



Rappelling Flash Clinic

Let's learn anchors and how to retrieve them through cleaning and rappelling. Cleaning and rappelling are essential skills for collecting your top rope anchor gear after climbing a route. Rappelling is also used to get down off multi pitch routes. You get to actually rappel off the side of a building!

Flash clinics are small clinics of up to 4 hours focusing on one climbing topic or skill. Flash clinics will be held in the Seattle area.

Pre-Requisites:

1. Knows how to tie oneself in to the rope for climbing
2. Uses a belay device properly for top rope belaying

Student Equipment (minimum)

1. Harness
2. Helmet
3. Personal anchors, 2 minimum (120 cm nylon sling, Sterling Chain Reactor, Metolius PAS, Petzl Connect Adjust, etc)
4. 8 locking carabiners: for belay devices, rappelling, personal anchor, and top rope anchor
5. Device for rappelling (Black Diamond ATC Guide, Mammut Smart Alpine belay device, etc)
6. Rappel backup: 5 feet of 6mm cordelette OR a Hollow Block
7. 20 feet of 7mm cordelette or equivalent anchor material

Student Equipment (optional)

1. Rappel gloves

We do have a gear library that includes harnesses. Helmets may be rented at [REI](#) and cordelette purchased by the foot at local outdoor stores.

A list of recommended gear will be provided upon registration for the course.



Language

Certain language and cultural norms of the mainstream climbing community are not acceptable in our climbing classes. This is not an all encompassing list, nor is it here to chastise: we are all here to learn together. It takes a group effort to make an inclusive space.

- belay [slave](#): say *Dedicated Belayer/Designated Belayer*
- [biner](#): say *Carabiner*
- [bomber](#): say *Solid/Strong/In tight*
- [Chinese virus](#): say *Novel Coronavirus/Coronavirus/COVID*
- [crazy/insane/nuts/psycho](#): say *Unreal/Ludicrous/Dreamlike*
- [fireman](#)'s belay: say *Firefighter's belay*
- girlfriend climb: *Describe the climb as a warm up or easy, etc*
- [guys](#) (when referring to a mixed gender audience): say *people/everyone/folks/team/you all/etc*
- [savage](#): say *Cool!/Awesome!/Rad!/¡ Venga!/Crushing!Nice!So strong!/Wild!/Unreal!/etc*
- [sketchy/shady](#): say *Scary/Nervy/Challenging/Unsure/Downright dangerous*
- gear/climbing [junkie/fiend](#): say *Gear/Climbing Enthusiast/Gear Collector*
- Seattle [native](#): say *Seattle born and raised*

We encourage you to bring your own culture and swag into the language as long as it is not rooted in another's oppression or humiliation. Have fun with the language!

Progression Overview:

1. Anchors
2. Knots
3. Belay device types and proper operation for rappelling
4. Mock clean rig on ground
5. Mock rappel rig on ground
6. Rappel under supervision