

Canyon Instructor Level 1 – Technical Skills

The techniques used should be appropriate for the situation.

Accepted techniques at the assessment include but are not limited to:

Rigging:

Abseil set ups:

Fixed systems: (dry abseils)

- Double rope
- Clove hitch
- Clove hitch karabiner bloc
- Figure eight knot
- Figure eight knot bloc
- Fishermans knot bloc

Releasable systems:

- Italian hitch tied off
- Blocked figure eight device
- Upside down figure eight device tied off (rope clipped back up through karabiner)
- Double releasable (bowline)
- Double releasable (extra rope)
- Single rope releasable from below (bottom belay)

Semi releasable:

- Mickey mouse (double figure eight)

Tie ins:

- Standard figure eight (rope running on top!)
- Figure eight canyon style (speed rappel)
- Vertaco (more friction)
- Falsche vertaco (even more friction)
- Italian hitch
- Other accepted belay devices (figure eight variations, atc, stitch plate, hydrobot)

Belay systems:

- Fireman's belay
- Top belay (Italian hitch, belay device)
- Deep water belay (up to what height?....10m?)
- Self belay (prussic, mechanical device), dry abseils only

Lowers:

- Italian hitch
- Belay device (rope clipped back up through karabiner, if used upside down)

- Loose roll (2:1)
- Yoyo (2:1)
- Body belay

Retrievable systems:

- Double rope
- Blocked figure eight device
- Karabiner bloc
- Knot bloc
- Single rope with bottom belay
- Macramee (don't really want to see this at this level but if used properly and justified, I guess it should be accepted)

Guided rappels:

- Top and bottom releasable
- Fixed top, bottom releasable
- Fixed bottom, top releasable

Rescues:

- Lower from the top (releasable system)
- Weight transfer on belay rope (top belay system)
- Cut and lower on second rope from top (double rope fixed)
- Raise and lower (fixed system)
- Raise patient, hot transfer, (vertical foot entrapment), mechanical advantage with progress capture, variations as below)
- Abseil pick off
- Rescue from bottom, fireman's belay lower
- Rescue from bottom, ascend, cut and lower on second rope
- Rescue from bottom, ascend, counterweight, "balancier"

Safety lines (clip on traverse/approach):

- Slack single rope with fixed knots (clove hitches, alpine butterflies)
- Tight single rope running through anchors
- Tight double rope running through anchors
- Free climb set up (if appropriate)
- Self belayed set up
- Free climb retrieval
- Retrievable from abseil anchor

Canyon extraction:

- Low angle hand line (bottom spot)
- Top belay (Italian hitch, belay device)
- 1:1 counterweight with progress capture
- 2:1 assisted hoist with progress capture
- 3:1 assisted hoist with progress capture
- 3:1 unassisted hoist with progress capture
- Add-ons
- Free climb set up

- Lead climb set up

Ascending:

- Single rope
- Double rope
- Figure eight stop and go (low angle)
- Single ascender
- Double ascenders
- Waist ascender + foot ascender

Water safety:

White water swimming:

- Passive (white water swimming position)
- Active (front crawl)
- Traversing (active/passive)
- Catching eddies (active/passive/barrel roll)
- Strainer swim (active)

River crossing:

- Site selection
- One person at time
- Mutual support, small groups
- Mutual support, big group
- Swim traverse
- Downstream safety (throw bags)
- Tyrolean traverse

White water rescue:

- Swimming with patient (passive)
- Throw bag + coiling + re-throw
- Support line (foot entrapment)
- Cinch line (foot entrapment)
- V-lower
- Life bait