

Winter Educational Contest:

February 21, 2013 at 10:24am

Winter Education Contest- Test your skills and win a Rab Xenon puffy jacket!

Interested in playing?

Watch the first 2-3 min. of the videos in the links below.

Identify one risk management issue in each category- rock, rescue and ice.

Send your answers to info@expeditiontraining.org with the subject line "contest".

If all three answers are correct (and it is possible to have multiple answers for each), you will be entered into a raffle to win a HOT new Xenon Jacket from Rab! Winners will be announced and answers posted on February 15th on our Facebook page.

We are trying to kill two birds with one stone...

Bird #1) To help un-mis-educate the climbing community and...

Bird #2) Give away free Rab gear to those with a knack for spotting hazards!

Why are we killing birds with stones?

These days, there is an obscene amount of misguiding and incorrect technical information in the media that could potentially lead to a life-endangering mishap. Our hope is to simultaneously share safe techniques and provide a fun way to learn about "institutional standards."

Rock: <http://www.youtube.com/watch?feature=endscreen&v=hetZSbO3tTA&NR=1>

Rescue skills: <http://www.youtube.com/watch?v=3VXfrlAgpG0>

Ice: <http://www.youtube.com/watch?v=0t6z53j1jPg&list=PLJmMnyjKxhMw2W28C1m6hzZ1JxGP11Ytl&index=1>

Good luck!!!

If you answered with one or more of the correct answers below, your name was put into a hat and the winner was selected raffle style. Feel free to give us a holler if you have any questions. And keep in mind, there's only one month left to apply for our scholarship for the Ishinca Valley Expedition: <http://expeditiontraining.org/>

Rock- No helmet. Long hair not put up above shoulders (if it gets caught in the ATC, especially if she's rappelling fast, she likely won't be able to get out of it without a knife and I don't see one on her harness). No knots in the end!!! It would be ideal if she tossed the rope in 2 sections and yelled 'rope' a few second *before* throwing them. One locking 'biner on a rappel anchor is fine. She took her rap devise off the locker to load the ropes into it (it's best to keep the 'keeper wire' clipped to the 'biner to keep from dropping it). When loading the rope into the devise, she should pull up slack and step on it to load the rope into the ATC (that's mostly an efficiency tip, which is somewhat of a risk management issue but mostly it's just better style). She loaded the device with the break strands on top- this twists her belay loop (see the twist @ 4:10) and can end up putting kinks in the rope

(always load the break strand on the bottom). She checked her harness just before rappelling- she should check that before weighting the daisy.

The best thing she did besides create a bomber anchor was to 'weight test' the rappel system before unclipping her daisy. This technique has saved many lives.

Rescue- You should always have a third hand on the break strand when lowering someone (even if it's not a rescue scenario). He is lowering on a rope that is not tied off at the end of the break strand end (not a closed loop system). He's not tethered to the anchor and doesn't have a helmet. @ 1:40 he said that you need to 'clip off' the overhand (on the munter-mule- overhand) because it's a 'live load'- this is a waste of a locker. @ 3:20 he didn't lock his 'biner that the prusik is clipped to. @ 4:00 he transferred the load onto a single prusik with no back-up- NEVER trust a single friction hitch with a live load! He didn't suck up the slack between the first muter (the one he was lowering on) and the second, that led to: @ 7:40 he let his prusik hitch get away from him- this could get stuck down below, and finally, he should use a flat overhand to join the ropes in this situation (less likely to get stuck below).

If you want to see the knot pass performed correctly, have a look at the video SIET made for students looking to hone their skills before joining our expeditions in Peru:<http://vimeo.com/36033555>

Ice- @ 1:02 he said that putting screws in a vertical plane (as he demonstrated) maximizes the forces- it's actually the opposite- it reduces the 'vector forces' and therefore creates the minimum amount of force on each piece. He places his screws at a downward angle (OK in soft ice) instead of an upward angle (best in the hard ice that he's on). Placing at an upward angle would allow the threads to take the load. Tests indicate that placing screws the way he does, can create a 'shear force' on the screw, which can break the screw when the tube bends downward and collapses. Putting a screw at an upward angle creates a 'tensile force' that is about 20-50% stronger in hard ice. Clipping into the screw (@ 1:55) before it's sunk at least 3/4 of the way in, is false security at best (clip into your tool if you need the extra security). It's not advisable to make a habit of taking your gloves off to build an anchor. @ 3:10 he yells "off belay" and he's only clipped into one screw that wasn't driven to the hilt. Although this is a technique practiced by some experts, this is not advisable- especially since he forgot to lock his 'biner! @ 3:20, he re-clipped his daisy- this is very dangerous (see this link if you don't understand why: <http://www.blackdiamondequipment.com/en-us/journal/climb/qclab/qc-lab-daisy-chain-dangers-en-glbl-en-us#comment-7855> @ 4:10, he demonstrates how to hammer a screw in to get it started. If you hammer too hard, this can shatter some of the ice near the hanger and should be avoided until you are taught this more advanced technique by a qualified instructor.

Keep in mind that the ice climber was demonstrating techniques that were generally acceptable about 10-15 years ago when this video was made.

Congrats to Bradley Beggs for answering correctly- enjoy the Rab Xenon Jacket- it' one of the best I've ever owned!

Thanks to everyone that played and a HUGE thanks to Rab for sponsoring the contest. Keep your eyes out for another contest in the near future....