

# Rock-Pro and Anchor Skills

## Practice Session

### GOAL

Learn to safely protect low 5th class rock routes and rappel safely back to the ground.

### AGENDA

**Morning:** placing different types of rock pro and anchors while standing safely on the ground. Participants will be instructed on safe gear placements, natural protection, and creating anchors for belaying and rappelling.

**Afternoon:** leading 'mock' climbs on 4th class and low 5th class rock. The idea is to perfect your skills; not demonstrate your climbing prowess. Participants will build belay anchors, belay the leader who leads protects the climb and builds a top anchor suitable for belaying the second who follows and cleans the gear. Then both climbers will rappel from the belay anchor or build another, more suitable, rappel anchor. Each climber will lead and build anchors.

Horsethief Butte, April 13, 2007

# SRENE Anchor Concept

**S**trong: the anchor and its pieces will not fail

**R**edundant: failure of no one piece will not cause the whole anchor to fail

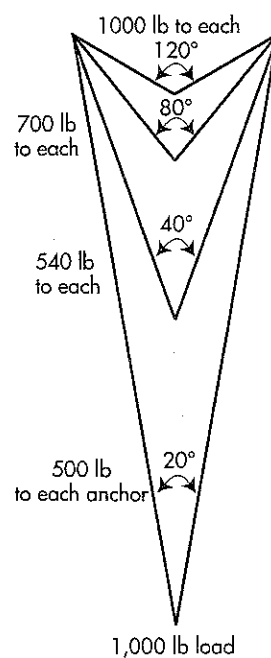
**E**qualized: Load is distributed equally among the pieces

**N**o

**E**xtension: failure of one piece will not excessively shock load the remainder of the anchor

## Angles:

Keep 'em small to prevent multiplying the load on anchor pieces

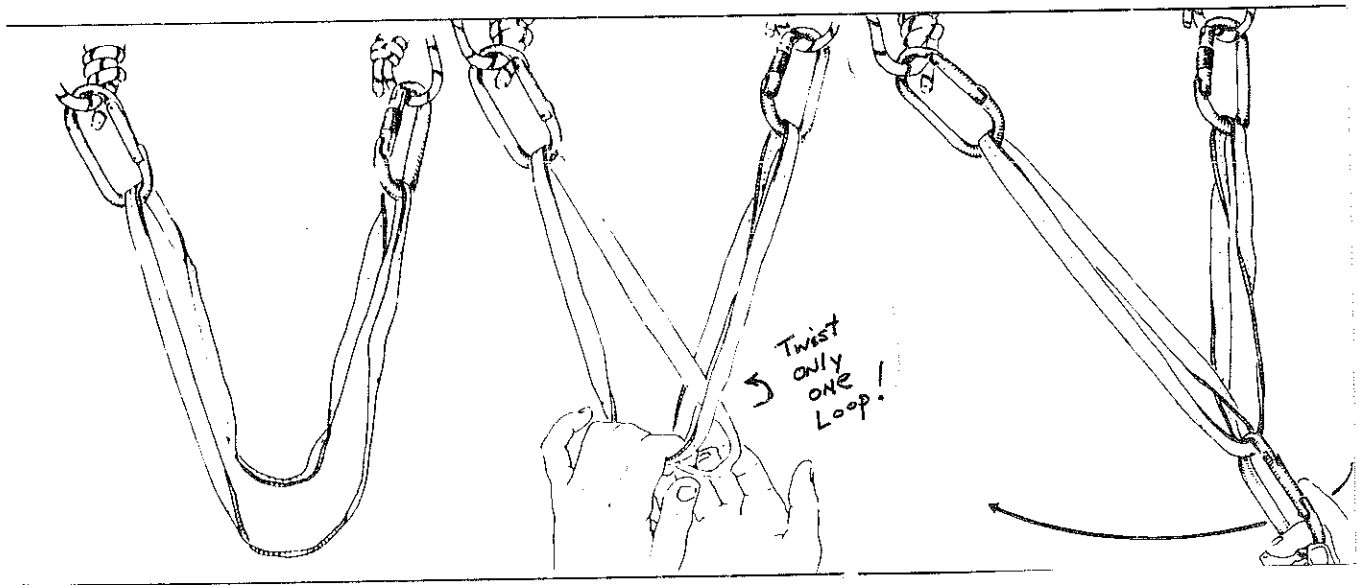


HOW A 1,000 LB. LOAD IS DISTRIBUTED BETWEEN TWO ANCHORS RIGGED AT VARIOUS ANGLES.

