



## Jim Frankenfield

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### Self-Rescue Part III – Advanced Skills

#### Pre/Co-requisites

Since this course covers advanced skills it is essential that all of the material in Parts I and II is fully mastered. They are essential pre-requisites. The field session, which follows the first two parts, is highly recommended. In order to be sure students have the necessary background for this course it is mandatory to obtain the approval of the instructor in advance.

#### Objectives

##### *Additional Knots*

- Know how to tie the following knots, their pros and cons, and when to use them: Klemheist, Bachman, Garda hitch, Mariner
- Be able to tie and use load-releasing hitches

##### *Advanced Rappels*

- Know how to rig two ropes so that you can belay a persons rappel down the first one and transition to lowering them the second rope length
- Be able to rig an assisted rappel
- Know how to use a counter-balance rappel, including transitions at anchor points

##### *Passing Knots*

- Be able to pass knots while rappelling
- Be able to pass knots through raising and lowering systems