free (2:05)



Videos, articles, and manuals to read to prepare for HAR practice (and assessment)

How to go Hands-free While Belaying

YouTube video • 2 minutes

Weighted Belay Take Over (2:56)



Climbing Instructor & Guide Training: Weighted Belay Transfer

YouTube video • 2 minutes

Rappelling for Rescue



How To Set Up A Rappel Extension

YouTube video • 7 minutes

More Extended Rappel Options (1:54)



Rappel Extensions

YouTube video • 1 minute

Ascending on Rappel (5:38)



Ascending on Rappel

YouTube video • 5 minutes

Optional: Improvised Rappels (5:04)

Videos, articles, and manuals to read to prepare for HAR practice (and assessment)



How to Set Up an Improvised Rappel
YouTube video • 5 minutes

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Assistance from Above

The LSD Lower: How to Lower in Guide Mode
<https://www.climbing.com/skills/the-lsd-lower-how-to-lower-in-guide-mode/>



THE WEIGHTED LOAD-STRAND-DIRECT LOWER
YouTube video • 0 minutes



Convert to Munter using MMO
YouTube video • 6 minutes



How To Raise A Climber From Above Using A 3:1 System
YouTube video • 3 minutes

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Passing a Knot Through a Munter Hitch during a Lower
YouTube video • 0 minutes



How to Release a Weighted Self-Braking Device- Potentially Fatal Errors to Avoid
YouTube video • 3 minutes



5:1 Pulley System with a Petzl Reverso
YouTube video • 5 minutes

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[Putting it All Together](#)

Christine Troy posted a new assignment: Pickoff Rappel with ATC (19:39)
Posted Oct 25, 2022



Rescuing an Injured Leader with Pickoff Rappel (ATC version)
YouTube video • 19 minutes

Please read the linked Improvised High-Angle Rescue Techniques Manual developed by the Mazamas Advanced Rock Committee.

[Improvised High-Angle Rescue Techniques Manual](#)

The Practice Module is an optional half day or evening guided practice at the MMC. This is a time to get on the wall with a partner and work through all the required skills with support from an instructor and fellow class participants (estimated 3-4 hours). There is no limit to the number of times a participant can attend a Practice Module. Sign up for a Practice Module (or several) at [Mazamas.org](https://www.mazamas.org)

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Skills practiced during Practice Module:

- Go hands free (with whatever device you use)
- Release a loaded plaquette (using any acceptable method with backup)
- Ascend a rope (using whatever method you use)
- Rescue a leader or stuck climber (ascend, pick-off, and counter-balanced rappel only, anchor reinforcement not required as basic skill)
- Rescue a follower using a counter-balanced rappel pick-off
- Raise a climber (mechanical advantage systems)
- Assist a fellow climber using a tandem rappel
- Isolate a damaged strand (preferred to passing a knot on rappel whenever possible)



HAR Practice Checklist.pdf
PDF

When you are ready, please register at Mazamas.org for the CL:HAR Assessment Module. This is a half day or evening assessment at the MMC (or other suitable location). In order to pass the assessment, you need to successfully complete a rescue for the three scenarios described below (estimated 3-4 hours).

Assessment Scenarios

1.

Scenario: Rescue a leader who has gone past half a rope length and needs assistance to rappel

Requirements: Participant will need to go hands free, convert the belay and ascend to the climber, convert to rappel and perform a counter-balanced pickoff to an intermediate anchor, construct an intermediate anchor, secure both people to the anchor using a load releasable attachment, pull rope and rig a tandem rappel, and rappel to the ground.

2.

Scenario: Rescue a follower belayed from above on a plaquette. The follower falls off at an overhanging section and must be lowered ~10 feet until they are back on the wall. They fall again in the overhung section and ask to be raised past the overhang. Once they are climbing again, they are then hit with a falling rock and require assistance to rappel back to the ground

Requirements: Participant will release a weighted plaquette (using any acceptable method with backup) and lower the follower a few feet. The follower will then be belayed to climb again but struggles and requires raising via a mechanical advantage system. The follower is then incapacitated and the participant must convert to a counter-balanced rappel, pick-off the injured follower, and support them upright during the rappel to the ground

3.

Scenario: Your rope is damaged and you must rappel, then retrieve the rope for later use

Requirements: Participants need to rig a retrievable isolated strand rappel

Note: assessment scenarios can be performed using any generally accepted technique provided that:

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1. All lowers and rappels must have closed systems and effective backups
2. An appropriate hard or soft backup knot is used when switching between systems
3. A single friction hitch on the load strand is not used as the only means that a climber is secured
4. Gear used is what you would typically carry on a climb



Rescue the Leader - Pickoff Rappel ATC
YouTube video • 21 minutes



CL:HAR Scenario 2 Demo
YouTube video • 14 minutes



CL:HAR Scenario 3 Demo
YouTube video • 5 minutes

A small thumbnail image of a document titled "HAR Assessment Criteria.pdf". The document appears to be a checklist or a table with multiple rows and columns, containing various criteria and checkboxes. The text is too small to read clearly, but the layout suggests a structured list of items to be assessed.

HAR Assessment Criteria.pdf
PDF

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