

CCPC

Crew Climbing and Pothing Club

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No.36.



**MERRY CHRISTMAS
AND A HAPPY NEW YEAR**

MORE ON HAULING TECHNIQUES.

Brian Edmonds.

Most hauling techniques involve a dead hoist initially to get some slack into the system. This is very hard work, but is not impossible. Further, the system then describe the use of a 2-1 hauling technique, again hard work but possible.

The system described here requires no such initial strength, and then provides a 3-1 assist, a much more reasonable state of affairs for a tired caver after a long trip, or a sleight caver trying to shift a much larger one up a pitch.

As with all pitch-head techniques of hauling, you have to have previously removed all other rebelay and deviations, and then get the victim off the pitch and across any traverse's!

EQUIPMENT.

You'll need in addition to a rigged pitch with a victim, your personal SRT kit, and 3 or 4 spare krabs. 2 pulleys and about 2-3m of spare rope are also very useful but not essential.

METHOD.

Hang your jammers upside down on the live rope to the victim (care!! don't let them slide down the rope to the victim) as shown opposite, using krabs or pulleys if available and a length of spare rope (? your footloop maybe ?) Then it is quite simple, with your cowstail clipped into the belay or traverse you just stand in the footloop and raise the victim. Pulling the slack through the top jammer.

SOME USEFUL KNOTS. (?)

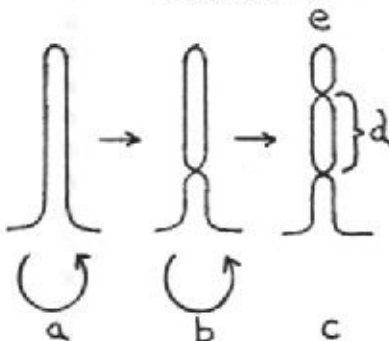
BUTTERFLY KNOT.

Method 1:-



Wrap the rope around your hand three times then lift A over B+C, and then lift B over C and A. Pull the loop B through C and A. Remove your hand and pull the loop and the ends E and D tight.

