

# CLMRG Summer Class – Skill Check List



Student Name: \_\_\_\_\_ Class Year: 20\_\_\_\_

<b>Rope Handling:</b>	<b>Date</b>	<b>Instructor</b>
*Characteristics of a climbing rope (discuss)	_____	_____
*Care & inspection of rope (discuss)	_____	_____
Demonstrate coiling of a rope:		
Butterfly	_____	_____
Mountaineer	_____	_____

<b>Knots (demonstrate and explain use):</b>	<b>Date</b>	<b>Instructor</b>
Figure-8 Follow-Through	_____	_____
Figure-8 on a Bight	_____	_____
Safety tie-off for Bowline & Figure-8	_____	_____
Bowline on a Coil	_____	_____
Clove Hitch (Belayers Knot)	_____	_____
Double Fisherman (Grapevine)	_____	_____
Prusik	_____	_____
Münter	_____	_____

<b>Climbing:</b>	<b>Date</b>	<b>Instructor</b>
*Belay anchor & tie-in (discuss)	_____	_____
Demonstrate Oral Signals	_____	_____
Demonstrate Belay Technique:		
Hip Belay	_____	_____
Mechanical Belay	_____	_____
Complete 3 top rope climbs (list name of climb and approximate rating)		
_____ 5.____	_____	_____
_____ 5.____	_____	_____
_____ 5.____	_____	_____

<b>Descending:</b>	<b>Date</b>	<b>Instructor</b>
*Down climbing	_____	_____
Demonstrate Oral signals	_____	_____
Demonstrate Rappel Techniques	_____	_____
Perform the following 3 rappels:		
Dulfersitz (body)	_____	_____
Mechanical (using rappel device)	_____	_____
Free (past an overhang)	_____	_____

\* The discussion items are your (the student's) responsibility, and you can sign off on these yourself, but as they will probably appear on your exam be sure you understand all of them. If you have any questions - ask your instructor.

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## General

	Date	Instructor
*What are the 10 essentials	_____	_____
*What is the rule of 3's	_____	_____
*Explain leave no trace	_____	_____
Fit a backpack to your body	_____	_____
Pitch a Tent	_____	_____
Use a signal mirror to get someone's attention	_____	_____
Use a water filter and explain how to identify clean water	_____	_____

## Navigation:

	Date	Instructor
*explain what a GPS coordinate is	_____	_____
*explain bearing vs. heading	_____	_____
Orient a compass	_____	_____
Find your position on a paper map	_____	_____
Estimate your distance from a target	_____	_____
Identify the following features on a map:		
Saddle	_____	_____
Trail head	_____	_____
Contour line	_____	_____
Steep terrain	_____	_____

## First Aid: *(this is all discussion)*

	Date	Instructor
What is the first thing to do whenever someone is injured?	_____	_____
Explain go fast vs go slow evacuation	_____	_____
Define and explain the signs and basic treatment of the following:		
Shock	_____	_____
Blisters	_____	_____
Sprain	_____	_____
AMS	_____	_____
Hypothermia	_____	_____
Heart Attack	_____	_____
Anaphylactic Shock	_____	_____
Asthma	_____	_____

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