



Anchors, Cleaning, and Rappelling

Let's learn anchors and how to retrieve them through cleaning and rappelling. Cleaning and rappelling are essential skills for collecting your top rope anchor gear after climbing a route. Rappelling is also used to get down off multi pitch routes. You get to actually rappel off the side of a building!

Flash clinics are courses that focus on one climbing topic or skill. Flash clinics will be held in the Seattle area.

Pre-Requisites:

- Knows how to tie oneself in to the rope for climbing
- Uses a belay device properly for top rope belaying

Student Equipment (recommended gear. If you do not have any of this you may borrow it from us. Please email if there are questions)

- Harness
- Helmet
- One personal anchor (120 cm nylon sling, Sterling Chain Reactor, Metolius PAS, Petzl Connect Adjust, etc)
- 8 locking carabiners: for belay devices, rappelling, personal anchor, and top rope anchor
- Device for rappelling (Black Diamond ATC Guide, Mammut Smart Alpine belay device, etc)
- Rappel backup: 5 feet of 6mm cordelette OR a Hollow Block
- 15 feet of 7mm cordelette or equivalent anchor material

Student Equipment (optional)

- Rappel gloves

We do have a gear library and can lend gear for the course. Please indicate in the application if you would like to borrow gear. We do have harnesses that can go up to 70" waist and helmets up to a 25" diameter. Please let us know before the course what you would like to borrow.

A list of recommended gear will be provided upon registration for the course.

Language

Certain language and cultural norms of the mainstream climbing community are not acceptable in our climbing classes. This is not an all encompassing list, nor is it here to chastise: we are all here to learn together. It takes a group effort to make an inclusive space.

- belay **slave**: say *Dedicated Belayer/Designated Belayer*
- **biner**: say *Carabiner*



- **bomber**: say *Solid/Strong/In tight*
- **crazy/insane/nuts/psycho**: say *Unreal/Ludicrous/Dreamlike*
- **fireman's** belay: say *Firefighter's belay*
- girlfriend climb: *Describe the climb as a warm up or easy, etc*
- **guys** (when referring to a mixed gender audience): say *people/everyone/folks/team/you all/etc*
- **savage**: say *Cool!/Awesome!/Rad!/¡ Venga!/Crushing!Nice!So strong!/Wild!/Unreal!/etc*
- **sketchy/shady**: say *Scary/Nervy/Challenging/Unsure/Downright dangerous*
- gear/climbing **junkie/fiend**: say *Gear/Climbing Enthusiast/Gear Collector*
- Seattle **native**: say *Seattle born and raised*
- **retarded**: *not acceptable. (If meaning something in a negative way describe it)*
- **whipper**: say *"I took a whip on the rope." "I fell"*
- **master** (ie master point): *try to use "focal point " or "power point" instead*

We encourage you to bring your own culture and swag into the language as long as it is not rooted in another's oppression or humiliation. Have fun with the language!

Progression Overview:

- Anchors
- Knots
- Belay device types and proper operation for rappelling
- Mock clean rig on ground
- Mock rappel rig on ground
- Rappel under supervision