

CLIMBING SIMULATOR JAKUB

Task: To overcome a designated route in the shortest time possible and to hit targets with grenades along the way.

Outfit and gear:

Combined harness, helmet, 2 flat ropes or long round ropes for improvised ferrata set, figure eight descender, round rope. Recommended: gloves.

How to carry out the task:

All contestants must put on a **combined harness** and prepare improvised ferrata safety sets for self-belaying in the start area. After the start of the task, the whole team runs to the first obstacle, where they pick up mines and dummy grenades than continue along the designated route at climbing simulator JAKUB:

First, they must climb under the obstacle, put mines into the designed place and then climb up using a rope ladder. Further, they must get across the prepared rope obstacles (while being secured with the fixed rope) to the window, where they have to try to hit a target with an assigned grenade. After that, they must go on to the rope for descent and rappel down using either the **self-belaying or the dependant belaying from the bottom** technique. Finally, they must run to the finishing line. The starting and finishing areas are identical.

Additional information:

Along the entire length of the route (where there is the fixed rope), the **contenders must be secured** by ferrata safety set. The fixed rope can be used only for securing, not for advancement. If a contestant is found to be at any point unsecured, the team will be disqualified from the task. While advancing along the obstacles, the rule whereby one climber per one stretch of fixed rope is allowed must be observed. The target is marked with red and white tape on the ground opposite the window.

Assessment:

The time is stopped after the last team member crosses the finishing line. For loss (dropping) of each grenade, weapons or mines during the task, the team will be penalised by adding extra two minutes to the time of the task. For each grenade that hits a target, the team will be deducted one minute from the time of the task.

The time limit for this task is 40 minutes.