



ICAR

REC B 0004 E

International Commission for Alpine Rescue

Commission for Terrestrial Rescue

Recommendation REC B 0004 of the Commission for Terrestrial Rescue

of June 24, 2000

about

Static ropes knots for rope extension

Karpac (POL) - 1996

Revision in Chamonix (F) - 2000

Static ropes knots for rope extension

Using static ropes for rope extension in mountain rescue operations only a Figure Eight Knot, secured and a double Fishermen Hitch are allowed.