

TECHNIQUES, TRAINING & GEAR REVIEWS.

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Anchor Training Board:

As part of future training days I have made this simple board to help teach people all about anchors and the many different situations, depending on the activity.

Whether it's climbing, canyoning, or caving, almost any situation can be simulated on this board. It's made from 16mm ply with 3/8 bolts and T-nuts & cost \$30.00, including the chain, snaplinks & maillons.

These are great if you want to practice rigging in a safe way at home, or just about anywhere.

Come along to a training day to find out more about the pics.

Disclaimer:

The pictures below are not intended for training purposes.

Specific training must be sought for full details on setup as failure to correctly rig could result in serious injury!

JSSSYB

All photos, by Chris Curtis.

Photo 1: Fusion knot as typically used at the top of a pitch.

Photo 2: Fusion knot as typically used at the top of a pitch.

Photo 3: Bowline on-a-bite as used for a rebelay.

Photo 4: 3 way equalised anchor.

Photo 5: Bolts.

Photo 6: Back of board showing T-nuts.