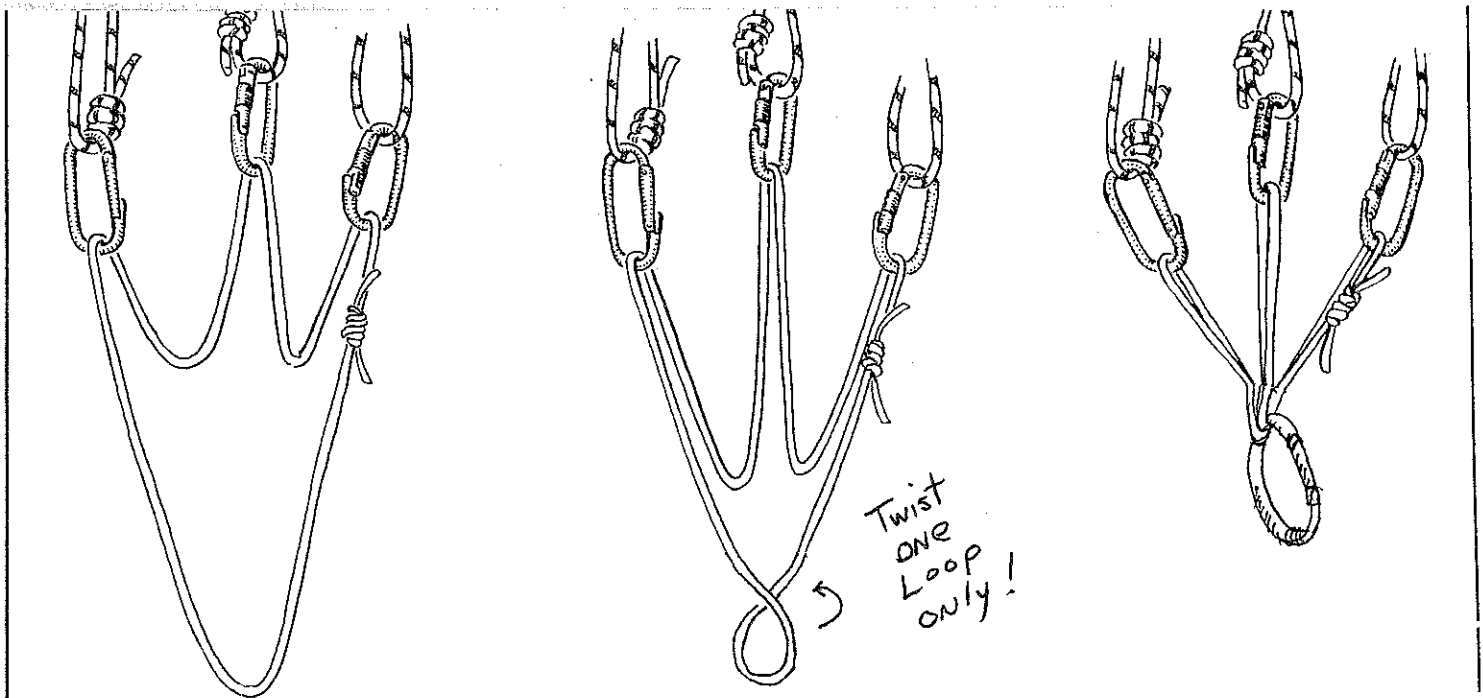
## Two Point Sliding 'X'

**Pro:** actively equalized  
quick and easy  
simple one piece construction  
good for bolted anchors where anchor failure is unlikely

