

The School For  
Mountain Leadership

## HIGH ANGLE RESCUE TRAINING HANDOUT No 6 : CHANGE FROM DESCENT TO ASCENT

*This training handout may be freely reproduced  
and distributed in an unaltered form.*

### NEED MORE INFO?

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***This training handout is an aide-memoire for students who have completed the appropriate training. Do NOT attempt these techniques without proper training – getting it wrong can be lethal!***

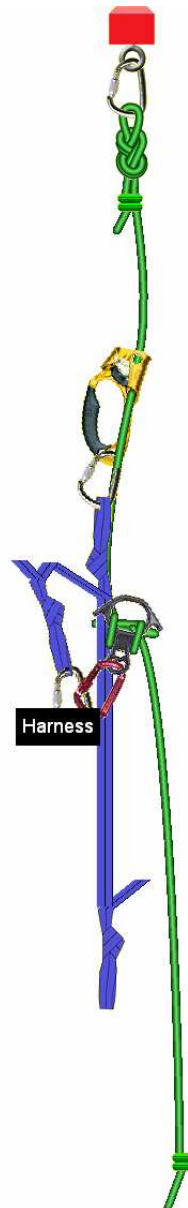
A useful skill for anyone working on rope is the ability to change from descending to ascending whilst free-hanging on a rope. This illustration shows one way of doing this – there will be others. Note – the use of a rope-grab instead of a chest ascender is deliberate – it's easier with a chest ascender.



### **Step 1**

#### **Lock off your descender.**

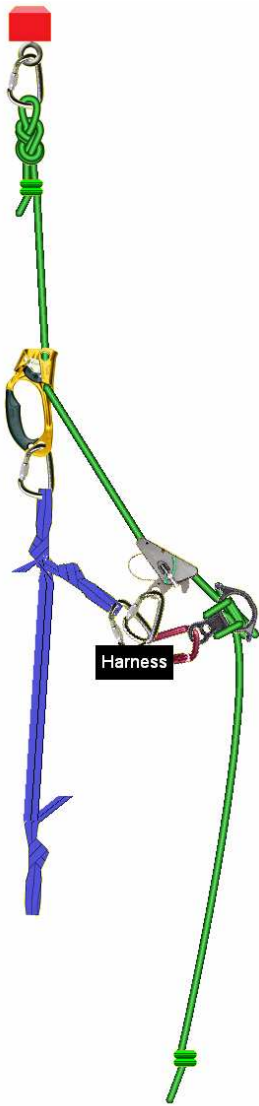
You need to be able to work hands free. This means that you will need to be able to lock off your descender if you're not using a self-locking device.



### **Step 2**

#### **Connect your handled ascender**

Put your handled ascender onto the rope at about head height.

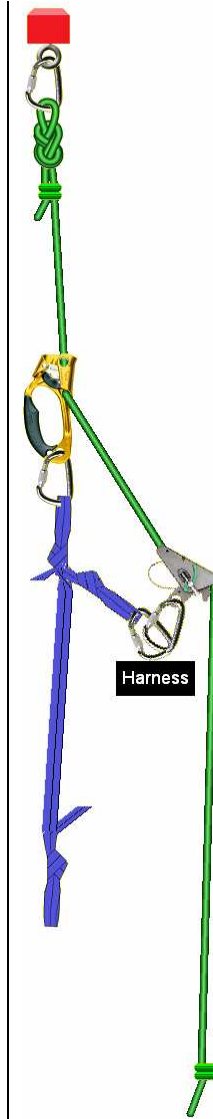


### **Step 3**

#### **Connect your chest ascender**

Your chest ascender now gets connected just above your descender. Once you've done this stand up a little in the foot loop on your handled ascender and move the chest ascender up about 15 to 20cm – you need to get your weight off your descender.

Check carabiners!



### **Step 4**

#### **Remove your descender.**

Unlock the descender and remove it from the rope, stowing it on your gear loops.

You can now continue ascending.

The important thing to remember here is that you connect *both* your ascenders to the rope and to your harness *before* removing your descender from the rope.

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Please contact us at the above addresses for further information.

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