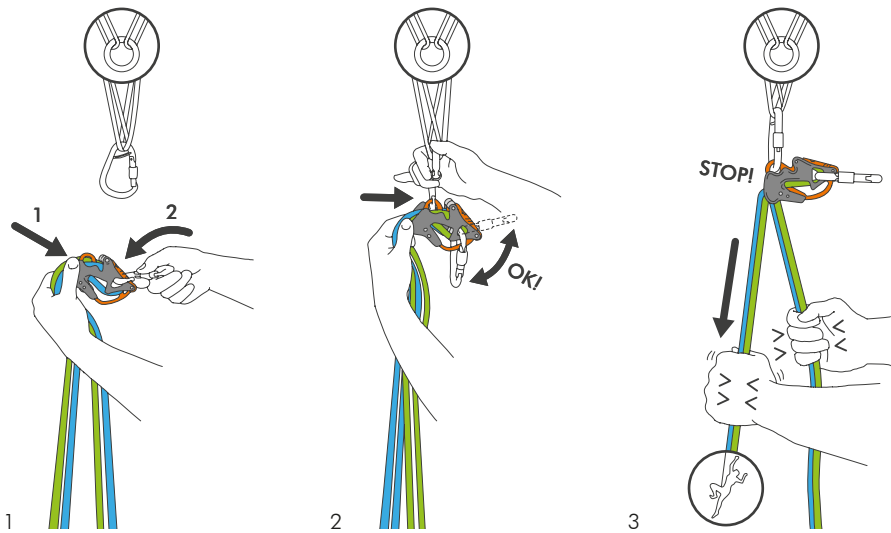


B5.3 - ALPINE UP - GUIDE MODE BELAYING THE SECONDS

The diagram to the right shows the use of the Alpine Up in Guide mode to belay two seconds:

B and **C** are each tied to the end of one of the half ropes and as they climb they remove the quickdraws placed by **A**.

A is belayed to the central point of the stance and takes in the rope to **B** and **C**, maintaining a slight tension in the rope to avoid giving loops of slack. With the Alpine Up he can belay two seconds at the same time and each second is independent of the other.



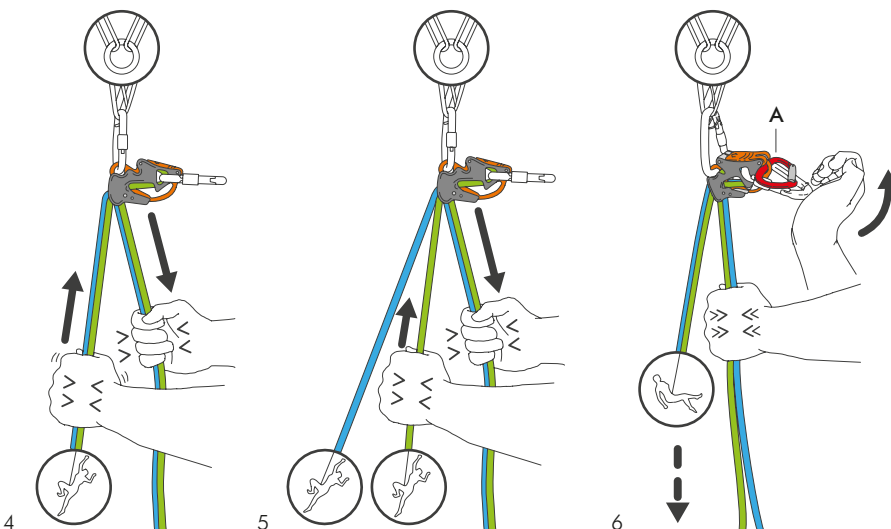
Installation.

Make a loop of the two ropes and insert it into the Alpine Up, following the symbols on the device. Insert a pear-shaped HMS karabiner through the hole marked, at right angles to the lever, with the rope inside (Fig. 1). Clip a Concept SGL screw-gate karabiner into the central point of the stance and

into the hole marked of the Alpine Up, so that the ropes are below it, correctly inserted into the Alpine Up (Fig. 2).

Functional check.

Pull the climber's ropes downwards, to confirm the system locks correctly (Fig. 3).

