



## **Practical Exercise Statement – Ascending, MPD**

**Time Allotted:** 1 Hour

**Purpose:** The purpose of this training exercise is to review and practice principles associated with ascending rope.

**Terminal Learning Objective:** The student shall safely and efficiently ascend a rope a given distance.

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

- Identify rigging elements necessary to ascend with an MPD
- Rig onto a static rope that is anchored at an elevated position.
- Ascend the rope a given distance. (Typically at least 20')
- Changeover to descending operation while at height.
- Descend back to the ground.

### **Equipment Needed:**

- 2 – ½” ropes of suitable length for the ascending environment
- 2 – Anchor straps or other anchoring device
- 1 – CMC MPD
- 1 – Standard Pulley (Side plate release pulleys with integrated swivel are preferred)
- 1 – Ascender
- Edge Protection (as needed)
- Carabiners
- 1 – Belay device

**Instructor's Notes:** This exercise is designed for 4-6 students. Students should belay each other, so include whatever belay review might be necessary per the student's skill level. This exercise is best performed at a training tower with anchor points on the roof, but can be adapted to whatever environment is available to you.

Discuss ascending with the MPD, highlighting how proper rigging orients the device with the anchor attachment at the rescuer's harness.

Demonstrate a short ascent, before removing the change of direction pulley and using the MPD friction control point and toggle to descend back to the ground.

Have each student rig in and ascend a given distance before descending back to the ground. Ensure proper communications with the belayer are used.

