



## ROPE SKILLS CERTIFICATE

### Instructions:

1. Print this form.
2. Have a **Climbing Gym** or a **Qualified Guide or Instructor\*** sign this certificate
3. Make a photocopy of this certificate for your records and bring the original to racer check-in.

### Definition\*:

**A Qualified Guide or Instructor** is a professional mountain guide or climbing instructor. The qualified instructor must post the number of years the gym has been in business or year's instructor has been guiding/instructing. The instructor must verify date and location of the instruction and sign this certificate. Certification must take place with-in one year of the race. (Instructor, Please check boxes below upon completion)

### Knowledge, Familiarization, Terminology:

Harness use & Fitting, Carbiners-screw locking, auto locking, Rappelling Devices; ATC or Figure 8 only, basic knots.

### Demonstration & competency on the rock (or climbing gym):

- Proper sequence and safety measures (double back, lock carabiners, pack attachment, communication).
- Correct technique: Rappelling; proper setup/ backup, control of descent (double rope/single rope), considerations when rappelling with a pack, communication.
- Knots: Prusik/Autoblock, Figure 8.
- Knows how to perform a Fireman's Belay (Participants are required to conduct a Fireman's belay at the race)

### Safety Measures:

- Comfortable & knowledgeable with all equipment (Must test with equipment being used in the race)
- Announcing movement/replying, Belaying-proper positioning, knowledge and use a prusik/autoblock for safety backup.

BY signing this form, I the instructor, assume no liabilities associated with future acts or negligence of the competitor in connection with the representations and opinions I have made herein on this date.

Instructor Name \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_

Qualified Instructor's years of experience \_\_\_\_\_

### **Instructor/Gym has witnessed the following individuals perform the above listed skills and, Certifies that:**

Mr./Ms. \_\_\_\_\_ has the basic ability to perform the skills safely.

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Mr./Ms. \_\_\_\_\_ has the basic ability to perform the skills safely.

Mr./Ms. \_\_\_\_\_ has the basic ability to perform the skills safely.

Location of Instruction (or gym): \_\_\_\_\_ Phone # of gym or Instructor \_\_\_\_\_ Date: \_\_\_\_\_

**This completed certification form must be turned in at racer check-in the night before the event:**

GRAVITY PLAY SPORTS MKTG, 11536 CR 250, DURANGO COLORADO 81301