

Interim amendments for recommended text:

General Note:

It is strongly recommended that all climbers and instructors read broadly and critically.

Reading list should include:

Text	Indoor	TRA/ BAI	SPG/ MPG
<i>Indoor Climbing technical skills for climbing walls for novices, experts and instructors</i>	yes		
<i>Rock Climbing- The AMGA Single Pitch Manual</i>		yes	Yes
<i>Self- Rescue</i>		good but more than needed	Yes
<i>The Mountain Skills Training Handbook</i>			good stance management ideas

No one book has all the answers- please read broadly and critically

Indoor Climbing

Hill, P., 2009, *Indoor Climbing technical skills for climbing walls for novices, experts and instructors*, Cicerone, UK

Notes:

1. Tying on- the rethreaded figure of eight is the preferred method for lead climbing
2. Tying on - two screw gate karabiners clipped through separate knots is a suitable attachment for top roping.
3. Anchors - Every wall must be fully engineered, tested and certified.
4. Rescues - In the event that the climber becomes hung up by a gear loop on the lip of an overhang try:
 - a. Several bystanders grab the live rope and pull downwards to lift the climber off the hold. Or,
 - b. Instructor attaches prussik's and back up clove hitch. Ascend rope to climber. Counter balance lift the climber from the hold. Prussic to ground. Belayer then lowers climber.
 - c. At all times climber and instructor must be securely attached to the rope. At no point should one prussic be relied on to provide safety.

Rescues- In the event that hair is caught in the belay plate/ Gri Gri try:
Climber to unload rope by climbing wall.

- a. Bystanders pull down on live rope to unload device.
 - b. Prussic loop be attached above the belay plate and the loaded with bystanders.
 - c. At all times an effective belay must be maintained.
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Best Text TRA, BAI:

Gains, B., Martin, J., 2014, "*Rock Climbing- The AMGA Single Pitch Manual*," A Falcon Guide, USA

Notes:

1. Choose two screw gates to attach your climbing rope rather than three snap gates (p54/55).
2. Auto blocks on p100 are too long and will slip. A 400mm loop of 6mm is a good start – no longer. Try your prussik in a safe location. Some new nylon is hard and slippery and needs more loops or some 'use' to get a good grip.
3. Tail on stopper knots (p101) must be long to prevent rolling of the knot of the end of the rope
4. Boulders for anchors (p103) need to be carefully considered by instructors. A number of rigs at the top of Lassies have been built using the cracks between the blocks. All blocks are on a sloping ledge and support each other. Redundancy must be built into the system by choosing completely independent anchors that do not rely on each other for support.
5. Monolithic anchors (p112) must have 2 attachments to retain redundancy.
6. SRENE is not directly mentioned. Although the CAMS and numbered points on p145-146 do cover the points. Whatever system is used ensure that SRENE and ABCDE/ Head to Toe checks are known and used.
7. SRENE= Solid and Secure, Redundancy is built into system, Equal load is shared by each anchor, No Extension will occur should an anchor fail.
8. ABCDE= Anchors are SRENE+ Attachments to rope are secure, Buckles are done up, Carabineers secured, Devices loaded correctly, Everything else- hair, jewelry, shoes done up...
9. GRI GRI use in this text and the second addition Self Rescue book is extensive. This may be the way forward but during training and assessment a number of belay devices (Munter, ATC, GRI GRI) will be taught and used. Candidates must be able to use Munter Hitches and ATC's.
10. Instructor tether with a nylon sling on p169 must have a back up. It is known that climbers have grabbed for their prussik in the event of a fall and slid down the rope. Ensure a catastrophe knot is tied in the rope proximal and below the prussik. Other ways to attach to the rope include: a 7mm prussik, tandem 6mm prussik's, The GRI GRI or even the ATC guide in self lock mode with a catastrophe knot below. It is also possible to tie directly into the instructor's tether.
11. The high master point system on p176 is certainly a neat approach to a combined top rope/ abseil session. It would also make a TR pluck off rescue really easy to effect. An alpine butterfly at the high master point would be

- preferred. Some sideways stability of the BHK/ CAP is lost when the high master point is added.
12. The use of the autoblock to back up a munter belay on p 205 is supported.
 13. The gri gri when used directly from the anchor needs to have the brake rope redirected to a high/ back point as on p204- this needs to be explicitly clear in training and assessment.
 14. p212- The overhand in the yellow sling will be very hard to untie and questions have been raised about loading the backside of the sling. Instead attach the belay to the second loop of the sling. The loop is currently clipped into the abseil rope carabiner.
 15. p225- during step 5 of the rescue the climber becomes secured by only one prussik whilst the gri gri is transferred from belayer to instructor- This is not necessary and is considered unsafe. Instead tie a figure 8 on a bite of rope below the gri gri. Clip the knot into the instructors harness. Then it is safe to transfer the gri gri.
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SPG, MPG Guiding Skills

Hill, P., Johnston, S., 2004, *The Mountain Skills Training Handbook*, David and Charles Book, UK

This has several chapters suitable for SPG and MPG. The benefits of this book include the clear diagrams and good stance management information. It does have many issues as discussed below.

Notes:

1. The TCIA expects multiple anchors to share the load. At no time should one anchor be used alone unless it is "Monolithic" and is rigged in such a way as there is redundancy.
 2. Belay methods - When belaying from above please belay directly from the Central Attachment Point. It is much easier to implement a rescue. Use a device or Munter Hitch to belay- they have known holding powers, are easy to tie off and can become part of a rescue system.
 3. Rescues- At no time should the second or leader be reliant on one prussik for safety. An effective backup knot must be clipped into the Central Attachment Point at all time.
 4. Abseiling with prussik's- The prussik should be placed below the device. It is easier to unload.
 5. This book is suggested for its clear stance and rope management ideas. It is weak in most other areas.
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Self Rescue

Fasulo, D., 2011, *'Self- Rescue,'* A Falcon Guide, USA- note this is the second edition.

Websites

Petzl- look at Activities and techniques

<http://www.petzl.com/en/Sport/Rock-climbing?l=INT>, 13/11/14

DMM- look at knowledge

<http://dmmclimbing.com/knowledge/>, 13/11/14