

# Un-weighting A Non-Releasable Progress Capture Device A Sequential Article to Accompany Instruction

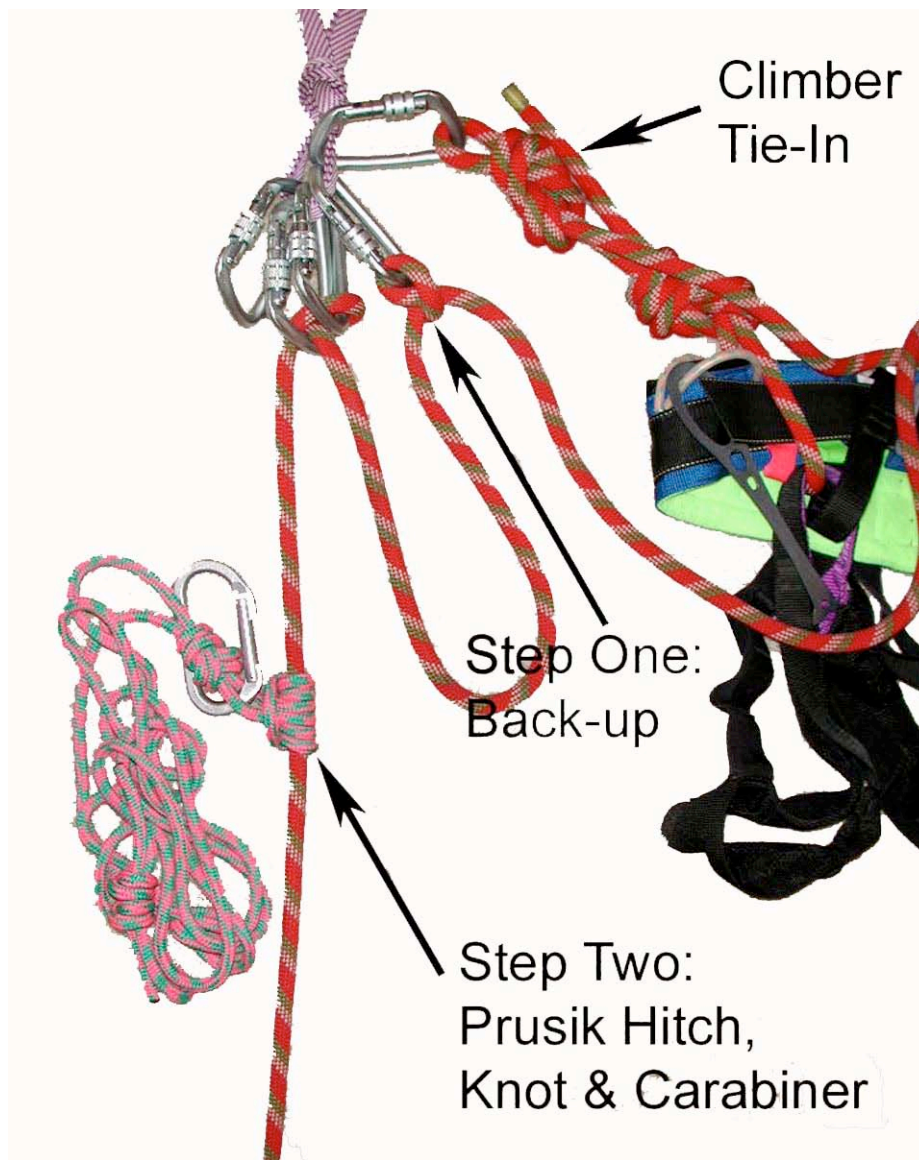


version 1.2

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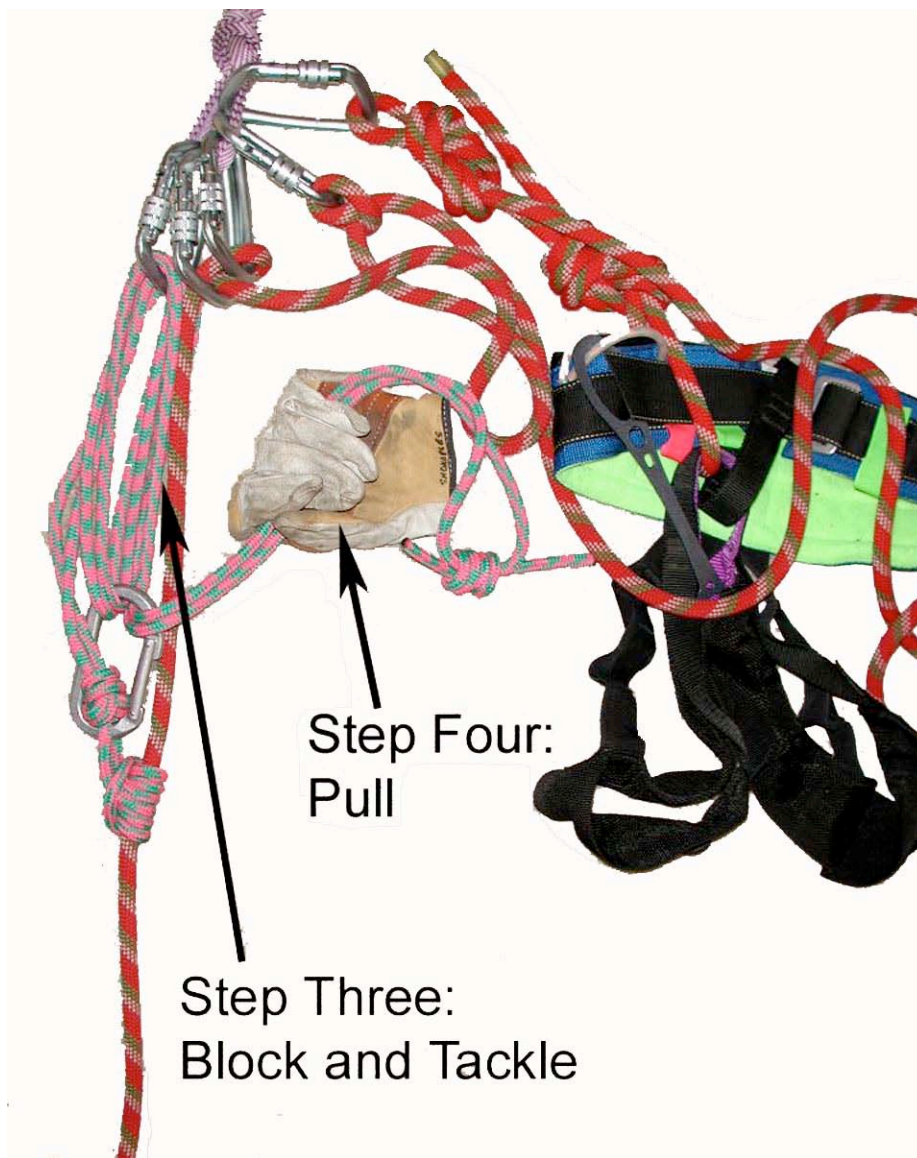
***WARNING:*** Failure to use any or all of the devices or systems explained or illustrated in this article in an appropriate manner could result in property damage, injury or death. Expert instruction and constant practice are mandatory. This is not an instructional