



## Rappelling Flash Clinic

Rappelling is an essential skill for cleaning routes (aka collecting your top rope gear after climbing a route). Join us to review about belay device types and proper operation, types of ropes, and anchors. Then actually rappel! 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. Familiarity with various climbing anchor systems
2. Knows how to tie oneself in to the rope for climbing
3. Uses a belay device properly for top rope belaying

### Student Equipment (minimum)

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

### Student Equipment (optional)

1. Top rope anchor setup (4 locking carabiners and cordelette/sling)
2. Rappel gloves

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