

PERSONAL LOG PAGE OF ...

Name:

ROCKSCHOOL 7/7/18.

Primary Activity:

Outdoors | Venturers

Activity Leaders:

Tim Williams, Marion Fisher.

Date:

7/7/18

Location:

NOORUMBA.

NOTES:

Harri Lahtonen.

Dylan Chope

Kai Goes.

1. Anchor discussion + observation.

2. Abseil - different devices:

1. Rack
2. Gold tail
3. Snake wrap
4. Figure 8

3. bottom belay exercises.

All completed ✓

4. Learn prussiking.

All completed ✓

5. Knots.

Figure 8, figure 8 on bight, alpine butterfly, bowline, double fisherman's.

Verifier and contact details

Print Name:

Marion Fisher

Sign name:

*Marion Fisher*

Phone no.

NSW. 040534409

Date

7/7/18.