Method 2:-

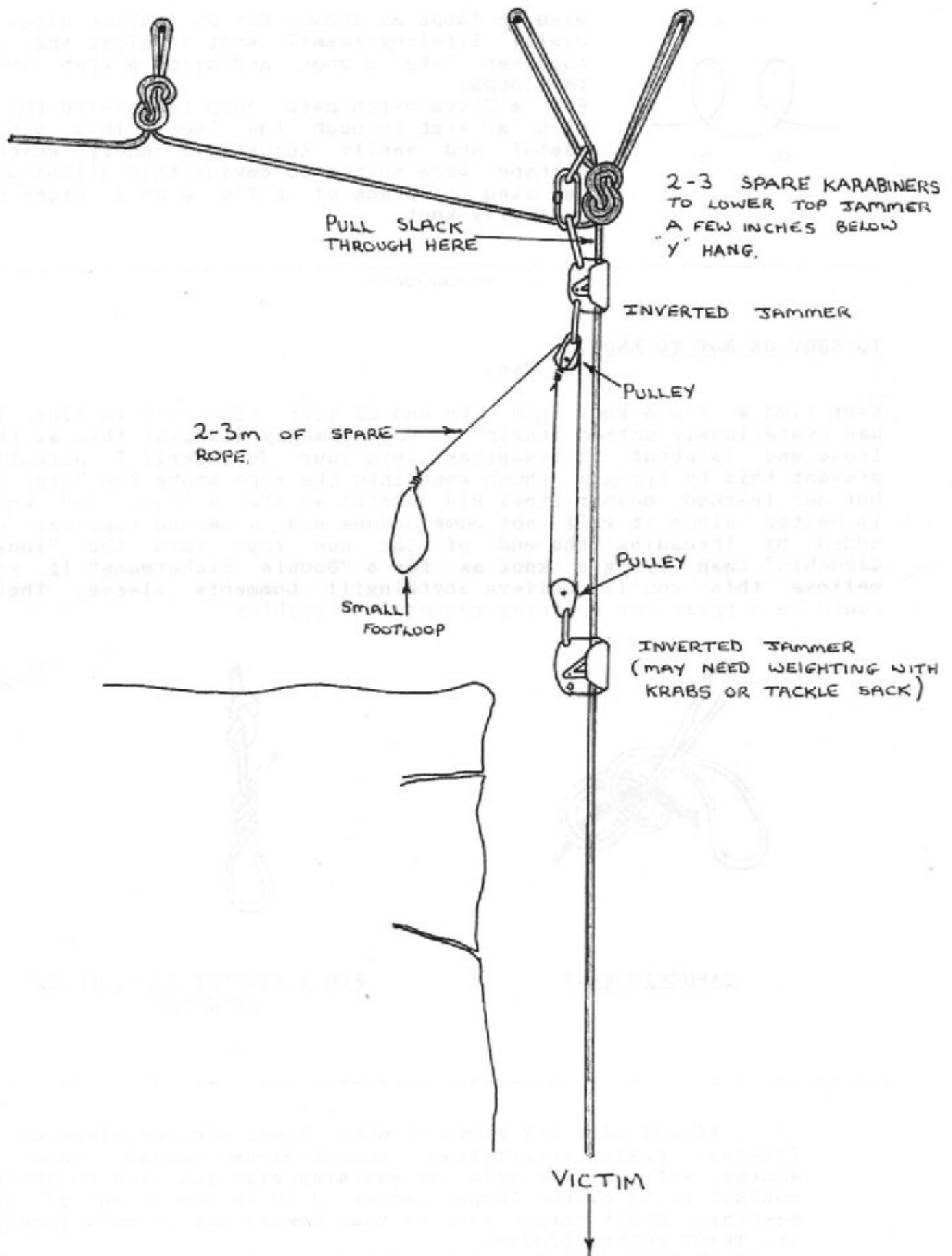


Take a bight of rope of the correct length for the knot you wish to tie. Twist it through 180 degrees and again through 180 degrees. (b and c) Ensure twisted area (d) is still the length required for the knot. Lift the end of the bight (e) over to (c) and back up through the hole formed by the twist in the rope at (d). Pull it tight to give the alpine butterfly.

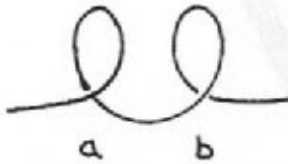
These 2 methods both give the same knot. 1; gives a short loop and 2; gives a long loop, but the knot itself is easily adjustable.

The advantage of this not over a figure of eight is that it will take a 3 way load without deforming.

More on Hauling Techniques



CLOVE HITCH/ITALIAN HITCH.



Make 2 loops as shown. For an Italian hitch (a useful lifeline/abseil knot) close the loops together like a book and clip a krab through the loops.

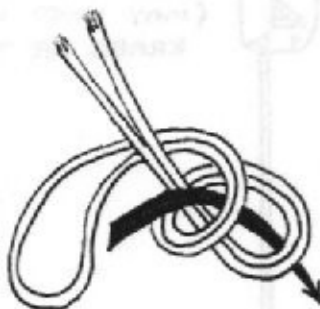
For a Clove hitch pass loop (a) behind (b) and clip a krab through the loops. This gives a useful and easily adjustable knot, which is perhaps more suited to caving than climbing, to be used in place of a fig 8 on a bight or a butterfly knot.

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TO KNOT OR NOT TO KNOT.

P. Ton..

Ever tied a Fig 8 knot into the end of your rope only to find it has mysteriously untied itself?? You normally discover this as the loose end is about to disappear into your decender!! I normally prevent this by tying a thumb knot into the rope above the "fig 8" but our learned member Ethel Rid informs me that a "Capuchin" knot is better since it will not come undone and a second rope can be added by threading the end of the new rope thro the "loose Capuchin" then tying a knot as for a "Double Fishermans" If you believe this you'll believe anything!!! Comments please. There could be a prize for spotting the obvious problem.



CAPUCHIN KNOT



FIG 8 STOPPER FOLLOWED BY
CAPUCHIN

If you have any items of news, funny stories, (fact or fiction), caving information, competitions, gossip, items wanted, articles for sale, or anything else you wish to share, contact me by either Phone, Letter or in Person at one of the meetings. Don't forget this is your Newsletter, I only compile it. TRACY CONDE. (Coddy)

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Results of Rope Drop Tests.

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ROPE TYPE	DIA	DATE	KNOT	RESULTS
Blue Water	11mm	1983	O/H	Survived 3 FF1 Very low stretch
Edelrid	10mm	1991	O/H	Survived 10 FF1 Sheath glazed
Edelrid	11mm	1991	O/H	Survived 3 FF1 Sheath showing signs of general wear
Edelrid	9mm	1991	F8	Failed 2nd FF1 Sheath showing signs of general wear
Dynamic	11mm	> 5 YRS	O/H	Survived 1 FF1, 1 FF2 & 1 FF1 Stretched-didn't return to orig si
Dynamic	8.5mm	1983	F8	Survived 1 FF1 Failed on FF2
Edelrid	11mm	?	O/H	Survived 2 FF1 Failed on 3rd FF1
Edelrid	11mm	?	O/H	10 Samples all survived 3 FF1 in one case the rope had been taken out of service due to glazing of the sheath.

In all cases the ropes snapped inside the knot - on the first curve (Apparently there are two ways of tying a figure eight knot, can you tie it correctly) Also three krabs snapped during the tests.

Anyone interested in a couple of hours "RAFTING" between Christmas and the New Year contact Ralph J. £17 for two hours of "White Water Rapids", all equipment included.

Some of our Ladders in the store are now fitted with Maillon Rapide Screw Links instead of the "C" Links - these cost over a pound each and are easily lost, so bring some money when returning the ladders back to the stores if you loose them. Or be more careful!!!

Basic ladder/lifeline techniques :- Some members have requested a basic course on lifelining techniques. If you are interested in such a course please contact Sharon Brandwood or Brian Edmonds.

FOR SALE

- Tee Shirts.....£3.50 (I think)
- Sweat Shirts.....£10.00 (due soon)
- Fleese Trousers.....£10.00 (Blue/blue)
- Small 30l Rucksacks....£20.00 (only two left)
- Badges & Car Stickers..£1.00 (approx)
- Contact Ralph J.
- Leather Walking Boots, Size 7. Almost new. £25.00 ono
- Contact Sharon.

LOST

- One 10mm Screw Gate Alloy Karabiner (new)
- Contact Darren Conde.