

PERSONAL LOG PAGE OF ...

Name:

Primary Activity: Abscend Skills Group

Activity Leaders: Kevin Wylie

Date: 3/3/18

Location: Noorumba Rocks School

NOTES:

o safety briefing

o calls -

On Rope - Belay - Abscend - Off Rope.
 → Safe

Laddering
 Prussiking

Ken Foskey	Hanni Lahtinen	Peter Benyon	Nyles Benyon
	Abscend		

Abscend ¹ ₁ ¹ ₁ with top belay

Ladder climbing				
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Gillman's Leap with bottom belay				
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Universal lock off				
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Peter's Point top belay				
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Like Bowline lower with assistance				
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Verifier and contact details

Print Name: Marion FISHER

Sign name: *Marion FISHER*

Phone no. 0410534409

Date 3/3/18