

Basic Rock Climbing Class

Southwest Outdoor Club

Tempe, Arizona

THE RAPPEL

The following is a list of steps to be followed in preparing to rappel, in rappelling, and in getting out of the rappel.

1 **Pre-Rig**

- Tuck in loose clothing.
- Attach Rappel Device to Seat Harness.
- Lock your Locking Carabiner.
- Have extra sling and carabiner handy
- Have knife handy
- Have gloves handy

2 Double Check Anchor and Rope Attachment.

3 Face the Anchor.

4 Attach the Rappel Device to the Rope,

5 Double Check the Locking Carabiner,

6 Don your gloves.

7 Double Check each of the above steps beginning with the anchor and ending with a look down the Rappel Route.

8 Have someone else Double Check Everything.

9 Give the Signal - - "On Rappel".

10. Proceed backwards using the Braking Hand to Control the Descent.

11. Keep feet shoulder width apart.

12. Keep legs perpendicular to the rock face and perpendicular to the direction of pull from the rope.

13. Keep upper body essentially upright while leaning back slightly.

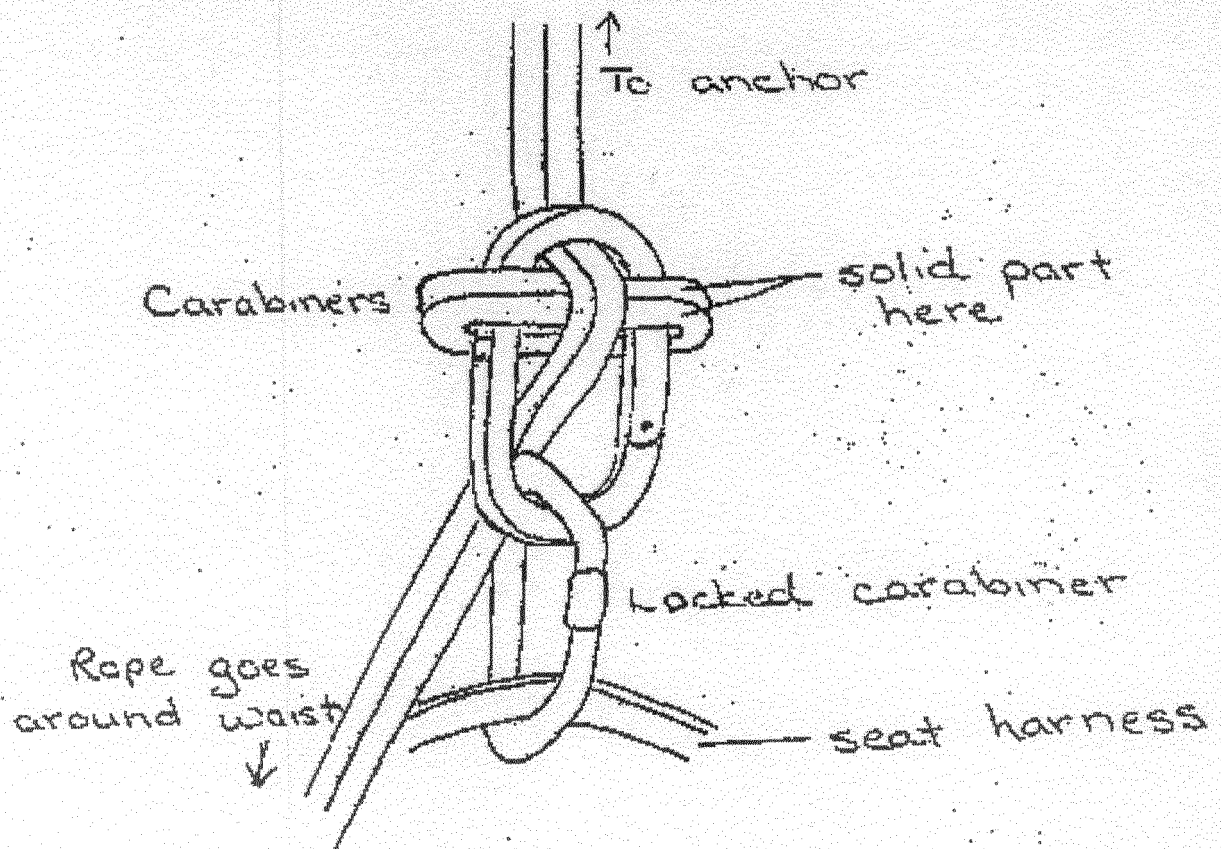
14. Don't exert excessive force on the anchor by braking to a stop suddenly.

