

CHEMEKETANS ASSISTANT CLIMB LEADER SKILLS CHECKLIST

The purpose of this form is to give Assistant Climb Leaders an outline of the minimum skills expected of their position. No list of criteria alone is sufficient to ensure an individual is capable of leading. These basic skills, combined with practical experience, form the foundation for the ever-evolving leader. Assistant Climb Leader applicants should complete this form and attach it to your leadership application.

This checklist is designed as a starting point for skill development and is not intended as a definitive measure of competence.

- Skills may be demonstrated to Full Leader(s) in formal or informal settings
- Obtain signature from Full Leader(s) for each section
- Submit with Assistant Leader Application (if applicable)
- Update required every two years

Knots

- Prusik
- Double Fisherman
- Water
- Figure 8 on a Bight
- Pass-through Figure 8
- Clove Hitch
- Munter

Leader Sign/Date: _____

Rope Management

- Flake
- Coil
- Clip through a fixed anchor-rock and snow
- Glacier travel setup-harness/gear, prepare rope
- Roped glacier travel – manage slack, switchbacks
- Ascend vertical fixed line on a prusik knot
- Belay from harness
- Belay commands/communication**
- Rappel

Leader Sign/Date: _____

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CLIMBER: _____ Anchor Building

- Basic Belay Anchor
- Basic Rappel Anchor
- Bolted top rope – equalized
- Picket/Deadman Placements

Leader Sign/Date: _____

Navigation

- Basic Map & Compass
- Basic Route Research
- Basic GPS Knowledge

Leader Sign/Date: _____

Safety/Rescue

- Valid CPR & First Aid Certifications
- Self Arrest
- Basic Crevasse Rescue

Leader Sign/Date: _____

Intangibles

Intangible leadership traits can be developed over time. Successful Assistant Leaders have a positive attitude, a desire to learn, and a willingness to follow instructions. They help others grow, work well within a team setting, and efficiently help Leaders manage both groups & individuals. Assistant Leaders are encouraged to proactively seek out Leaders and offer to assist in leadership activities during climbs and other club functions.

**Accepted Belay Commands/Terminology

Use individual's name when climbing in crowded areas or when confusion could result.

Climber

On Belay?
Climbing
Up rope
Take
Slack
That's me
Ready to lower
Off belay

Belayer

Belay is on
Climb on

Lowering
Belay is off