

CSI 1

- 1.1 Identify climbing harness parts. _____
- 1.2 Select a climbing harness; who needs a full-body harness? _____
- 1.3 Fit a climbing harness. _____
- 1.4 Tie into a climbing harness (rewoven Figure 8). _____
- 1.5 Conduct a pre-climb safety check. _____
- 1.6 Belay a top-roped climber. _____
- 1.7 Belay a lead climber. _____
- 1.8 Respond to commands. _____
- 1.9 Safely lower a climber 50' through a top anchor. _____
- 1.10 Demonstrate respect for other climbers at the crag. _____

CSI 6

- 6.1 Climb a fixed rope with friction hitches. _____
- 6.2 Tie into the middle of a rope with a bowline or a bight. _____
- 6.3 Tie a Munter hitch with one hand. _____
- 6.4 Short-pitch belay on 4th class terrain. _____
- 6.5 Short-rope belay on 4th class terrain. _____
- 6.6 Belay 2 followers simultaneously on 5th-class terrain. _____
- 6.7 Install a bolt with a power drill. _____
- 6.8 Install a bolt with a hand drill. _____
- 6.9 Sketch a climbing topo. _____
- 6.10 Belay & lower a climber with a body belay. _____
- 6.11 Identify 5 local route developers. _____

CSI 3

- 3.1 Identify 3 bolt types typically used in fixed protection. _____
- 3.2 Lead 80' of 5th-class with bolts. _____
- 3.3 Join 2 ropes with a Figure 8 Bend (Flemish Bend). _____
- 3.4 Belay & lower a climber with a Munter hitch. _____
- 3.5 Tie a Prussik hitch. _____
- 3.6 Understand climbing shoe performance. _____
- 3.7 Coil 200' of rope. _____
- 3.8 Identify standard climbing topo sketch symbols. _____
- 3.9 Give a safety briefing. _____

CSI 4

- 4.1 Build belay anchor without fixed protection. _____
- 4.2 Lead 80' of 5th-class without fixed protection. _____
- 4.3 Explain "pitching" belays. _____
- 4.4 Tie a bowline knot around your waist. _____
- 4.5 Escape the belay. _____
- 4.6 Rappel without a harness. _____
- 4.7 Identify pitons. _____
- 4.8 Identify & understand runner materials. _____
- 4.9 Identify features on a USGS topo. _____