

Personal Vertical Skills Certification Requirements (2-year certification)

1. Demonstrate mastery of basic rescue knots including: *Figure-8 on a Bight, Figure-8 Follow-through, Figure-8 Bend, Water Knot, Seat Harness in Webbing, Double Overhand Bend, Prusik Hitch, Bowline, Bowline on a Bight (2-loop), Butterfly, Clove Hitch, and Munter Hitch.*
2. Discuss safety near an Edge.
3. Discuss safety in a Fall Zone.
4. Demonstrate proper use of a Travel Restrict and Edge Kit (AZTEK or similar system).
5. Demonstrate ability to safely use a traverse line on an exposed slope.
6. Demonstrate ability to do a proper belay of a rappeller:
 - Do a conditional belay, i.e., a “bottom belay”.
 - Do a top belay with a separate, non-tensioned rope.
7. Demonstrate ability to properly don personal equipment (helmet, harness, ascending, descending equipment).
8. Starting at the bottom of a 75’ drop:
 - **If the student would like a belay line on them, PLEASE advise the evaluators.**
 - Attach your ascending system.
 - Ascend 75’ .
 - Pass a knot while ascending
 - Change over to rappel while on rope.
 - Pass a knot while rappeling
 - Resume and complete your rappel.
 - There will be a time limit of 30 minutes to complete this course (mechanical ascenders).
 - There will be a time limit of 60 minutes to complete this course (Prusiks).
9. At a point off the ground (non-timed event)
 - Tie off your descent device (soft tie) and clear a simulated jam.
 - Demonstrate the ability to invert while on rope and have both hands free.
10. Do a two-rope pickoff of a conscious, cooperative patient in less than 5 minutes(time starts when student is 5 feet above victim).
11. Demonstrate rigging a pull down rappel