15. When you have reached the end of your rope (or sooner if safe to do so):

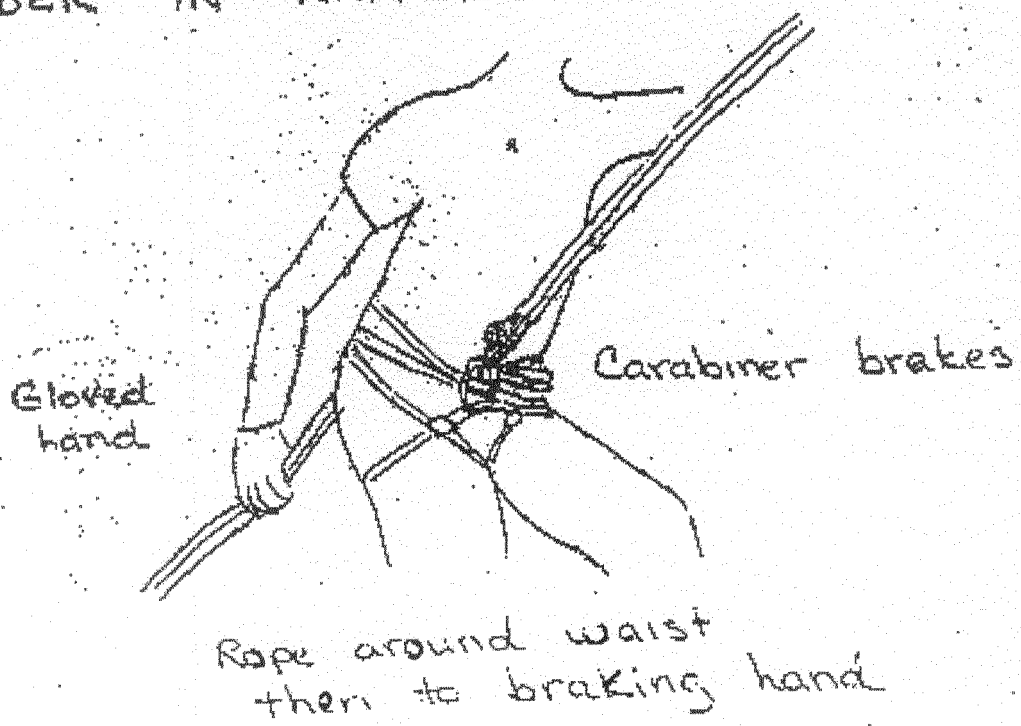
- Secure yourself to the mountain (anchor in),
- Detach yourself from the rope in the reverse sequence used to attach yourself to the rope.
- Give the Signal - - "Off Rappel".
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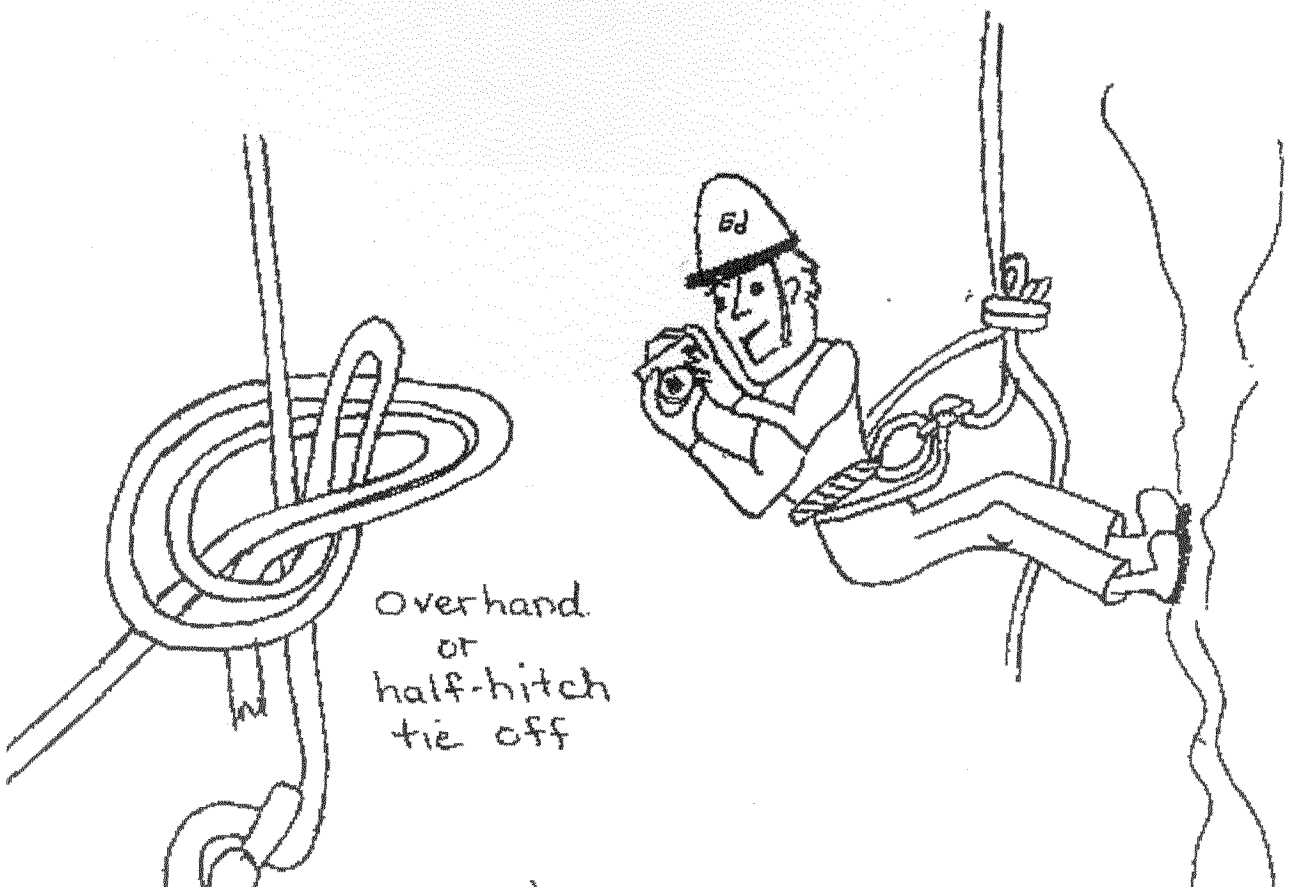
16. Position yourself to be as Safe from Rockfall as possible.