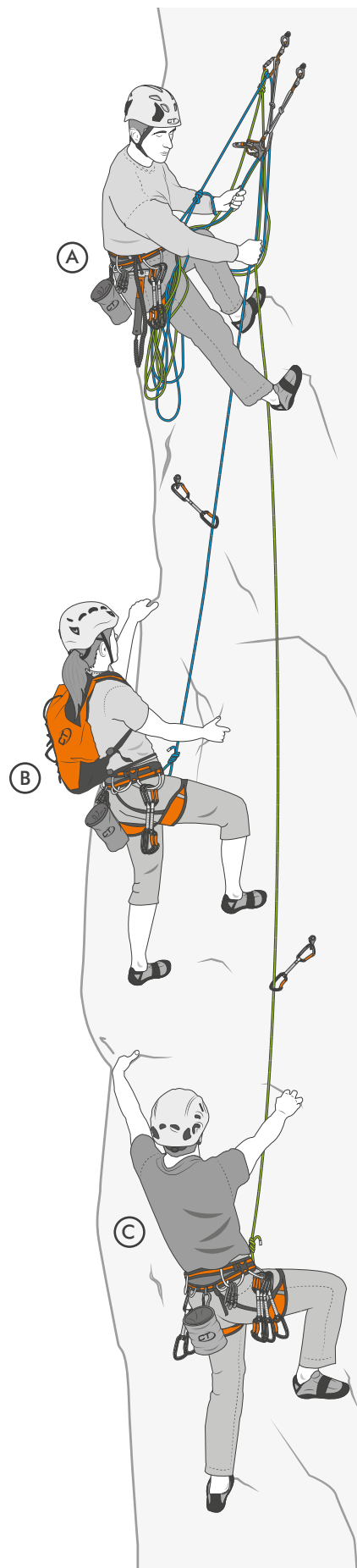


Belaying 1 or 2 seconds.

Use both hands to take in progressively the rope through the Alpine Up (Fig. 4-5). **Important!** During use keep a firm hold of dead ends of the ropes.

Releasing the rope when in tension. Insert above the HMS karabiner a karabiner (A) from a quickdraw in the hole shown with its the long side

perpendicular to the Alpine Up. Hold the free ends of the ropes tightly in one hand and with the palm of the other hand push the HMS karabiner upwards. The lever created with the second karabiner helps you to unlock the ropes and/or lower the second (Fig. 6).



PRACTICAL EXPLANATIONS

A - SINGLE-PITCH SPORT CLIMBING

B - MULTI-PITCH ROUTES

C - CLIMBING A VIA FERRATA

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B6 - ABSEIL DESCENT

After reaching the top of the route, the team abseil (normally back down the same route they have just climbed) down the ropes using a belay/abseil device. Abseiling needs care, good knowledge of the technique to be used and good organisation. You abseil using your two climbing ropes joined with a knot and threaded through the abseil anchor point.

The following sequence is used for abseiling:

- both/all three climbers reach the stance of the last pitch, and the stance is equipped with a ring for abseiling;
- each climber, using a daisy chain or a sewn sling, belays themselves to the stance;
- the climbers untie from the climbing ropes, being careful not to drop them(!);
- one rope is threaded through the abseil point's ring/maillon and the other rope is joined to it with an overhand knot. A knot is tied at the end of each rope and they are thrown down from the stance.
- one of the climbers clips his descender into his harness/daisy chain, and backs the descender up with a Prusik knot. Only after taking in

the rope through the descender to make sure that it has been installed correctly and can support his weight, he unclips his sling/daisy chain from the belay and starts abseiling down, remembering which of the two ropes has to be pulled at the next stance below to pull down the ropes.

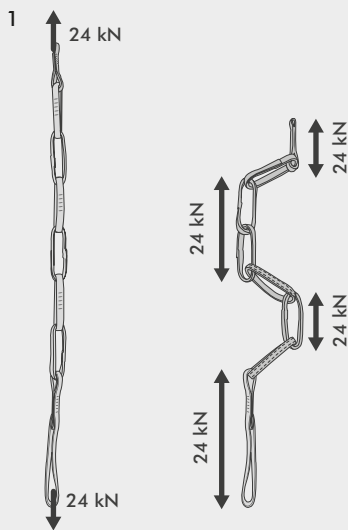
There are various devices for abseiling and all require the use of a back-up Prusik knot. This knot lets you take your hands off the rope to untangle the ropes and stops the descent if you let go of the rope (stonefall, illness, etc) but tying this knot takes time and it can be fiddly to get right and use easily.

The **Alpine Up** belay/abseil device resolves this problem. When used for abseiling in the **Click Up mode**, a back-up Prusik knot is not needed. The device's design mean that the ropes remain locked until the descent lever is moved to permit the descent.

