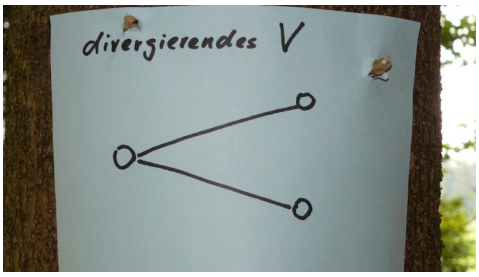
SUBMITTED BY
Zusanne

ON
2012.10.17

★ ★ ★ ★ ★
Keine Stimmen

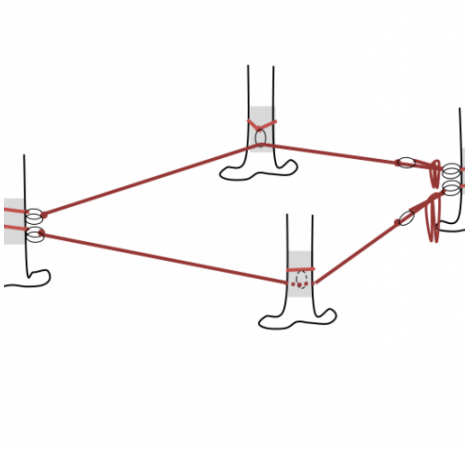
Diverging V

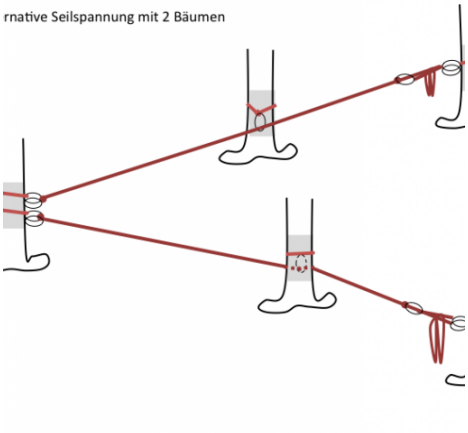


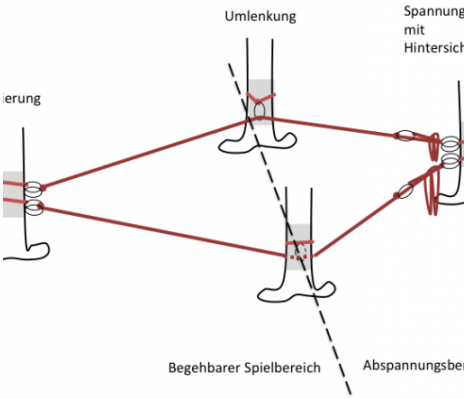
A low rope element that requires cooperation, trust and balance.

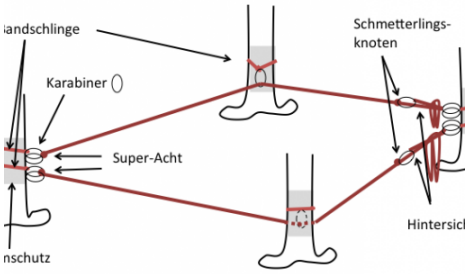
This article assumes that the person has knowledge of low rope structures and is able to supervise them safely!

Sketches









Material

- 2 static ropes, approx. 20m long
- 12 carabiners (+2 for rope suspension if necessary)
- 6 webbing slings
- 4 tree protectors
- rubber tensioners that fix the tree protection are very helpful

Structure

Preparations

- Make a sketch of the low rope element and provide materials
- Select site (obtain permission if necessary,...)
- Select trees
- Remove sources of danger (branches at eye level, "clean" the ground of branches, broken glass, holes,... remove dead wood,...)
- Spread out the material clearly on a tarpaulin

Rope fixation with the super figure eight (also known as the show-off figure eight)

It is fixed redundantly.

- Attach tree protection
- place 2 webbing slings neatly in a U shape parallel around the tree, but not on top of each other!
- Attach two carabiners to each sling in opposite directions.
- Tie a super figure of eight into the start of each rope (2x). The super figure of eight is used because it has a larger contact surface than the normal figure of eight knot.
- ONE super figure of eight is hooked into ONE webbing sling with TWO carabiners running in opposite directions.
- Make sure that the carabiners are positioned correctly and that the screwgate is pointing downwards (gravity)!

Deflection

Each rope strand is deflected on a tree so that it can be tensioned later.

- Attach the tree protection
- Place the sling in a U around the tree (depending on the length, possibly with an anchor stitch)
- Attach the carabiner and make sure that the screw cap is pointing downwards and away from the tree.
- Pass the rope through the carabiner.

Tension unit with butterfly knot and back belay

There are several ways in which the ropes can be tensioned. The variant with the butterfly knot is described here, as it does not require any additional material.

- Attach the tree protection.
- lay 2 webbing slings neatly in a U shape parallel around the tree, but not on top of each other!
- Attach two carabiners to each sling in opposite directions.
- Tie a butterfly knot in each rope. Pay attention to the correct spacing!
- Attach a carabiner to each butterfly knot.

- Start with one rope and guide it loosely in the direction of tension through the two carabiners of the webbing slings and back through the carabiner on the butterfly knot.
- Screw all carabiners closed and make sure they are in the correct position!
- Now tighten the rope. Note that the rope may only be retightened once.
- Secure the taut rope with a slip knot and back up with at least 4 pretzel knots.
- Wind up the remaining end of the rope and hook it onto the taut rope, preferably with another carabiner.

Execution

The principle of this element is that the two partners push against each other with their body weight and thus stabilize each other.

- Four spotters, a trainer and two people are required to perform the element as a partner exercise.
- First, the element is explained and the safety instructions are enforced. (If necessary, take off jewelry, tie up hair, ...)
- Everyone goes to their position: spotter, partner and trainer.
- The partners climb the rope (do not step on the knots!) and walk to the redirection.
- There they step off the rope in mutual agreement. Alternatively, they can walk back to the starting point.
- They only clap when everyone is safely back on the ground and the activity is finished.

Safety instructions

- Remove all sources of danger as already described under Preparations.
- The element may only be climbed up to the deflection.
- Do not step on the knots and slings, only on the running rope.
- Remove rings, watches and bracelets due to the risk of injury. Tie hair together.
- Only the palm of the hand may be placed on the palm of the hand or the arm may be clasped. Do not interlock your fingers!
- One spotter at a time walks behind the person outside the rope.
- Two spotters position themselves in a crouched position inside the V in order to catch any falling person with their backs.
- The descent from the rope must take place at the same time. The two partners must communicate with each other, otherwise one partner will fall inwards.
- Clapping is only allowed when everyone is safely back on the ground.

Photos






Explanation of the photos (from left to right)

- Photo with a view of the fixation
- Photo with a view of the tensioning unit with rear securing
- Illustration of partner work (palms pressed together, fingers not interlocked)
- Illustration of correct climbing with the whole team
  - Trainer (on the left in the photo on the tree trunk)
  - Partner (stabilizing each other by grasping the upper arms)
  - 2 spotters behind the person
  - 2 spotters in a crouched position inside the V
  - Spectators are outside the field of vision in a marked area

Proof of source

- Cover photo: Susanne Beier
- Sketches: Susanne Beier
- Photos: Susanne Beier

Weitere Informationen

Categories
Games and activities

Tags
Cooperation

Age
No data available.

Number of participants
1–20

Bible
This information is missing.

Duration
No data available.

Material
A lot of work

File download
No file downloads

KI Generierter Inhalt
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