



Practical Exercise Statement – Anchoring

Time Allotted: 1 Hour

Purpose: The purpose of this training exercise is to review the principles associated with anchoring a rope system to a suitable anchor. The students shall first participate in a period of review and discussion regarding anchors, after which they will construct single point anchors and anchor systems.

Terminal Learning Objective: The student shall correctly establish single and multipoint anchor systems.

Enabling Learning Objectives: Given a required equipment cache and a period of instruction, the student shall:

- Establish a high strength tie off
- Establish a single point anchor with an anchor strap (choker, basket)
- Establish a tension back tie
- Establish a load sharing anchor system
- Establish a load distributing anchor system

Equipment Needed:

- 3 - In line anchors that are in relatively close proximity to one another.
- 3 - Anchor Straps of appropriate length for selected anchors.
- 100' Rope
- 10 – 'G' Rated Carabiners
- 1 – 8 mm Prusik
- Edge Protection (as needed)

Instructor's Notes: Direct the students to observe and demonstrate establishing a high strength tie off. Explain the physics and relationship between wraps and anchor diameter. When the demonstration is complete direct the students to establish a high strength tie off under instructional team observation.

1. Direct the students to observe and demonstrate the various configurations for anchor straps. Explain the load variances based on configuration and show the students the design label on the strap. When the demonstration is complete direct the students to establish a single point anchor utilizing an anchor strap in the various configurations.

2. Direct the students to observe and establish a tension back tie. Explain marginal anchors and load pathology when utilizing this technique. When the demonstration is complete direct the students to establish a tension back tie.
3. Direct the students to observe and establish a load sharing anchor system. Explain the limitations of the system in regard to lateral load shifts. When the demonstration is complete direct the students to establish a load sharing anchor system.
4. Direct the students to observe and establish a load distributing anchor system. Explain the design of the system and its ability to accommodate lateral load shifts. When the demonstration is complete direct the students to establish a load distributing anchor system.