Alpine Up, in Click Up mode, presents the following advantages:

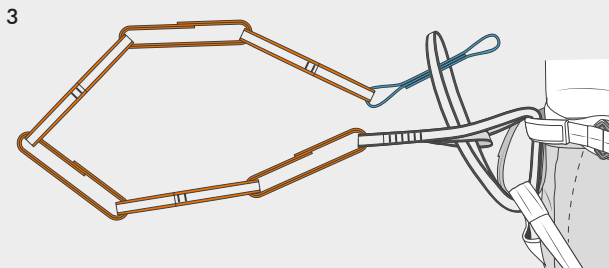
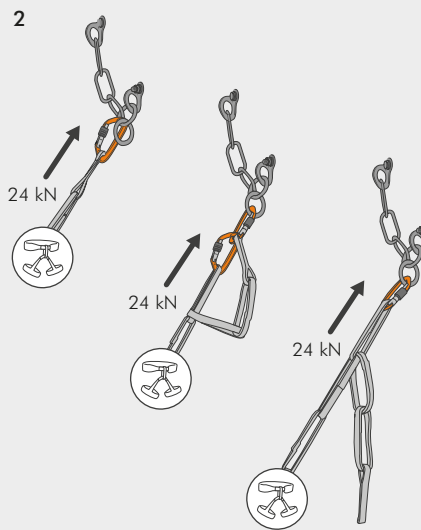
- lets you use both hands to untangle the ropes;
- automatically arrests the descent if you inadvertently let go of the ropes (stone fall, illness, etc.).

B6.1 - CONNECTING THE DAISY CHAIN

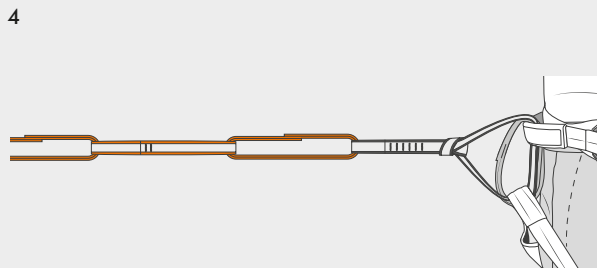


Multi Chain is an innovative dyneema daisy chain 13 and 15 mm wide, made by loops of different colors.

The particular design of the Multi Chain guarantees a load-bearing capacity of 24 kN: from one end to the other, for each intermediate loop or connecting to or more intermediate loops. The construction out of single loops reduce the possibilities of error or of the daisy chain coming out of the connector, as can happen with traditional daisy chains. Once installed correctly into the harness, this daisy chain must be connected to an anchor point, or to another device, using an EN 12275 connector correctly inserted into the upper loop or into any of the intermediate loops. To shorten the Multi chain, use a connector inserted into one of the intermediate loops.



To attach the **Multi Chain** to the harness use only the special knot which is now explained: thread the bottom loop of the daisy chain through both harness loops as shown and pass it through the tie-in loop; three-



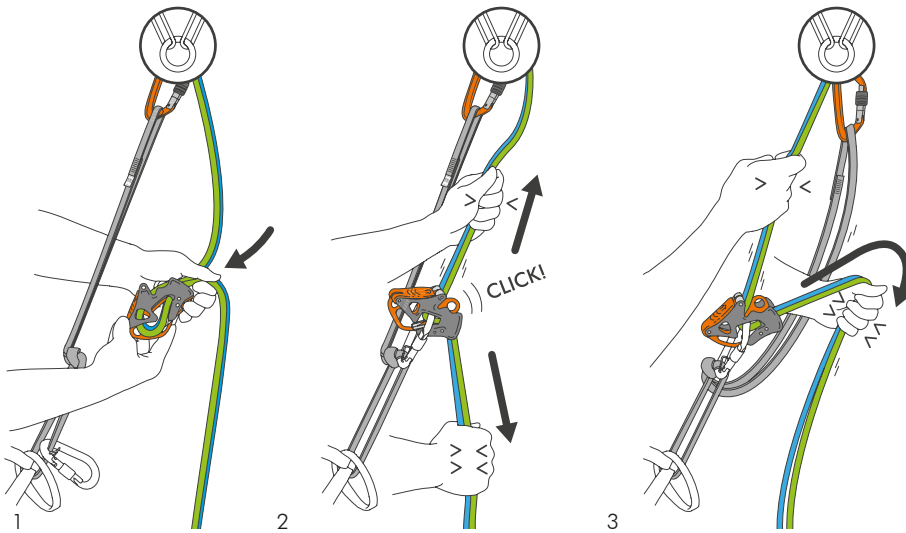
ad the top loop through the bottom loop and pull it away from the body until the knot is tight. Check the knot is correctly tied. Using the special knot the breaking strength of the Multi Chain remains equal to 24 kN.

