

## **Self-Rescue Course**

**Belay escape while belaying off waste from ground and from top managed site**

**Pickoff of stuck/injured climber from ground**

**Rappel extension/Simu-rappelling/Spider rappel**

**Friction hitch backup**

**Belaying off the anchor**

**Lowering with Reverso or ATC Guide and redirected belays**

**Rope ascending with Gri-Gri and friction hitch**

**3:1 haul system with Gri-Gri and friction hitch off top site managed anchor**

**3:1+1 haul system**

**Knots Learned**

**Munter Mule**

**Overhand on a bight**

**Figure 8 on a bight**

**Prussic**

**Autoblock**

**Klemheist**

**Fisherman's**

**Girth hitch**

