



## Fall Arrest

### Implementation of Full Fall Arrest

Due to the OSHA final rule effective April 1, 2015, the APPA Lineworkers Rodeo will be requiring the mandatory use of personal fall protection for all Journeyman Team and Apprentice climbing events. Fall protection systems shall be supplied by the competitor and be used in accordance with the manufacturer's specifications along with the use of a secondary work positioning strap or lanyard while transitioning around attachments on the pole. For the sake of competition it will not be permissible to use two fall arrest devices in any climbing events. While using the secondary positioning strap or lanyard the competitor shall not get into a position to allow for a free fall greater than 0.6 meters (2 feet). Climbers will not be permitted to ascend or descend with both the fall arrest device and the secondary positioning lanyard around the pole. It will be a requirement for every event that the secondary positioning lanyard be disconnected and parked on a D-Ring after transitioning above or below hardware on the pole. **With that being said, no climber will be allowed to work from the secondary positioning lanyard alone and must make a full transition and be in full fall arrest prior to doing any work.**

### Judging Guidelines

Judging will be based on the following:

1. The fall arrest system is being used in accordance with the manufacturer's specifications.
2. The climber keeps the fall arrest system adjusted properly at all times.
3. The climber does not create a potential free fall greater than 0.6 meters (2 feet).
4. All cutouts will be judged the same as in the general rules (i.e. loss of control and fall to the ground)

Note: All infractions will be a two point deduction with the exception to a fall to the ground which will be assessed as a ten point deduction.

### Demonstrational Videos

[DBI SALA Cynch-Lok](https://www.youtube.com/watch?v=4VQZ1_Gunh4) (https://www.youtube.com/watch?v=4VQZ1\_Gunh4)

[Buckingham SuperSqueeze](https://www.youtube.com/watch?v=hR7o46cMLzQ) (https://www.youtube.com/watch?v=hR7o46cMLzQ)

[Bashlin Pole Lariat](https://www.youtube.com/watch?v=HOtIsNcc8w) (https://www.youtube.com/watch?v=HOtIsNcc8w)

[JELCO Pole Choker](https://www.youtube.com/watch?v=AxBVDJDziZI) (https://www.youtube.com/watch?v=AxBVDJDziZI)

[Miller StopFall System](https://www.youtube.com/watch?v=bxbfuOvd7_I) (https://www.youtube.com/watch?v=bxbfuOvd7\_I)

### Frequently Asked Questions

Q: How will it be determined by the judge that a system is not adjusted properly?



*A: If a climber is ascending or descending freely without his/her hands on the device then it will be deemed that the system is out of adjustment.*

Q: Can the device be on the pole prior to start time of the event? Both of the climber's equipment?

*A: No equipment will be attached to the pole prior to the start of the event. The second climber will not be allowed to attach until the first climber has stopped ascending.*

Q: When transferring above equipment can the fall arrest be left in place and a secondary safety be used thereafter?

*A: No. The fall arrest system must stay attached to the climber's belt at all times.*