

CONTENTS

SAREA 3

Australian Clubs & Organisations 3

The UIAA Online – Home page..... 3

 UIAA Safety Labels & UIAA Safety Standards 4

 Safety 4

 Advice on techniques and equipment 4

Petzl 5

 Sport, Work & Rescue, Headlamps webs site 5

 Work & Rescue 5

 Checking of PPE 5

 PPE and standards 5

 Petzl and security 5

 Downloads — Equipment Inspection 5

 Petzl Catalogues – Work and Rescue 5

Black Diamond — QC with KP “Off the record” 5

Blue Water – The Climbing Company 6

The British Mountaineering Council (BMC) 6

Health Safety Executive (UK)..... 6

 "Industrial rope access – Investigation into items of personal protective equipment" 6

Indoor Rock Climbing 6

"Life on a Line" 6

French Wrap whilst abseiling 6

Australian Accident Register 7

Oberon State Emergency Service Resources 7

Rope and Gear Testing 7

Technical Rescue Magazine — EMS Fire SAR Aquatic Rope & Special Rescue 7

Knots 7

 Animated Knots by Grog 7

 Knots on the Web 8

Single Rope Technique Equipment..... 8

Cave Diggers 8

VERTICAL by Al Warild 8

NOTE: *Many of the files are quite large and may take a considerable amount of time to download.*

Why does it take so long to download PDF files?

Some of the PDF files have large file sizes, sometimes in excess of 1 Megabyte. These files can take several minutes to download, even using a fast Internet connection. Some PDF files on sites have the file sizes quoted. You should consider the likely download times before choosing to download these files.



Download times for various file sizes are shown in the table below. The times quoted are ideal download times, usually only attainable at off peak times. They do not account for poor telephone connections, heavy Internet traffic or Internet server overload.

		File Size								
		250kb	500kb	750kb	1Mb	1.25Mb	1.5Mb	1.75Mb	2Mb	3Mb
Connection Speed	14.4Kbps	0:02:36	0:05:12	0:07:48	0:10:40	0:13:01	0:15:37	0:18:13	0:21:20	0:32:00
	28.8Kbps	0:01:18	0:02:36	0:03:54	0:05:20	0:06:30	0:07:48	0:09:06	0:10:40	0:16:00
	36.6Kbps	0:01:05	0:02:11	0:03:17	0:04:29	0:05:28	0:06:34	0:07:40	0:08:58	0:13:28
	56Kbps	0:00:34	0:01:09	0:01:44	0:02:22	0:02:54	0:03:29	0:04:04	0:04:45	0:07:08
	64K(ISDN)	0:00:30	0:01:01	0:01:31	0:02:05	0:02:32	0:03:03	0:03:33	0:04:10	0:06:15
	128(ISDN)	0:00:15	0:00:30	0:00:45	0:01:02	0:01:16	0:01:31	0:01:46	0:02:05	0:03:07

SAREA

<http://www.climbingclubssouthaustralia.asn.au/sarea.html>

Australian Clubs & Organisations

Climbing Club of South Australia

<http://www.climbingclubssouthaustralia.asn.au/index.html>

Outdoor Recreation Centre

<http://www.orc.org.au/>

Australian Climbing Instructors Association

<http://www.acia.com.au/>

Tasmanian Climbing Instructors Association

<http://www.tcia.asn.au/>

Victorian Climbing Club

<http://www.vicclimb.org.au/Site/index.php>

Professional Association of Climbing Instructors (PACI)

<http://www.paci.com.au/index.php>

Brisbane Rockclimbing Club

<http://www.brisbanerock.org/>

The Sydney Rockclimbing Club Homepage

<http://www.sydneyrockies.org.au/>

CAWA – Climbers Association of WA

<http://www.climberswa.asn.au/>

The UIAA Online – Home page

<http://www.theuiaa.org/index.php>

The UIAA is the International Mountaineering and Climbing Federation and encourages, supports and develops all forms of mountaineering, climbing, hill walking and trekking at an international level. The UIAA has over 90 member associations that have over 2.4 million individual active members. These member associations have considerable knowledge and expertise which is combined and shared within the UIAA which:

- Has expertise in the practice of all mountain sports and youth activities
- Links responsible access with protection of the environment
- Is the responsible body for international wall climbing, ice climbing and ski mountaineering competitions
- Gives guidance on ethics, good practice and safety
- Conducts research into mountain medicine

- Sets manufacturing standards for safety equipment
- Is a member of the General Association of International Sports Federations, the International World Games Association and recognised by the International Olympic Committee as representing the sports of mountaineering and climbing

Through the web site the UIAA aims to keep the world mountaineering community informed about its work and important issues that affect our common interest to enjoy the freedom of mountain sports.

