Additional Top Managed Systems Details

# Objectives

Upon completion, students in this workshop should be able to:

1. Evaluate a situation and utilize an appropriate device and belay method
2. Understand and implement the 5 Elements of lowering for descending and rappelling
3. Properly clean an anchor

# Topics

* Belaying a Second (3 ways)
* Descending/ Lowering (3 ways)
* Cleaning an Anchor
* Scenarios/ Putting it all together

# Difficulty/ Skill Level

Some climbing experience strongly encouraged (indoor or out)
Prerequisite: Intro to Anchors (or equivalent knowledge)

Recommended skills: basic anchor construction, friction hitches, top rope belaying (from bottom)

# Duration

Online:  ~1 hour
In-Person:  3.5 - 4 hours