

### Training day skills

	SRT Skills	
1	Abseiling	
2	Bottom belay	
3	Self belay	
4	Locking off	
5	Change from descend to ascend	
6	Change from ascend to descend	
7	Passing a rope protector	
8	Passing a redirect - going down	
9	Passing a redirect - going up	
10	Passing a rebelay - going down	
11	Passing a rebelay - going up	
12	Passing a knot - going up	
13	Passing a knot - going down	
14	Traverse	
15	Tyrolean traverse	
16	Angled abseil	
17	Angled prussik	
18	Rope to rope transfer	
19	Ascender stuck under a knot	
20	Passing another person at a rebelay	
21	Descending in a tight passage	
22	Ascending in a tight passage	

	Knots	
1	Fusion + rethread	
2	Bowline on a bight + rethread	
3	Overhand on a bight + rethread	
4	Figure 8 on a bight + rethread	
5	Alpine butterfly	
6	Stopper	
7	Barrel/scaffold	
8	Bowline	
9	Clove hitch	
10	Munter hitch	
11	Coil rope	
12	Overhand bend	
13	Flemish bend with a bight	
14	Double fishermans	
15	Joining ropes at rebelay	
16	Apline butterfly bend	

	Rigging	
1	Single point anchor	
2	Rebelay	
3	Y-hang	
4	Redirect	
5	Tyrolean	
6	Angled abseil	
7	Releasable abseil	
8	Human redirect	
9	1 to 1 counterbalance haul	
10	2 to 1 counterbalance haul	
11	3 to 1 counterbalance haul	
12	3 way equalising anchor	
13	Rig a ladder with belay	

	Rescue	
1	Self rescue stuck on rope	
2	Rescue someone else stuck on rope	
3	Pick off	
4	Rescue abseil past rebelay	
5	Rescue abseil past redirect	