LOOKING DOWN ON RAPPEL ASSEMBLY

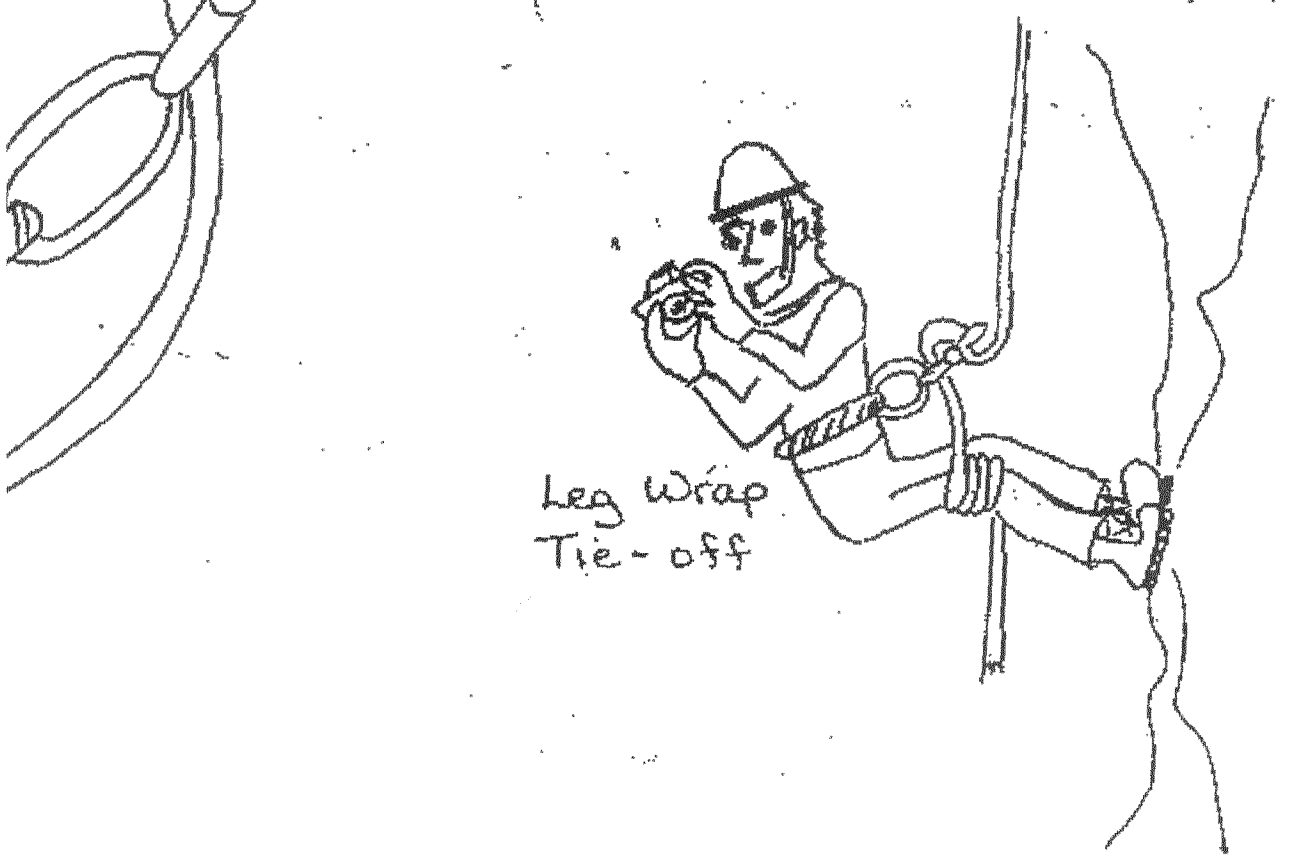


CLIMBER IN RAPPEL





Overhand
or
half-hitch
tie off



Leg Wrap
Tie-off