

Basic Rock Climbing Class

Southwest Outdoor Club

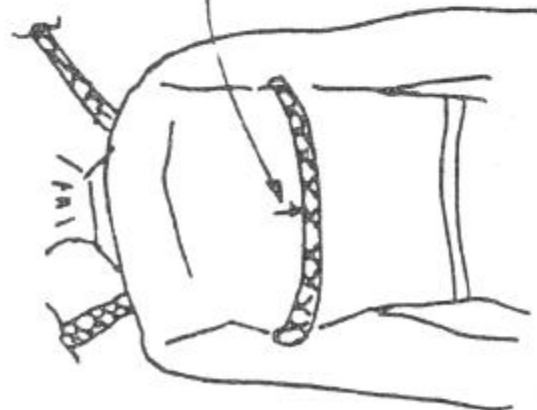
Tempe, Arizona

SELF RESCUE

- 1, Be Prepared
 - a) Listen for weather forecast
 - b) Know the area, and nearest medical facility
 - c) Bring the right equipment
 - d) Bring enough food and water
 - e) Let someone know where you're going to be, and approximately when you'll be back.

2. Tools and Techniques
 - a) The Web Back Carry
 - b) The Split Coil Seat
 - c) The Rope Litters
 - d) Anchors for Rescue & Other Safety Considerations
 - e) Raising Systems
 - Direct Haul
 - Single Pulley
 - Double Pulley (Z-Pulley)
 - Triple Pulley
 - Quad Pulley
 - f) Compass and Map
 - g) Whistle and Reflector

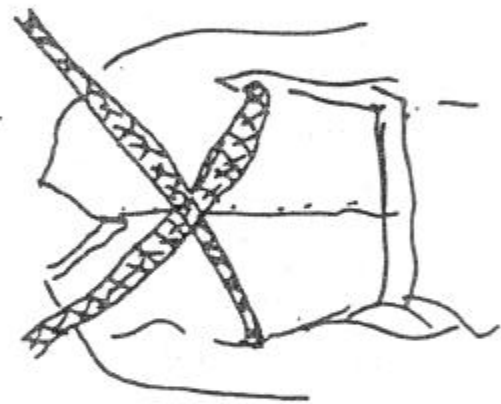
WEBBING BACK CARRY



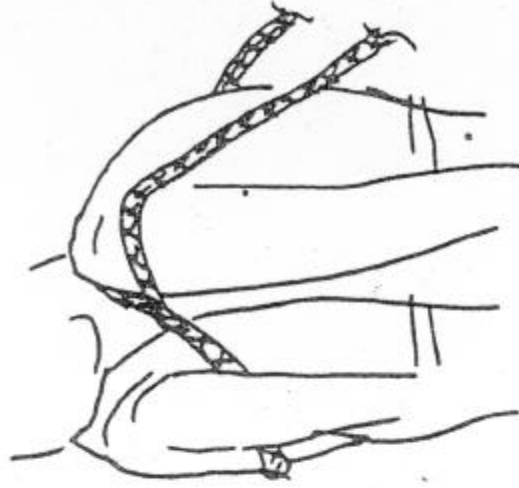
CENTER
OF PIECE
OF WEBBING

PASS 1" OR 2"
NYLON WEBBING
ACROSS VICTIM'S
BACK & CROSS IN FRONT

①

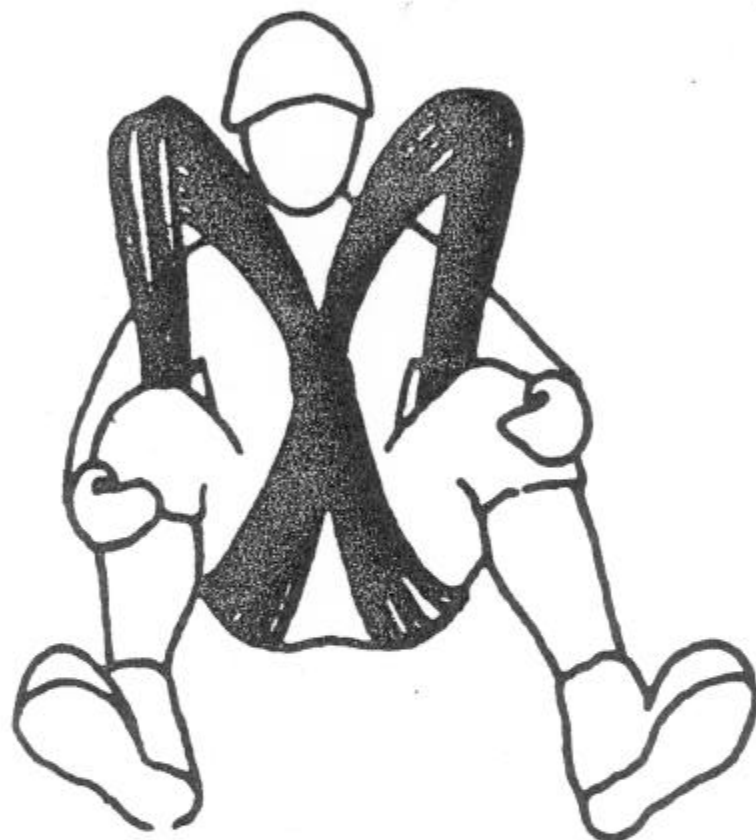


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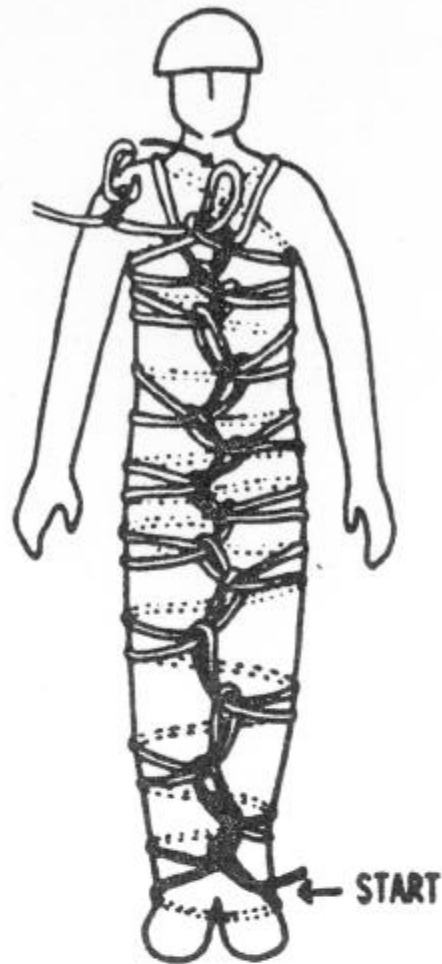
PASS WEBBING
OVER RESCUERS
SHOULDERS

③



Split-Coil SEAT

Rope Litters



CROCHETING



ROPE CARRY