UIAA Safety Labels & UIAA Safety Standards

http://www.theuiaa.org/uiiaa_safety_labels.php

When you see the UIAA label on a piece of mountaineering equipment, you know that it is up to the highest international standards for safety. The UIAA started to test ropes in 1960 and now has standards for different categories of safety equipment, including helmets, harnesses and crampons.

In the Standards section you will find the list of the different categories of equipment that there are standards for. You will find the exact specifications for each UIAA standard as well as a list of all the products that have been awarded the UIAA Safety Label.

Safety

http://www.theuiaa.org/act_safety.html

Safety is a very important issue for the UIAA, as it is for all climbers and mountaineers. Therefore the UIAA has developed the UIAA Safety Label. When you see the UIAA label on a piece of mountaineering equipment, you know that it is up to the highest international standards for safety.

Advice on techniques and equipment

[Important Notice: UIAA Safety Standard 108 on Sharp Edge Resistant Dynamic Ropes suspended](#) (114.9 Kb)

[Marking of Ropes by End-users](#) (128.7 Kb)

NOTIFICATION: Tests done by the UIAA Safety Commission and some rope manufacturers have shown that marking ropes with liquids such as those provided by felt-tipped pens can damage them; even with those markers, sold specifically for marking ropes.

[Conference on Nylon and Ropes for Mountaineering and Caving](#) (129.8 Kb)

While it was known that wet ropes lose much of their capacity, the rapid degradation of ropes in abseiling and top roping is surprising.

[Karabiner Breakings when Using a Figure-of-Eight](#) (430.2 Kb)

Article by Neville McMillan, Safety Commission, published in UIAA Journal 3/2000

[Analysis of Belaying Techniques](#) (639.6 Kb)

Article by Carlo Zanantoni, Safety Commission, published in UIAA Journal 3/2000

[About Ageing of Climbing Ropes](#) (415.2 Kb)

Article by Pit Schubert, Safety Commission, published in UIAA Journal 3/2000

[Karabiners: Be Aware!](#) (370.5 Kb)

Article by Jean Franck Charlet, Safety Commission, published in UIAA Journal 3/2000

[Bolt failures on Sea Cliffs](#) (262 Kb)

Article by Helmut Microys, published in UIAA Journal 3/2000

[Attaching to the Rope by Karabiner?](#) (485.7 Kb)

Article by Pit Schubert, Safety Commission, published in UIAA Journal 3/2000

[Beware of Quickdraws for Self-Belay](#) (281.1 Kb)

Article by Neville MCMillan, Safety Commission, published in UIAA 3/2000

[Lowering Off and Abseiling – a Huge Difference](#) (476.6 Kb)

Article by Pit Schubert, Safety Commission, published in UIAA Journal 3/2000

Petzl

Sport, Work & Rescue, Headlamps webs site

<http://en.petzl.com/petzl/Accueil>

Work & Rescue

http://en.petzl.com/petzl/frontoffice/static/EPI/index_en.jsp?Section=Pro

Checking of PPE

http://en.petzl.com/petzl/frontoffice/static/EPI/Abs/control_EN.jsp

PPE and standards

http://en.petzl.com/petzl/frontoffice/static/EPI/normes/norGene_EN.jsp

Petzl and security

http://en.petzl.com/petzl/frontoffice/static/EPI/secu/secu_EN.jsp

Downloads — Equipment Inspection

http://en.petzl.com/petzl/frontoffice/static/EPI/index_en.jsp?Section=Sport

A free on-line, downloadable version of the Petzl CD-ROM.

Easy Inspect v2.1 software — Easy Inspect is software that allows you to easily create and maintain your electronic safety register.

Petzl Catalogues – Work and Rescue (1997 I think)

<http://www.designet.com/k1ir/Downloads/petzlqgb.pdf>

This 2,019 KB down load is an electronic catalogue of the Petzl Work and Rescue catalogue

Black Diamond — QC with KP “Off the record”

http://www.bdel.com/scene/beta/qc_kp.php

Blue Water – The Climbing Company

Blue Water Technical Manual

<http://spelean.com.au/BW/TM/BWtechmain.html>

The British Mountaineering Council (BMC)

<http://www.thebmc.co.uk/>

Health Safety Executive (UK)

<http://www.hse.gov.uk/index.htm>

We conduct and sponsor research, promote training, provide an information and advisory service and submit proposals for new or revised regulations and approved codes of practice.

