# 5 Set Up Take Down Burma Bridge

## How to Get a Manager Check-Off

Have the Challenge Center Manager observe you setting up and taking down the Burma Bridge

## Procedure Details

### Set Up

* Gather the following gear:
	+ A-frame ladder
	+ Carabiner and cordage
	+ Ground rope
	+ Extension ladder
* Retrieve extension ladder and place on the north end of up and over wall. With an adequate length of rope tie a bowline to one side of the ladder approximately half way up and secure the other end of the rope with a “truckers hitch” directly opposite the bowline. Climb the ladder and secure the top in place by wrapping an adequate length of cordage around both the ladder and the deck of the up and over wall. This is done by passing the cordage through the cracks in between the planks and securing both ends with a carabiner.
* Remove Swing p-cord and allow the p-cord to hang directly below the swing pulley by tying up the cord in such a way that it is suspended over head out of reach of the participants. Proper management of the p-cord includes coiling the p-cord in such a way that it can be easily undone using the a-frame ladder at the end of the program.
* Ensure you have correct rope bag for the Burma Bridge as well as the correct amount of belay devices and carabiners.
	+ Belay devices (1)
	+ Carabiners (3)
	+ Rubber tube (1)
* Inspect the climbing rope by pulling one end out of the bag and running your hand and visually inspecting the entire rope.
* Tie Killick hitch to end of belay rope with p-cord (retrieval line). Pull rope through shear reduction device (SRD)
* Untie Killick hitch and flake out p-cord (retrieval line) in a secure place that will not be in the participants’ way, usually under the Up and Over Wall (hint: tie the end of retrieval line to something so that it will be easy to find for take down).
* Tie a bowline on a bight in the end of the rope that passes through both hand lines and the foot line closest to the element, place rubber tube over both loops of the bowline and place carabiners (2) in both loops below tube. Pull rubber tube down to hold carabiners in place.
* With the other side of the rope, ush a bight of rope into the belay device with the brake end running over the teeth (standard set up). Place belay carabiner in through both the bight of rope and the belay device’s retaining loop. Tie a stopper knot at end of rope.
* Clip the belay carabiner to the two participant carabiners and attach to the climbing element. Stow the rope in an organized fashion ensuring that the rope stays off the ground until in use.
* If the deck is being accessed by staff for the purpose of p-cord retrieval or sign-hanging the following apply:
	+ The staff member does not need to wear a harness or helmet provided they will be working with both feet on the deck at all times. Any staff member who wishes to wear safety equipment for these tasks is welcome to.
	+ It is expected that the extension ladder will be used to access the deck, but it does not need to be tied down as long as there is a second staff member available to stabilize the ladder while it is being climbed upon.

### Take Down

Remove all hardware and knots.

Tie Killick Hitch to end of belay rope with p-cord (retrieval line). Pull rope back through the SRD, holding tension on the p-cord until the entire rope is on the ground. Tie a quick-release knot to keep p-cord ends together. Secure p-cord to anchor hooks on the Up and Over Wall. Use the A-Frame ladder to retrieve the Swing p-cord, unravel, and stow to anchor hooks on the Up and Over Wall.

Flake rope into rope bag ensuring inspection of entire rope. Stow rope bag in correct location in equipment shed.

Replace all hardware in proper place in green box in equipment shed.

Remove cordage and rope from ladder and return ladder to the rack.