

Practical Exercise Statement – Break Bar Rack/Rappelling

Time Allotted: 2 Hours

Purpose: The purpose of this exercise is to review rappelling operations with a break bar rack.

Terminal Learning Objective: The student shall safely and efficiently rappel from a given height.

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

- Identify the elements of a break bar rack.
- Identify the appropriate style of rack for a given harness connection
- Properly rig a break bar rack to a Class II or III harness
- Properly rig a rope into a break bar rack
- Manage the break bar rack during an edge transition
- Manage the break bar rack during a rappel
- Perform a soft lock
- Perform a lock-off/tie-off

Equipment Needed:

- 2 - ½" rescue rope of appropriate length for the rappel (or one length split in half)
- 1 – Class II or III harness per student
- 2 – Anchor Straps or suitable anchors
- 1 – Belay or belay device
- 'G' rated carabiners for all anchor connections
- 'L' rated carabiners for all rescuer belay connections
- 1 – Break bar rack per student
- 1 – Screw link for break bar rack connection to harness (per student)
- 2 – Paired prusiks per student

Instructor's Notes:

This exercise is designed for 3-4 students. The instructor should review the proper rigging of break bar racks, and proper orientation of the rack to the rescuer's harness. (The instructor may elect to have "ground school" with the student prior to the rappel by attaching several ropes to a fixed point on the ground and review the proper

hand placement and manipulation of the bars while students “rappel” backwards on the ground.)

The instructor should oversee rigging of mainline and belay lines of appropriate length for the given rappel, and review the proper operation of the chosen belay device with the students. Students should rotate as belayers.

The instructor may elect to demonstrate a rappel for the students. After rigging in, the instructor should call out “belay on?”, and wait for the reply “on belay”, from the belayer before approaching the edge. The instructor should demonstrate an athletic stance on the edge before loading one leg, and transitioning the edge. During the descent, the instructor should demonstrate proper hand mechanics while managing the break bar rack. The instructor should demonstrate the soft lock and lock-off/tie-off techniques.

Each student should perform the techniques described above. The instructor may elect to have the students perform the soft lock and lock-off/tie-off on subsequent rappels if time and resources permit to allow the students multiple rappels