

## Additional Self Rescue Details

### Topics:

1. Module 1: TMS Review – Anchors, belay & descending
2. Module 2: Getting into “Baseline”
3. Module 3: Getting out of Baseline: Haul systems
4. Module 4: Getting out of Baseline: Lowering, rappels & belay escape
5. Module 5: Scenarios/ putting it all together

### Objectives:

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

1. Explain what baseline is and why it's important
2. Get into Baseline from 3 different belay setups (off the anchor, off the hip-redirection, & directly off the hip)
3. Get out of Baseline ready to either: lower, rappel, haul, or escape the belay
4. Build a haul system and evaluate its theoretical mechanical advantage

**Difficulty/Skill Level:** Advanced/ Moderate amount of climbing experience required

**Duration:** **Online:** ~ 1hr per module; **In-Person:** 1.5 hrs per module