

Name:
Date of assessment:

Self Review Copy
Peer Review Copy

Single Rope Technique Leaders Check Off List

1. Hazards are removed or minimised when rigging pitches
2. Pitches are abseiled safely using SRT
3. An effective communications system for abseiling is established to indicate:
 - Off rope
 - On Rope
 - A signal of acknowledgement
4. Pitches are ascended safely using SRT
5. Correct placement and security of rope protectors
6. Descending and ascending past rope protectors and knots
7. Pitches, including rebelay and redirections, are derigged correctly
8. Setting up and negotiating rebelay and redirections
9. Suitable anchors are chosen for rebelay and redirections
10. Rebelay and redirections are safely negotiated
11. Techniques for negotiating awkward rigging (eg tight ropes, short loops at rebelay, rope weight) are demonstrated
12. Changing from ascending to descending a rope and vice versa
13. Knows uses and performance characteristics of the following equipment:
 - Mechanical ascenders
 - Descenders
 - Karabiners
 - D-Maillons
 - Tape
14. Assesses the safety of a particular SRT system, including:
 - Suitability of materials used for components
 - Safety features
 - Likely efficiency
15. Equipment is correctly fitted to party members
16. Setting up a hauling system to give a mechanical advantage
17. Emergency situation involving a vertical element is managed Appropriately
18. Knows how to set a Z drag system

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