ENGLISH **"STICK-UP" ARTIFICIAL CLIMBING SYSTEM**

The "STICK-UP" artificial climbing system is a method which makes it possible to climb in complete safety both on walls in the open and on cave pit walls, effortlessly and very quickly (average speed 30 m/hour).
In order to do this you need an electropneumatic drill with storage battery.
The climbing system requires the use of the following items:

1. One "STICK-UP" superlight alloy bar (provided with a piece of rope 50 cm. long), art. 201;
2. One special stirrup, art. 202;
3. The small "ALIEN" plate with two holes, art.118;
4. The "SPEEDY ROCK" hang fix acc.M8C/M8L, art. 123/124.

You must comply with the following instructions to climb safely:

- There must be at least two people; one carries out the real climb, while the other holds the safety rope (either by means of a GRI-GRI, or of a figure-8 descender, or with another suitable means);
  Note: It is also possible to climb solo using a Gri-Gri as a safety device, for example. It goes without saying that only people of proven experience and high-level technical skill should do so. Nevertheless we absolutely advise against solo climbs, given the high risk this entails. Those who decide to do so just the same must accept all the responsibility with full awareness of the risks they are running.
- You must use a good dynamic rope, CE or/and UIAA approved, as a safety rope and use a static rope for the descents (to recover plates, change climber, replace batteries, etc.);
- You must have the complete climb kit which includes:
  - One "STICK-UP" bar complete with a special stirrup: in particular, the length of the first step (fig. 6, part A) and of the short stirrup (fig. 6, part B) must be as shown in the figure 6. It is possible to find the right length for your own stature by lengthening or shortening the position of the knots below the two steps. The special stirrup is also provided with a "big stirrup" (fig. 6, part D) connected to the bottom step of the stirrup and usable in the sequential progression of the STICK-UP method.
  The "STICK-UP" bar must be fitted out with 2 parallel alloy karabiners without metal-ring as specified in figure 6.
  - At least twelve small "ALIEN" plates (art. 118) with two holes.
  - A sufficient number of HANG FIX for the planned climb (arts. 123 – 124).
  - At least twelve alloy karabiners with metal ring (CR = 25 KN min.) to be used for the safety rope.
  - A static service rope.
  - A drill with drill-bit and batteries (charged), a hammer with a hexagonal box wrench n. 13 (an ACTION stainless steel hammer. art. 100 is ideal) and the whole kit for a rope climb (with the descender!).

"STICK-UP" CLIMBING METHOD: DIRECTIONS

1. When you have tested the rock with the hammer, make a hole with the drill at a fairly convenient height for fixing the HANG FIX . The STICK-UP bar and stirrup must be positioned as shown in figure 1.
2. Drive in the selected HANG FIX and tighten the nut using the hammer wrench. IMPORTANT NOTE: Before starting the climb you should put the HANG FIX into the hole in the ALIEN plate and position the M8 nut in such a way that you don't have to carry out this operation on the wall. If you prepare at least a dozen ALIEN plates in this way you will save yourself a lot of trouble and gain a lot of time overall.
3. Insert a safety karabiner into the lower hole of the small ALIEN plate. Get the safety rope from your companion and pass it into the safety karabiner, and then close the protection ring.
4. Remove the karabiner of the "big stirrup"" from the safety karabiner and hook it back on the karabiner as soon as you have arranged it.
5. Warn your companion to tension the safety rope and, when you have unhooked from the bar you are suspended from, slipping the piece of rope of the bar off the ventral blocking, climb with one foot on the step of the "big stirrup", supporting it and keeping it in equilibrium with one hand on the knot of the "big stirrup" (see fig. 2). Now that it no longer bears your weight, the bar can be removed easily from its anchorage and repositioned on the ALIEN plate just prepared, inserting the middle karabiner into the top hole. Plaque ALIEN (pictures 2 and 4/A)
6. At this point, climb the stirrup with the three steps, place your feet respectively in the last step of the stirrup and of the short stirrup (figs. 4 and 5), and fasten yourself to the bar running the piece of rope of the bar through the ventral blocking as shown in the figures 4 and a/A.
7. Now repeat the procedure from point 1 (fig.5).

NOTE: The safety rope must be fastened to the MAVC (semi-round fastening link of the harness) by means of a figure-8 knot made as shown in figure 4/A.
Once you have used up all the small plates, fix the static service rope to the last hang fix you have driven into the rock and, without unfastening yourself from the safety rope, climb down with the descender and recover the small plates no longer in use, taking care to leave the last two or three in place in the wall (to be used for the safety rope!). When you resume climbing, you can return to the limit previously reached by climbing with the descender on the static service rope, secured by means of your companion's dynamic rope.

CAUTION! Before trying to tackle such artificial climbs you need to be trained in appropriate gyms by skilled and qualified experts.
Caving, climbing, rope descents, exploration and ascents using the method described above are hazardous activities which can give rise to serious accidents, including fatal ones.
You must learn the proper techniques and safety procedures under your own responsibility for all the damage, injuries or death which may arise with the use of our products, whatever they may be, including the STICK-UP model.
If you are unable to assume this responsibility or to take these risks, DO NOT use this material.

RAUMER Srl disclaims all responsibility for accidents caused, either directly or indirectly, by the use of the above described system.
The use of such vanguard techniques requires professionalism and care on the part of climbers.

