

Adventure Study guide

Components of a Climb:

- Climber – The person who climbs the wall, pampole, etc.
- Belayer – Uses a set of techniques while attached by a safety rope to the climber to ensure a safe climb.
- Back up Belayer – Uses the chair technique. Needs to act in case the main belayer cannot.
- Anchor – Keeps the belayer on the ground.
- Coiler – Keeps any extra slack from the belay team off the ground.
- Ladder Attendant – Moves the ladder in place and away from the wall/tower when the climber begins his ascent.

Equipment used while climbing:

- Carabineer – A specialized type of shackle that is used to attach the rope to the harness. Comes in different varieties such as the locking gate type.
- ATC/ Sticht Plate – A device used by a belayer to help the climber's descent. Must manually brake the climber with these devices.
- Gri-Gri – A device used by a belayer to help the climber's descent. Has an automatic braking component.
- Harness – Worn by climbers and belayers. Can attach rope with a carabineer. Must double back to make sure they are safely on. "You see red you are dead!"
- Dynamic Rope – Used to rock climb. Has a little stretch in the rope.
- Static Rope – Used for the flying squirrel. Has no stretch.
 - Figure 8 Knot with two bites – Main knot used for climbing.

Commands for climbing:

Climber – "Ready to climb"

Belay Team – "On belay"

Climber – "Climbing"

Belay Team – "Climb Away"

For Flying Squirrel, replace climb with squirrel

Belay Team consists of Main belayer, Back up belayer, anchors and coiler

Adventure Lead-ups/MULC Study guide

Components of the MULC (Multi-Use Low Ropes Course)

Wooden Beam – Get from one side of the wooden beam to the other.

Postman's Walk – Use one rope to traverse a wire from one side to the other.

Pirates Crossing – Use two ropes of different lengths attached to the wire to get from one side to the other.

Tension Traverse - Use a rope attached only on one end with a half of a pirates crossing to cross from one side to the other.

Partner Traverse – Two wires that get farther apart. Partners use each other to get as far down the wires as you can.

Port hole – Use each other to escape through the port hole within the time limit.

Spider Web – Cross through a web without touching the ropes to get to the other side.

Four Rope Traverse- Using four hanging ropes, traverse a wire from one end to the other.

Nitro Crossing – Rope swing.

Tension Lunge – Get from one pole to the other using a rope only attached on one end.

The Gauntlet – A combination of the postman's walk, tension lunge, wooden beam, four rope traverse, and pirates crossing.

Active Spotting safety at the MULC:

- Knees bent
- "Bumpers Up"
- Cup the elbows

Equipment used at the MULC:

- Turnbuckle – used to attach the wires from one pole to the other.
- Carabineer – used to attach ropes for the elements
- Feral – Pinches a wire to complete a loop
- Ladder w/ Cleats – Used to attach different ropes at high levels.

*To tighten different equipment remember the rule *righty tighty lefty loosey**