article. It is designed to accompany professional instruction and practice under supervision.



On rare occasions it may be necessary to un-weight a non-releasable progress capture device (PCD) that is part of a raising system. This example shows a Garda hitch. The procedure is relatively simple in many cases.

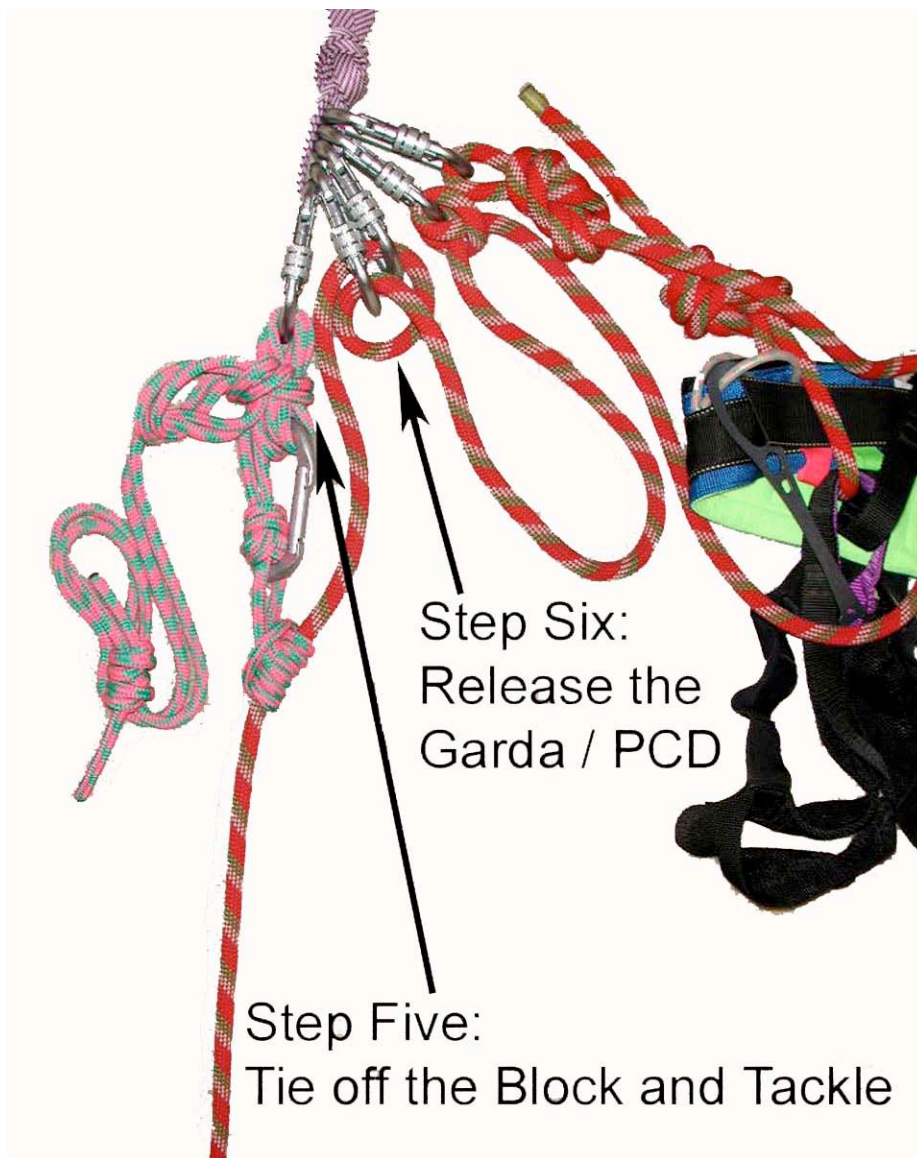
**Step One:** Clip a separate carabiner into the anchor. Tie a back-up knot 30 – 50 cm away from the Garda Hitch (or other PCD) to be released and attach it to the carabiner.