MATERIALS EMPLOYED AND SPECIFICATIONS: Air-hardening EURAL 7003 light alloy, anodized in a variety of vivid colours.
Mushroom-shaped plugs of the ends made of antiabrasion fibreglass-reinforced nylon.
Weight: 865 grams (bar + stirrup).

FIG. 6

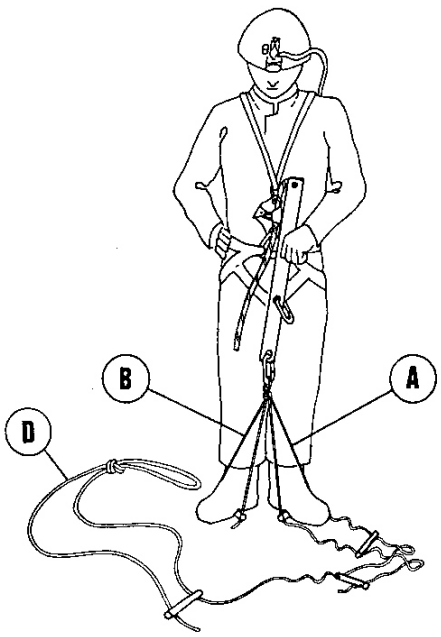


FIG. 4 / A

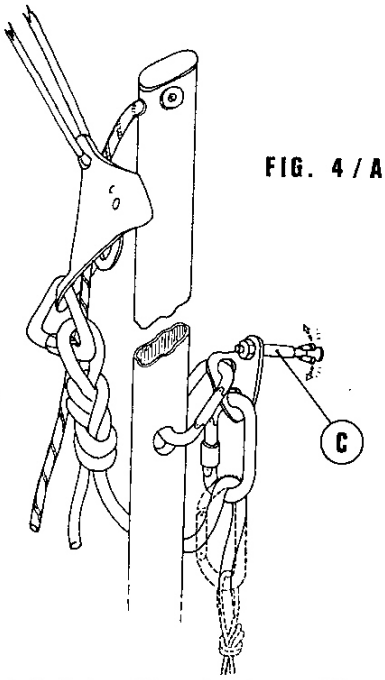


FIG. 1

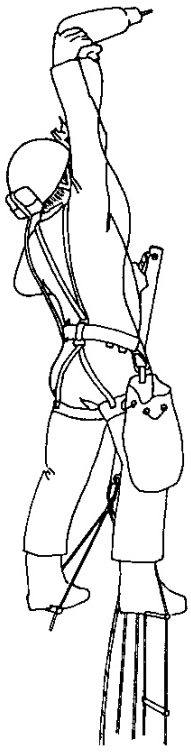
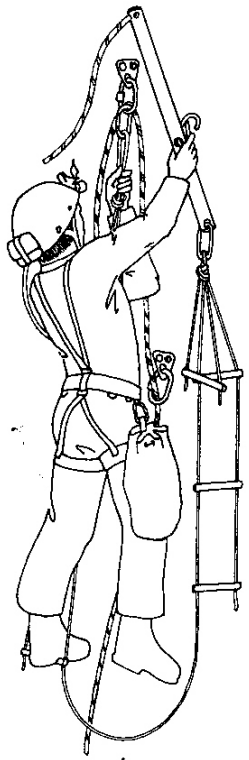


FIG. 2



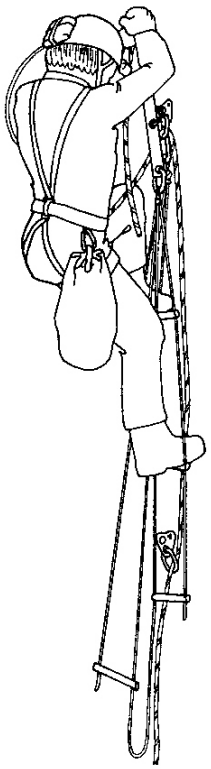


FIG. 3

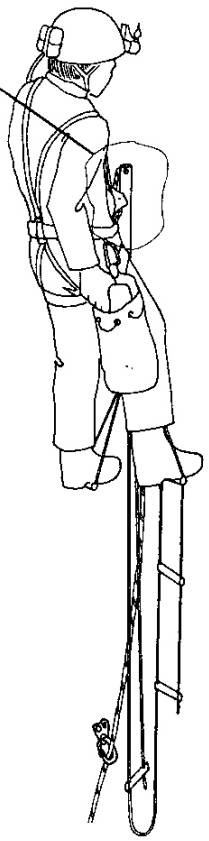


FIG. 4

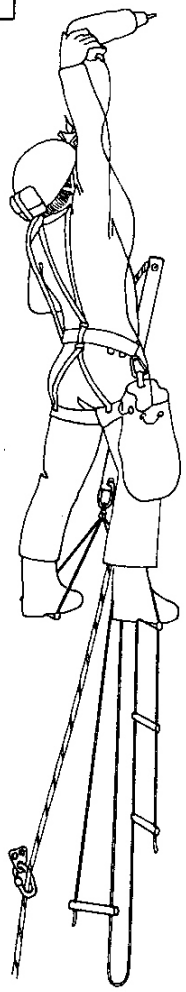


FIG. 5