

White Rocks—HOMEWORK



White Rocks is a small limestone crag overlooking the Queanbeyan River. It's up to 15 metres high and has been set up for top rope climbing and lowering down, as done in a climbing gym. It is the best introductory crag for climbers in the region.

The homework is intended to familiarise new climbers with some adventure climbing practices that are not necessarily needed for gym climbing.

Knots

The most important climber's knot is the Figure 8 Follow Through Knot.

Go to www.animatedknots.com, select 'Climbing' and scroll down and click 'Figure 8 Follow Loop'. There is a step-by-step video and a continuous video, lower down the page, that demonstrate how to tie the knot.

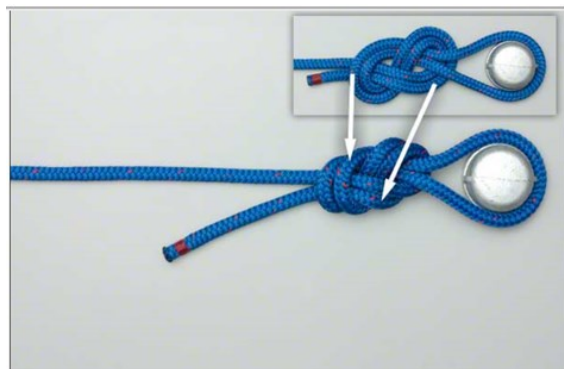
If you don't have a piece of rope or string, visit Mont and buy 1.5m of 6mm accessory cord, to practice this knot.



1 2 3 4 5 6 7 8 9 Dressed

Figure 8 Follow Through Tying

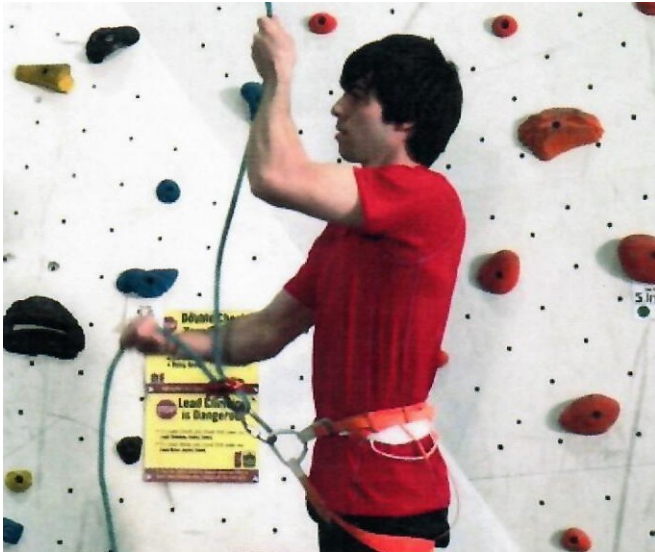
Start by tying a loose Figure 8 knot. Pass the tail around the attachment point. Follow the original Figure 8 around the entire knot in reverse. Exit beside the standing end to complete a two stranded Figure 8 knot.



1 2 3 4 5 6 7 8 9 Dressed

Figure 8 Follow Through Tying

The Figure 8 Follow Through is dressed so that both the outermost turns are separated away from the two ropes they were crossing and tightened down inside their neighboring ropes.



Universal Belay Standard, The Fundamentals

Belaying

Go to the CCA website, <https://canberraclimbing.org.au>. On the bottom of the home page is four videos. Select 'Universal Belay Standard, The Fundamentals'. It's the video on the right side of the page.

The video describes four belaying techniques that are commonly used by climbers. The 'two-handed technique' is taught at Canberra climbing gyms.

We will use the 'PBUS' technique at White Rocks. Please familiarise yourself with this method.

The other techniques shown, namely 'overhand' and 'shuffle' techniques are used by more experienced climbers.

Climbers and Belayers Check List

All climbers and belayers should undertake a quick visual check of the setup and each other before they commence climbing. The following ABCDEF mnemonic assists in this final check.

A = Anchors	Check ropes and slings are secured to solid/strong anchors with appropriate knots.
B = Buckles	Check harness and helmet. Make sure harness and helmet is correctly fitted and positioned, buckles are threaded and locked, straps are correctly tensioned.
C = Connectors	Confirm carabiners are connected to the correct load bearing points and locked (squeeze the gate) and knots are correctly tied and tensioned.
D = Devices	Check devices, such as belay device and abseil device, are rigged/threaded correctly and suitable for the task.
E = Ends and Emergency Response	Check for loose straps, clothing, jewellery, hair, ends of rope. Check functioning comms and first aid response.
F = Far Calls	Agree on calls between Climber and Belayer.