**Step Two:** Tie a knot in the end of a 4 – 6 meter long Prusik cord of the appropriate type and diameter. Find the center of the cord directly opposite the knot. Tie a Prusik hitch on the loaded rope directly in front of the Garda Hitch or PCD. Right next to the Prusik Hitch tie a figure of eight or overhand knot on both strands of the cord. Clip a carabiner in the small loop thus formed.



**Step Three:** Clip another separate carabiner into the anchor. Wrap the long end of the cord back and forth around the carabiner on the anchor and the carabiner on the Prusik hitch forming a “*block and tackle*”. This relatively inefficient simple pulley system is sometimes referred to as a jigger. In this case a 5:1 simple system has been assembled but since there are no pulleys the actual advantage is much, much less.

**Step Four:** Once the block and tackle is assembled, pull to try to take the tension off of the Garda Hitch or PCD.



**Step Five:** Once the tension is off the Garda Hitch or PCD, tie off the block and tackle with an overhand slip knot followed by an overhand back-up knot or other appropriate back-up.

**Step Six:** Release the Garda Hitch or PCD and proceed to whatever procedure is appropriate at this point. When necessary, the block and tackle can be released by carefully untying the back-up and overhand slip knots and transferring the load onto whatever device is required.

**NOTE:** It is common for the cord to twist around itself and bind, making it difficult to release. Judicious tugging in the right direction can resolve this situation. This must be practiced a number of times in a safe situation so that you are familiar with how to release the block and tackle under total control.

## About the Author



Cyril Shokoples is an internationally certified Mountain Guide and Past-President of the Association of Canadian Mountain Guides. He has been a member of the Alpine Club of Canada and Edmonton Section since 1975 and became a “Senior Member” in 1979. He received the Silver Rope award in 1988 and the Distinguished Service Award in 2002. He also received the Distinguished Service Award from the Association of Canadian Mountain Guides in 2003. In 2005, the Edmonton Section of the ACC awarded Cyril with the George Stefanick Legacy Award (only the second time this award has been presented).

Cyril has been teaching mountain leadership for over two decades and he continues to broaden his background and skills into many related areas of safety and rescue education. He trained Emergency Medical Technicians for over a decade and is a life member of the National Association for Search and Rescue (US). He has been training the Canadian military Search and Rescue Technicians in mountain climbing and mountain rescue for over fifteen years. He created the Parks Emergency Responder program for National Park Wardens and has taught that program across Canada for well over a decade. He is a PADI Rescue Diver and a DAN Dive Emergency Specialist. He is also a professional member of the Canadian Avalanche Association, a CSIA Ski Instructor and a licenced Advanced Amateur Radio Operator. Cyril has taught courses and seminars in BC, Alberta, Saskatchewan, Manitoba, Ontario, Quebec, The Yukon and North West Territories.

Cyril currently resides in Edmonton, Alberta, Canada and is the proprietor of the firm Rescue Dynamics, which is involved in climbing, rescue and safety instruction, as well as mountain guiding.

Further information on courses as well as additional copies of this and other technical notes in this series can be obtained directly from Rescue Dynamics. On the internet, visit the Rescue Dynamics Website at – <http://www.rescuedynamics.ca>