

Canyoneering Course Comparison

Canyon Course Comparison		Introductory	Introductory	Introductory	Rescue	Advanced
Key: (Y) - Covered by course (X) - Not covered P - Prerequisite						
	Duration of course	Half-Day	Full-Day	Three-Day	Three-Day	Three-Day
	Course number	100	101	103	203	303
Skills Covered		Half Day	Full Day	3 Day Intro	3 Day Rescue	3 Day Advanced
	Harness Use	Y	Y	Y	P	P
	Helmet Use	Y	Y	Y	P	P
	Proper Pack	Y	Y	Y	P	P
Basic Device Use		Half Day	Full Day	3 Day Intro	3 Day Rescue	3 Day Advanced
	Rappel Device	Y	Y	Y	P	P
	Carabiners	Y	Y	Y	P	P
	Safety Tethers	Y	Y	Y	P	P
Knots		Half Day	Full Day	3 Day Intro	3 Day Rescue	3 Day Advanced
	Girth Hitch	Y	Y	P	P	P
	Overhand-on-a-bight	Y	Y	P	P	P
	Figure 8 on-a-bight	Y	Y	P	P	P
	Double Overhand	X	Y	P	P	P
	Water Knot	Y	Y	P	P	P
	Double Fisherman	X	Y	P	P	P
	In-line 8	X	X	P	P	P
	Stone Knot	X	X	Y	P	P
	Auto-Block Wrap	Y	Y	Y	P	P
	Bachman	X	X	Y	P	P
	Klemheist	X	X	Y	P	P
	Traditional Prusik	X	X	Y	P	P
	Alpine Butterfly	X	X	Y	P	P
Rope Handling		Half Day	Full Day	3 Day Intro	3 Day Rescue	3 Day Advanced
	Coiling	X	X	Y	P	P
	Deploying	Y	Y	Y	P	P
	Rope Bag Use	Y	Y	Y	P	P
	Cleaning Anchors	X	Y	Y	P	P
Rappel		Half Day	Full Day	3 Day Intro	3 Day Rescue	3 Day Advanced
	Safety Connections	Y	Y	Y	P	P
	Loading Devices	Y	Y	Y	P	P
	Back-Ups	Y	Y	Y	P	P
	Approaching an Edge	Y	Y	Y	P	P
	Body Position	Y	Y	Y	P	P
	Footwork	Y	Y	Y	P	P
	Speed Control	Y	Y	Y	P	P
	Lock-Off	X	Y	Y	P	P
	Multi-Pitch Rappel	X	X	X	Y	P
Belay		Half Day	Full Day	3 Day Intro	3 Day Rescue	3 Day Advanced
	Belay -3rd hand pros & cons	Y	Y	Y	P	P
	Fireman's Belay	Y	Y	Y	P	P
	Top Belay	X	X	Y	P	P
Anchoring		Half Day	Full Day	3 Day Intro	3 Day Rescue	3 Day Advanced
	Bolted Anchors	Y	Y	Y	P	P
	Equalization	X	Y	Y	P	P
	Log Jams	X	X	Y	P	P
	Trees	X	Y	Y	P	P
	Knot Chocks	X	X	Y	P	P
	Boulders	X	X	Y	P	P
	Chock Stones	X	X	Y	P	P
	Arches	X	X	Y	P	P
	Pinches	X	X	Y	P	P
	Meat Anchors	X	X	Y	Y	P
	Sandtraps/Water Traps	X	X	X	Y	Y
	Fiddle-Stick	X	X	X	Y	Y
	Dead Men	X	X	X	Y	Y
	Bollards	X	X	X	Y	Y
	Ghosting	X	X	X	Y	Y
Rope Work		Half Day	Full Day	3 Day Intro	3 Day Rescue	3 Day Advanced
	Double Rope Technique (DRT)	Y	Y	Y	P	P
	Single Rope Technique (SRT)	X	Y	Y	P	P
	Rope Pull	Y	Y	Y	P	P
	Rope Coil	Y	Y	Y	P	P
Logistics		Half Day	Full Day	3 Day Intro	3 Day Rescue	3 Day Advanced
	Reading a Map	X	X	Y	P	P
	Basic Land Navigation	X	X	Y	P	P
	Watershed Calculations	X	X	Y	P	P
	Geology of Desert Canyons	Y	Y	Y	P	P
Climbing		Half Day	Full Day	3 Day Intro	3 Day Rescue	3 Day Advanced
	Up-climbing	Y	Y	Y	P	P
	Down-climbing	Y	Y	Y	P	P
	Spotting	Y	Y	Y	P	P
	Meat Belays	X	X	Y	Y	P
	Captures	X	X	Y	Y	P
	Partner Assist	X	X	Y	Y	P
Rescue Curriculum		Half Day	Full Day	3 Day Intro	3 Day Rescue	3 Day Advanced
	Rope Ascending	X	X	Y	Y	Y
	Knot Pass/HEAPS Lower	X	X	X	Y	Y
	Tandem Rappel	X	X	X	Y	X
	Parallel Rappel	X	X	X	Y	X
	Piggy-Back Rappel	X	X	X	Y	X
	Pick-Off	X	X	X	Y	X
	Conversion to Lower (C2L)	X	X	X	Y	X
	DRT to C2L	X	X	X	Y	X
	Simul Rap	X	X	X	X	Y
R and X- Canyon Skill Sets		Half Day	Full Day	3 Day Intro	3 Day Rescue	3 Day Advanced
	Pot Hole Escape	X	X	X	X	Y
	-Pot Shots/Ballast Escapes	X	X	X	X	Y
	-Person Climb	X	X	X	X	Y
	-Hooking	X	X	X	X	Y
	LAPAR	X	X	X	Y	Y
	-Pack Drags	X	X	X	Y	Y
	-Captures	X	X	Y	Y	Y
Course suggestion based on Zion Canyons *		Keyhole, Subway, Orderville	Pine Creek, Birch Hollow	Mystery, Behunin, Echo, Fat Man's Misery, Spry, similar	Checkerboard, Kolob Creek, similar	Imlay, Heaps, similar
Canyon Rating ACA		2a - 3b ii	3b iii	3a-4b iii	3c-4c iv (R)	3c-4c c (R)

*some limitations exist and can be discussed with your instructor.