

BASIC ROCK CLIMBING INFORMATION

Terminology

Direct Aid Climbing - climbing totally by the aid of climbing apparatus.

Belay - nautical term meaning "to secure a rope to a post, spar or similar projection". In climbing, it means one person providing security to another with the rope.

Jumar - ascending or descending a rope with the aid of a mechanical device.

Rappel - descending on a rope.

Climbing Classification (by degree of difficulty)

Class 1. Walking upright - no special footgear required.

Class 2. Rock scrambling - use of hands for balance and proper footgear.

Class 3. Climbing steeper ground and rocks - proper climbing technique required. Exposure not sufficient to rope although one should be available, and beginners should use it.

Class 4. Climbing where the exposure is increased - rope required. Pitons should be carried because the security of belayer may require their use for anchoring.

Class 5. Climbing where route is difficult and the exposure severe - placing of pitons by the leader as he proceeds is required.

Class 6. Climbing where holds or cracks in the rock are not adequate - direct aid is needed. Pitons and bolts are used in connection with stirrups and tension.

Knots

Overhand bend -

Figure eight bend -

Knots (continued)

Overhand loop -

Figure eight loop -

Overhand noose -

Figure eight noose -

Bowline -

Square knot -

Butterfly knot -

Sheet bend -

Water bend - swami knot

Prusik knot -

Fisherman's knot -

Rules of Ropehandling

Never walk on a rope. Stepping on a rope is damaging and reduces its protective capacity.

The rope should not be dragged along the ground. Small rock crystals and fragments will work their way between the fibers and slowly cut the rope in a way that is not visible from the surface.

Do not allow the rope to run over sharp edges if it can be avoided, especially if it is a heavy load.

Do not store near radiators or other sources of heat, or in a dirty car trunk. Do not hang over sharp nails.

Keep the rope reasonably dry, if possible. Dry before storing.

Do not leave a rope stretched or under tension for any extended period of time.

Remove all tight knots after using and before storing.

Do not use a climbing rope as a car tow rope. Once so used it is then and forever more a tow rope and should not again be used for climbing.

Completely examine a rope immediately after it has held a fall.

Examine the rope at regular intervals. If puffs of fibers are observed at any point along the line, RETIRE the rope. On a climb, a butterfly knot may be tied to isolate the damaged section in its loop.

Examine the rope immediately after it has been hit by a falling rock, no matter how small. If a sudden strain has been placed upon the rope while passing over a sharp edge, examine.

Climbing Holds

Cling
Hand
Finger
Foot
Toe

Pressure

Manteling

Opposition holds

Pinch grip

Lie-back

Jaming:

Finger
Hand
Arm
Leg
Foot
Chimney

Equipment - for both free climbing and direct aid climbing.

Hardware

Carabiners

Brakebar

Locking

Triangle

Chocks - anything other than piton - for clean climbing

Nuts

Hexentrics

Stoppers

Bolts

Pitons

Horizontal

Vertical

Angle

Knifeblade

Rurp

Bugaboos

Bongs

Hammer

"8" - Ring - rappelling device

Jumars - device for ascending and descending rope

Crampons - for footing on ice

Ice pitons

Ice screws

Ice axe

Webbing and Slings

Swami belt

Runners

Etriers

Hardware slings

Diaper

Hammer sling and holster

Sit harness

Chest harness

Belay seat

Hero loop

Ropes - designated by material and type of construction, width, length, and breaking strength.

Perlon

Nylon

Gold line

Clothing

Loose trousers or knickers

Shorts

Cagoule - rain protection

Socks - thin for inner - thick for outer

Gloves

Glacier glasses

Headgear

Stocking cap

Helmet

Footgear

Hiking boots

Stiffsole climbing boots

Flexible sole climbing boots

Friction shoes

Communication Signals used in climbing - Vocal

Belay On - Belayer to climber. Means he is ready to protect him.

Climb - Belayer to climber. Said in addition to or in place of Belay on to more strongly indicate to his partner to come ahead.

Climbing - Climber to Belayer as climber starts up.

Belay Off - Said by either the belayer or climber. Indicates the belay either may be or is being dispensed with. Keep the belay on until the climber says Belay off or equivalent. This should normally be only after he is anchored.

Rope - Climber to belayer. Short for up rope. Means Take in rope, whether up or down.

Slack - Climber to belayer. Opposite of Rope. Never say Take up slack, when you mean Rope.

Tension - Climber to belayer. Means Hold the rope tight. Sometimes means Pull as hard as you can.

Rock - A shout of warning similar to Fore! in golf. Shout it loudly upon dislodging a missile.