

# BBR Ropes Course Test

1) Is safety the first or second biggest concern on the course?

**First**

2) It's not necessary to assess your activity area for damage, fallen trees, "oddities", etc. since the activity area is built so well?

**T or F**

3) All equipment needs to be inspected before and after use.

**T or F**

4) It doesn't matter if activity equipment is not logged out or back in?

**T or F      Why?**

5) When you come to an activity that another staff member has set up, it is rude to double check their work.      **T or F**

6) You don't need to be concerned if you drop a piece of equipment from a tower?      **T or F**

7) What is the command to give the "ok" that the climber can start?  
**Hurry up, Move, Ready, or Climb On**

8) Climbing bare-foot or in socks is allowed?      **T or F**

9) If a "climber" is uncertain (scared), we should force them to do the activity to build their confidence?      **T or F**

10) When "powering up" a Zip Line Tower, it's not necessary to "run it" up and down a few times?      **T or F**

11) What is the weight limit on the Zip Lines?

**~230lbs, 260lbs, or 280lbs      Why?**

12) Harnesses and helmets only have to be checked at the beginning of group's arrival.      **T or F**

13) What is the minimum amount of double-backed harness strap to be exposed?      **To the stiches, 1 inch, or 3 inches**

14) It really doesn't matter if harnesses and ropes get stepped on

or dirty. **T or F Why?**

15) What is the difference between Static and Dynamic rope?

16) Where would you use either/or?

17) An undressed knot may reduce strength by as much as 10-50%. **T or F** (Depends on rope size and type of knot)

18) What knot do we use for carabiner clip-ins?

### **Bow, Overhand, or Figure 8**

19) Carabiners that are self-locking do not have to be checked.

**T or F**

20) What is a kN? **A unit of force measurement. (~225lbf)**

21) If using two carabiners, which way should the gates face?

### **Opposite or Same**

22) Aluminum alloy carabiners should not be attached to steel anchors. **T or F Why?**

23) With the exception of some lanyards, which end of the carabiner do we anchor off of? **Narrow or Wide End**

24) What is a Lanyard? **A length of cord, webbing, or strap.**

25) Rappelling is all about speed. **T or F Why?**

26) Rappelling doesn't require a bottom belay. **T or F**

27) With any rappelling device the rappeler can let go? **T or F**

28) Gloves are required when rappelling or belaying. **T or F**

29) Helmets are not necessary under towers. **T or F**

30) When you are belaying or sending people down a zipline, where should your focus be?

### **Other staff, In a book, Phone, Music, or Climber/Zip Liner**

31) How do you know a Grigri is hooked up correctly?

32) What size of rope fits into a Petzl Grigri?

### **8.5–11mm diameter single ropes**

33) Auto belays do not have to be supervised. **T or F**

34) It is safe for someone to ascend when the belay device is not locked off. **T or F**

35) It's ok if you take off someone's safety line as long as you put a new one on right away. **T or F**

36) What is a Munter/Crossing Hitch?

**A simple adjustable knot, commonly used by climbers to control friction in a life-lining or belay system.**

37) Where is it used? **Backup safety lines.**

38) Harnesses need to be relaxed and checked before they are packed away. **T or F**

39) If you are leaving an area, you can leave the gates and doors open. **T or F**

40) You are not done ropes until your activity/equipment has been logged back in. **T or F**

41) DO NOT let untrained people operate activities, equipment, or elements. **T or F**

42) Who's responsible for your actions?