

Vertical Skill Checklist



Safety Chain

- Don vertical gear correctly
- Perform head to toe check
- Identify the hazard zone
- Wear a helmet in hazard zone
- Appropriately approach the hazard zone/use approach lines if applicable
- Correct commands/communication

Descending

- Use of safety attach
- Correctly rig descending device
- Perform hard/soft lock
- Rappel test
- Rappel with demonstrated speed/control
- Safe exit from hazard zone
- Correct commands/communication

Ascending

- Appropriate attachment to rope to ascend
- Controlled and effective ascend
- Maintains two points of attachment for duration of ascension
- Correct commands/communication

Changeover

- Changeover from ascend to descend while maintaining safe number of contact points
- Changeover from descend to ascend while maintaining safe number of contact points
- Downclimb rope a short distance safely on ascending gear

Signature Vertical Caver_____

Signature Officer One_____

Signature Officer Two_____