**Con:** not redundant  
extension/shock loading if one anchor fails



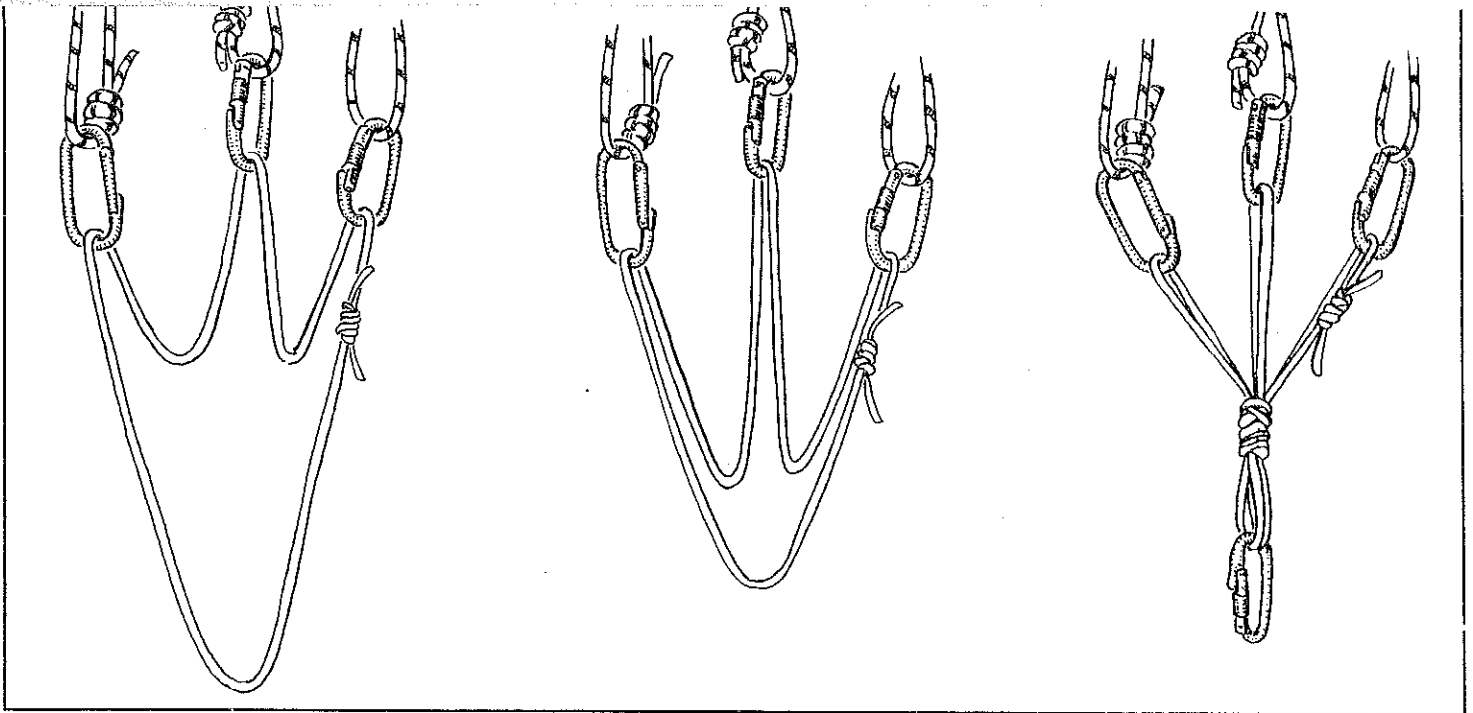
## Three Point Sliding 'X'



# Cordelette

**Pro:** passively equalized  
redundant  
one piece construction  
no extension/shock loading if one anchor fails

**Con:** passively equalized  
equalization compromised if loading direction changes



*The cordelette equalizes multiple anchors with a single tie-in point.*

# Equalette

**Pro:** redundant  
actively equalized  
no extension if one piece fails  
uses the 15-20 ft 6mm cordage loop you already have

**Con:** takes a little extra time to tie the knots and adjust