"Industrial rope access – Investigation into items of personal protective equipment"

http://www.hse.gov.uk/research/crr_hm/2001/crr01364.htm

The 166-page "pdf" file (http://www.hse.gov.uk/research/crr_pdf/2001/crr01364.pdf) is about 2MB so it may take some time to download.

An investigation into items of equipment used for work at height in industrial rope access and arboriculture. Techniques and equipment used in these areas have evolved rapidly in the last 15 years, opening up new working methods, which are being deployed in equally rapidly expanding areas. The investigation comprises tests and evaluations of ropes and associated items such as lanyards, cow's tails, termination and other knots, and rope protectors. It proceeds to look at items of equipment, which are attached to working and safety ropes to allow movement in all directions along them. These so-called rope adjustment devices include back-up devices, ascenders and descenders.

Indoor Rock Climbing

<http://www.indoorclimbing.com/>

"Life on a Line"

<http://www.lifeonline.com/>

The Second Edition of "*Life On A Line*" is now available in paperback and as an eBook in Adobe PDF format. You can purchase an eBook copy using PayPal or any major credit card and be reading it within minutes!

French Wrap whilst abseiling

<http://www.cavediggers.com/wrap.pdf>

A six page article by an American caving club on the use of the French Prussik when abseiling.

Australian Accident Register

<http://www.accidentregister.info/>

Abseiling; Bushwalking; Canyoning; Mountain Biking; Rock Climbing

This Australian Accident Register (AAR) contains a list of accidents that have occurred in the outdoor and adventure environment throughout Australia.

The principal aim of this site is to provide accurate and timely information on accidents and near misses that occur in this country. It is felt that the circulation of this information has benefits for all users of the outdoor environment and has the potential to increase the awareness of outdoor users and adventurers as to the likely contributing factors and causes of accidents. We hope that this increased awareness leads, in turn, to people having fewer accidents.

Learning from our mistakes is crucial to surviving

Oberon State Emergency Service Resources

<http://oberon.ses.nsw.gov.au/resources.htm>

Rope and Gear Testing Tom Moyer's Testing Page

<http://www.xmission.com/~tmoyer/testing/>

We often pull test rescue gear in the Salt Lake County Sheriff's Search and Rescue Team. Testing to failure helps us to understand the limitations of our gear. There's nothing quite like watching the parts fly to give you respect and caution for the forces that can make the same thing happen in the field.

Technical Rescue Magazine — EMS Fire SAR Aquatic Rope & Special Rescue

<http://www.t-rescue.com/>

Technical Rescue Magazine is written by rescuers from the USA, UK, Europe, South Africa, Canada and Australasia, some are well known some not so outside of their immediate operational area but all are highly experienced. TRM deals with the sharp end of rescue; equipment, techniques, teams and incidents rather than with the command and policy issues.

Knots

Animated Knots by Grog

<http://www.animatedknots.com/knotlist.php?LogoImage=LogoGrog.jpg&Website=www.animateknots.com>

Note: There are around 119 knot names below. However, there are fewer shown because some knots appear more than once because they are known by more than one name.

Knots on the Web (Peter Suber)

<http://www.earlham.edu/~peters/knotlink.htm>

Single Rope Technique Equipment

<http://www.srte.com.au/>

This site will introduce you to the SRTE range of Roping & Rescue Equipment.

SRTE manufactures a large range of specialized roping and rescue products.

Cave Diggers

<http://www.cavediggers.com/>

VERTICAL by Al Warild 2007 Edition online

<http://cavediggers.com/vertical/>

'Vertical', by Alan Warild, has become a standard reference text for most, if not all, vertical cavers. Alan begins the book with an introduction to general caving equipment, and then goes into further depth about specific equipment, techniques and tools of vertical caving. Descent equipment and techniques, ascent equipment and techniques, rigging of caves – both Alpine and American styles, safety, surveying and expedition caving are all covered in great depth in this excellent book.

Many techniques are discussed, such as crossing knots, re-belays and redirectors on both ascent and descent; different methods of ascent such as the Frog method used in Australia and the various ropewalking methods such as Gibbs and Texas; the pros and cons of various techniques and items of gear; and much valuable information on the safe rigging of caves.