

## Norsk Grotteblad nr 78, Juli 2022

### **Jeg skal redde deg ved å kutte tauet vi begge henger i!**

A self rescue problem is presented: The victim hangs in a Stop on rope, below him the rescuer in ascenders on the same rope. The goal is for the rescuer to hang in his Stop with the victim (above) in his cowtail, free to abseil down. (1) The hand ascender is attached to the rope immediately above the victim's Stop. The rope below the cavers is not loaded. (2) A bight of the free rope below the cavers is lifted up and a figure-of-eight knot is tied here. (3) The ascender is attached to this knot. The cavers do not hang in this rope line, they hang "inside" the loop. (4) The rescuer attaches his Stop on the rope and connect the victim's cowtail to himself. (5) The rope is cut over the victim and under the ascender, who then hangs below the rescuer via the cow tail. (6) The rescuer can then lower them both down. This technique requires care and practice.