

SNOW CHECKOUT FORM

Sierra Club -- LEADERSHIP TRAINING PROGRAM -- Angeles Chapter

This Checkoff sheet is intended for use by LTC candidates to determine when they are ready for signoff, and by LTC Snow Examiners in evaluating performance at the "M" and "E" levels. The techniques should each be performed with a degree of proficiency appropriate to the desired level.

Completed forms should be returned to the candidate with comments. Names of successful candidates should be forwarded to the LTC Administration Chair with copies to the LTC Snow Chair.

Ice axe demonstrations:

- (M,E)___ Demonstrate ice axe short term storage. (requires day pack)
- (M,E)___ Describe parts of the ice axe and various design trends.
- (M,E)___ Discuss and contrast various ice axe attachment methods.
- (M,E)___ Demonstrate and discuss the ice axe trail carry.
- (M,E)___ Demonstrate and discuss self-belay and self-arrest grasps.
- (M,E)___ Demonstrate ice axe self-arrest position and discuss technique.
- (M,E)___ Demonstrate ice axe cross-body position and discuss use.
- (M,E)___ Demonstrate ice axe stake position and discuss use.
- (E)___ Demonstrate grip for step-cutting and discuss use of wrist loop.
- (E)___ Demonstrate grip for ice axe traction and discuss wrist loop.

Ascent/descent demonstrations: (slope can be less than 34 degrees)

- (M,E)___ Discuss edging vs step kicking, leading and following.
- (M,E)___ Demonstrate step-kicking ascent with direction changes.
- (M,E)___ Demonstrate/discuss rest step and forced breathing techniques.
- (M,E)___ Demonstrate plunge step descent as on soft snow.

Self-arrest demonstrations:

- (M,E)___ Demonstrate a fast Sitting Glissade, either hand.
- (M,E)___ Arrest starting with self-belay and self-arrest grasps.
- (M,E)___ Arrest a head first fall, face down, left hand.
- (M,E)___ Arrest a head first fall, face down, right hand.
- (M,E)___ Arrest a head first fall, face up, left hand.
- (M,E)___ Arrest a head first fall, face up, right hand.
- (M,E)___ Simulate crampons, arrest on a steep slope and recover.
- (M,E)___ Secure ice axe for long term storage on day pack.
- (M,E)___ Demonstrate self-arrest without an ice axe.

Knots and rope handling:

- (M,E)___ Demonstrate rope uncoiling.
- (M,E)___ Demonstrate and discuss two rope throwing techniques.
- (M,E)___ Tie rope to yourself using a bowline on a coil.
- (M,E)___ Join two rope ends using a figure eight followthrough.
- (M,E)___ Join two rope ends using a double fisherman (barrel knot).
- (M,E)___ Attach rope to an anchor using a bowline.
- (M,E)___ Demonstrate a Munter hitch belay on a carabiner.
- (M,E)___ Join webbing using an overhand followthrough (water knot).
- (M,E)___ Tie a swami belt around yourself.
- (M,E)___ Tie rope to the swami using a figure eight followthrough.
- (M,E)___ Attach yourself to an anchor using a figure eight on a bight.
- (M,E)___ Attach yourself to an anchor using a clove hitch, adjust length.
- (E)___ Attach prussik loops for ascending. Discuss use.
- (M,E)___ Demonstrate rope coiling.

Candidate: _____ Level: _____

Crampon demonstrations:

- (M,E)___ Attach crampons to boots in a quick and efficient manner.
- (M,E)___ Demonstrate that crampons are secure and properly adjusted.
- (M,E)___ Discuss crampon fit, adjustment, and storage for travel.

Ascent/descent demonstrations: (slope should be more than 34 degrees)

- (M,E)___ Demonstrate leading a diagonal ascent with direction changes.
- (M,E)___ Demonstrate slip and recovery with self-belay/self-arrest grasps.
- (M,E)___ Demonstrate direct ascent/descent with ice axe in stake position.
- (M,E)___ Demonstrate slip and recovery with ice axe in stake position.
- (M,E)___ Demonstrate traverse with ice axe in cross-body position.
- (M,E)___ Measure angle of slope using a compass as a protractor.
- (E)___ Demonstrate step-cutting.
- (E)___ Demonstrate front point ascent/descent using anchor position.
- (E)___ Demonstrate front point ascent/descent with 2 ice axe traction.

Snow anchor demonstrations:

- (M,E)___ Construct and test a snow bollard anchor.
- (M,E)___ Place and test a buried ice axe anchor.
- (E)___ Place and test a snow fluke anchor.
- (E)___ Place and test a multiple equalizing anchor.
- (E)___ Demonstrate the "Z" pulley system using one of the above anchors.

Belay demonstrations: In groups of two, set up and test the following:

- (M,E)___ Boot axe belay.
- (M,E)___ Standing carabiner belay.
- (M,E)___ Munter bitch belay.
- (M)___ Sitting hip belay.
- (E)___ Anchored sitting hip belay, fallen climber tieoff procedure.

Roped travel demonstrations:

- (E)___ Discuss when to travel roped vs. setting up a belay.
- (E)___ Discuss harness, spacing interval, and rope attachment.
- (E)___ Discuss how to secure extra rope length and when to carry coils.
- (E)___ Tie in to rope teams of three or four.
- (E)___ Demonstrate diagonal ascent/descent with direction changes.
- (E)___ Arrest a hard fall by a rope team member, recover.
- (E)___ Simulate a snow bridge crossing.
- (E)___ Simulate glacier with crevasses: lead a route to avoid dangers.

Situation responses: Examiner is to assign at least one situations to each candidate. Some examples are listed below:

- (E)___ Climb down to a fallen climber and help him rejoin the group.
- (E)___ Belay the party across a steep ice chute.
- (E)___ Direct a simulated avalanche search.
- (E)___ Direct a simulated helicopter evacuation.

Leadership element:

- (E)___ Did candidate demonstrate superior personal skills *and* the ability help others with equipment and techniques?
- (E)___ Was candidate able to critically evaluate standard equipment and techniques and offer alternatives?
- (E)___ Did candidate demonstrate overall good judgement in dealing with demonstrations and problems?

Candidate: _____ Level: _____ # Missed: _____ ()Pass ()Not Pass

Examiners: _____ Date: _____ Location: _____

Comments: _____