B6.3 - ALPINE UP - CLICK UP MODE AUTOBLOCKING ABSEIL

The diagram on the right shows the Alpine Up in Click Up mode being used for an auto-blocking abseil descent:

A is abseiling with the Alpine Up connected to the Multi Chain. He controls the rate of descent

using the descent lever and the free ropes. As needed, thanks to the Alpine Up's autoblocking function, he can use both hands to untangle the ropes or remove knots.

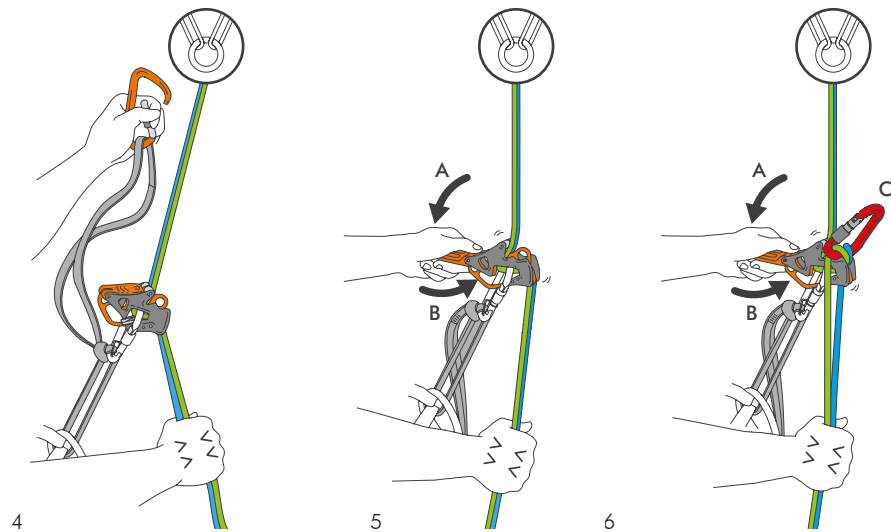


Installation.

Attach the Alpine Up to the daisy chain at least 20 cm above your harness and lock it as indicated (Fig. 1-2).

Taking in slack.

Take in slack so the rope is holding your weight (Fig. 3).



Unclipping from the belay.

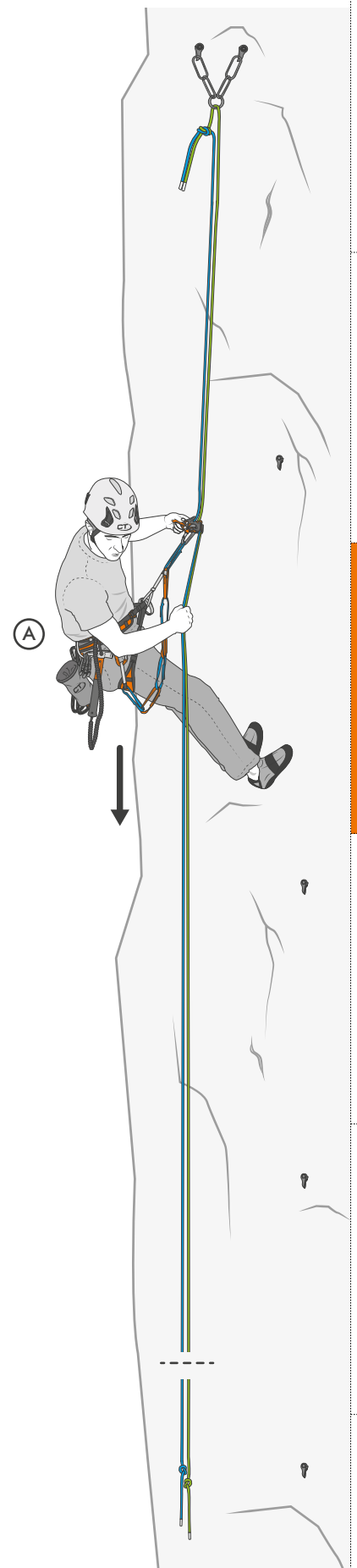
Keeping one hand on the free ends of the rope, with the other hand unclip the daisy chain/sling from the stance (Fig. 4) and clip it onto your harness's gear loops.

Abseil descent.

Always keeping one hand on the free ends of the ropes, with the other open the descent lever (A) and press on it and rotate the Alpine Up upwards (B) as shown. Feed the free ends of the rope into the device to descend (Fig. 5).

Low friction abseil descent.

In certain circumstances it can be hard to abseil down: if the ropes are hanging freely in space, if the climber is very light, etc. In these cases it is necessary to reduce friction in the Alpine Up by inserting an additional karabiner (C) in the hole shown, passing the ropes inside the karabiner, screwing up the gate and then descending as described above and shown (Fig. 6).



PRACTICAL EXPLANATIONS

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