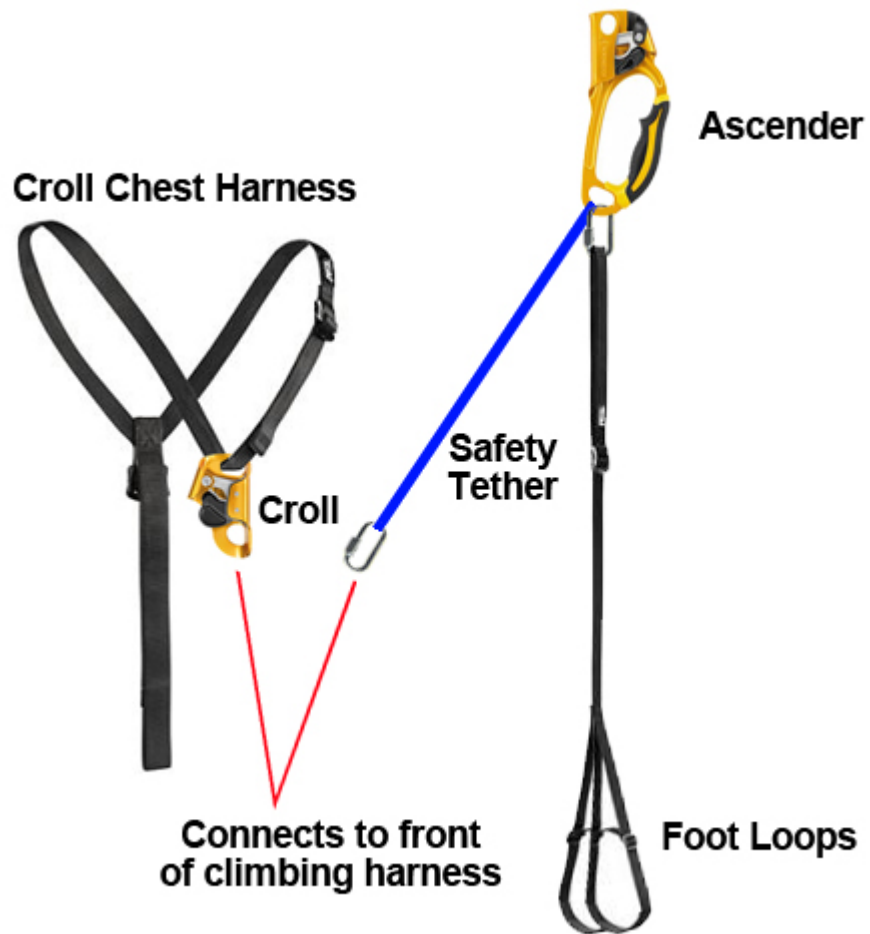


Basic Frog Ascension System



Basic Frog Climbing System



QAS (Quick Attach Safety)

Required Gear

- Ascender
- Croll
- Croll Chest Harness (self-tied webbing harness will work)
- Foot Loops
- Safety Tether
- Mallion Rapides (or other connectors to put everything together)
- Climbing Harness
- QAS (not required to climb)

Putting It All Together

We usually attach the foot loops and safety tether to the handled ascender with Mallion Rapide links (quicklinks). Depending on your climbing harness, the bottom of the Croll and the bottom of the safety tether can be attached directly to it, or you can use quicklinks. It is advisable to keep the Croll as low and close to the climbing harness as possible since it will give you better efficiency while climbing. The safety tether and foot loop lengths will need to be adjusted for your height and build. This usually takes a few short practice climbs for final adjustments since the system will stretch and settle in once it's weighted a few times. Ideally, you want the ascender to attach to the main rope just above the Croll when you are standing up, but not so close that it causes the cam on the ascender to jam into the Croll. Once you bend your knees to climb, the Croll will hold your weight allowing you to bend your knees and push the ascender up. If you have your safety tether too short, then it will limit how far you can push the ascender up the rope, thus causing the system to be inefficient. When climbing, always try to keep your feet under your butt. So, before you push up with your legs remember to get your feet under you and it will make the whole experience easier and more efficient.

The QAS (quick attach safety) is a separate piece of gear consisting of a short piece of rated cord (many people use dynamic rope instead of static) that has an ascender on one end and a harness attachment point on the other. We usually add a 3-wrap prusik from the attachment point back to the cord so the overall end-to-end length of the QAS can be adjusted. The QAS is used as a secondary point of attachment to the main rope when doing changeovers (rappel to climb or climb to rappel) or to help get you over the edge or past obstacles. It can also be used as a safety at re-belay points, safety attachment while rigging on to the main rope, etc.