

The School For  
Mountain Leadership

## HIGH ANGLE RESCUE TRAINING HANDOUT No 7 : ASCEND PAST A KNOT

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

### NEED MORE INFO?

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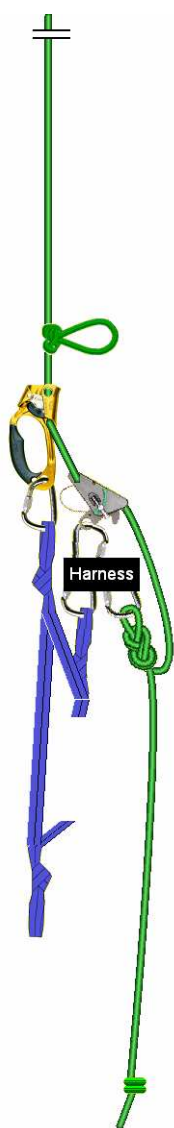
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***This training handout is an aide-memoire for students who have completed the appropriate training. Do NOT attempt these techniques without proper training – getting it wrong can be lethal!***

It seldom happens but it isn't unheard of to find that you've been forced to have a knot in the middle of a drop that you need to ascend or descend. This could be because you had to join two ropes or because you had to isolate a damaged portion of a rope (Alpine Butterfly works well for this). The critical thing to remember throughout this procedure is that ascenders can be levered off ropes, so it's highly recommended that you always have at least two (s) ascenders connecting your harness to the rope. What this means is that if you want to move one ascender past a knot you need to create another attachment point to the rope while you pass the knot.

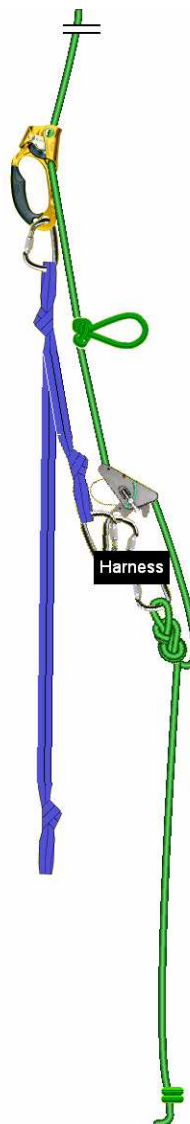


### **Step 1**

#### **Get close to the knot and create a backup attachment.**

Get your handled ascender to within about 5cm of the knot then stand up so that your chest ascender is almost touching your handled ascender.

A backup connection can be created by connecting a descender to the rope and locking it off, by using a third ascender or by simply pulling up a bight of rope from immediately below you and tying a knot in that, then clipping it to your harness. In this example we'll use this third option simply because it's the least gear-intensive. Connect the knot to your harness and check that the carabiner is screwed shut.



### **Step 2**

#### **Move your handled ascender past the knot.**

Remove your handled ascender from the rope below the knot and put it above the knot. Push it up as far as possible, so that the sling / cow's tail from it to your harness is tight.



### **Step 3**

#### **Move your chest ascender past the knot**

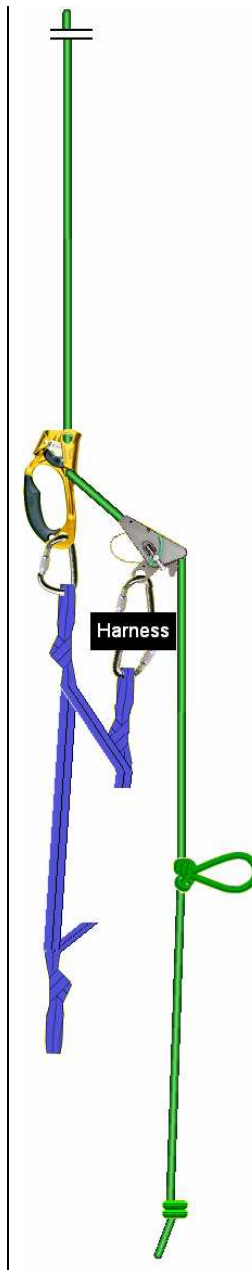
Unscrew the carabiner on the chest ascender, stand up and unclip it from your harness then sit down.

Remove the chest ascender from the rope and reconnect it to the rope just above the knot.

Stand up in the foot-loop on your handled ascender and connect the chest ascender to your harness, then sit down.

Both your ascenders should now be above the knot.

Check carabiners!



### **Step 4**

#### **Remove your backup attachment.**

Unclip the carabiner and untie the knot, otherwise the next person to ascend will have to pass 2 knots!

You can now continue ascending.

The important thing to remember here is that your one ascender *must* be backed up by something else while the other ascender is being moved past the knot

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Please contact us at the above addresses for further information.

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