

PERSONAL LOG PAGE OF ... Name: Rockschool 3/2/18

Primary Activity: Abseiling Workshop

Activity Leaders: Bob Leys, Kevin Wytke

Date: 3/2/18

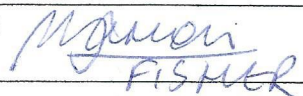
Location: Neorunuba

NOTES: Tim + Ben Venturers.

1. Both provided Orientation + Induction for visiting leaders
2. demonstrating abseils: horizontal, then vertical ("the fork")
3. teaching knots - newcastle hitch, tensionless hitch, ~~single~~ Pethreaded figure eight, - and used them in situ for abseil.
4. joined two ropes with double fishermans
5. Made Prussik loops - + used for self belay + prussiking -
6. Anchor ladder, top/running belay,
7. abseil + ladder climbs.

Verifyer and contact details

Print Name: Marion Fisher

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Phone no. 0410 534409

Date 3/2/18