Technique: Release and Pull

This document describes the canyoning technique **Release and Pull**. This technique can be used in the following situation:

When is this technique useful?

The technique is useful when a canyoneer needs to cross a pool with a dangerous hydraulic. The hydraulic is located immediately after the abseil (rappel).

Pros

- It increases safety for all team members except the first.

- Easy to set up.

- Easy to execute.

- When combined with a releasable system from below, it also increases safety for the last person.

Cons

- It does not provide additional safety for the first canyoneer.

- The rope must be removed from the water, which requires swimming on the rope. This can be hazardous if not properly managed.

We will describe the technique in two step-by-step guides:

1. The first guide explains the Release and Pull technique for all team members except the last.

2. The second guide explains how to convert the system into a **releasable-from-below** setup for the last person, combined with the **Release and Pull** technique.
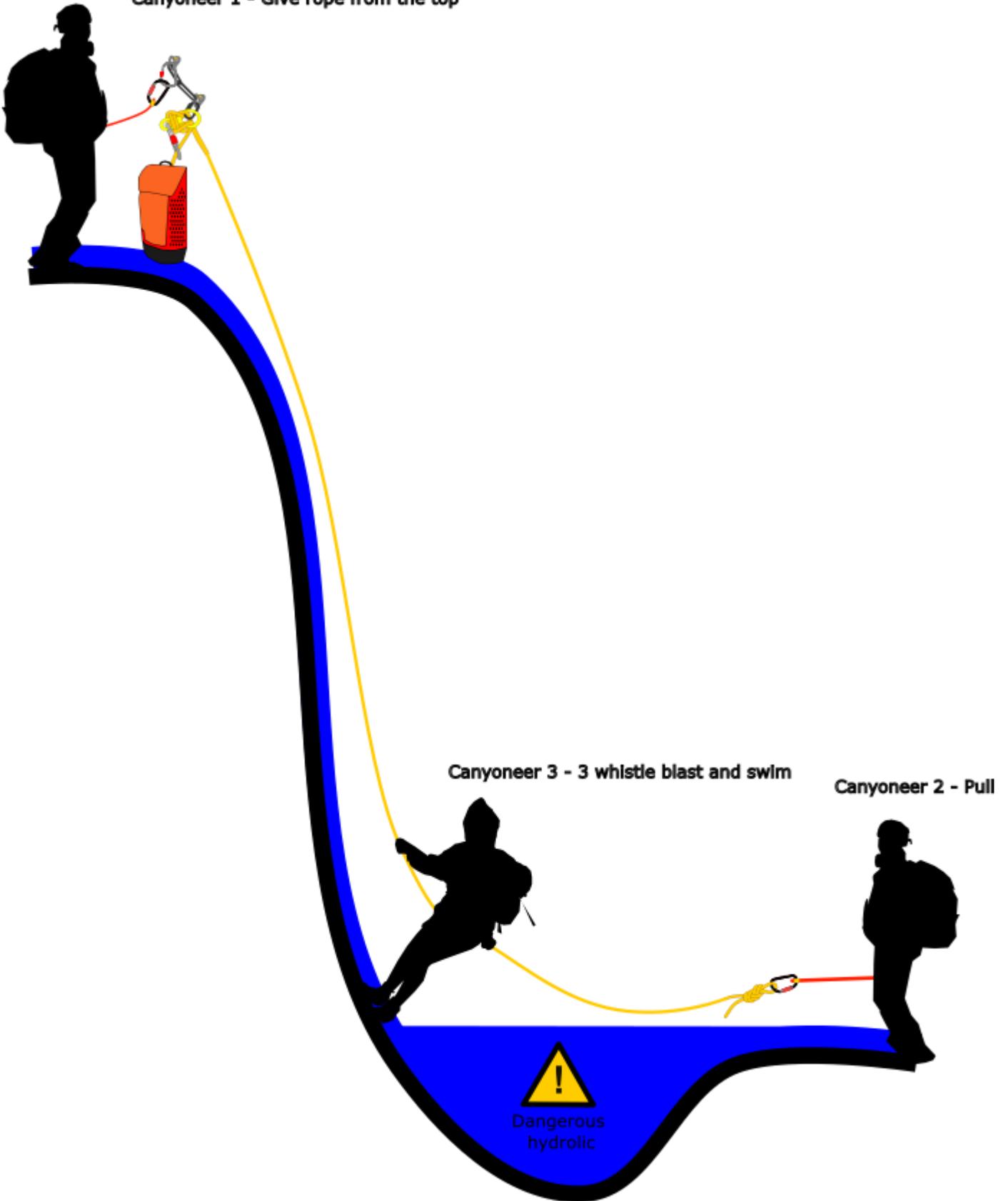
Abbreviations:

- C1 = Canyoneer 1

- C2 = Canyoneer 2

- C3 = Canyoneer 3

- C4 = Canyoneer 4

Release and pull

Step	Person	Action
1	C1	Threads the rope through the anchor and ties a large stopper knot at the end.
2	C1	Measures the rope length so it hangs just above the pool or remains clearly visible.
3	C1	Rigs the abseil with a releasable system at the top (preferably a releasable figure-eight block).
4	C2	(Best swimmer) Descends first and identifies a suitable launch point at the bottom.
5	C2	Requests more rope (3 whistle blasts), dives, and swims to the other side.
Note	C2	If no launch point is available, dive directly from the rope after requesting more rope.
Note	C1	Must always be ready to release the system quickly if necessary.
6	C2	Swims out of the pool and arrives at the stopper knot.
Note	C2	If rope is fed correctly from above, it should not interfere with the swimmer.
7	C2	Unties the stopper knot and ties a figure of eight on a bight.
8	C2	Clips the lanyard into the figure of eight on a bight.
9	C2	Removes the descender from the rope.
10	C2	Manages the rope from below and gives the OK signal.
11	C3	Descends on the rope.
12	C3	Requests more rope (3 whistle blasts) and swims across.
13	C1	Releases rope from the top, feeding enough slack for safe swimming.
14	C2	Pulls in the rope from below.
15	C3	Exits the pool.
16	C3	Disconnects from the rope.
17	C3	Gives the OK signal.
18	C4	Descends on the rope.
19	C4	Requests more rope (3 whistle blasts) and swims across.
20	C1	Releases rope from the top, feeding slack as needed.
21	C2	Pulls in the rope from below.
22	C4	Exits the pool.
23	C4	Disconnects from the rope.
24	C4	Gives the OK signal.
Note	Team	Resetting the system may be necessary to improve rope management at the bottom.

Canyoneer 1 - Give rope from the top

Canyoneer 3 - 3 whistle blast and swim

Canyoneer 2 - Pull

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Releasable from Below – Preparing for the Last Canyoneer

Once all team members except C1 are across, only C1 remains at the top. To make the descent safe for the last person, the team will set up a releasable system from below.

There are multiple types of releasable systems from below that can be used. In this guide, we will use the "releasable from below with a knot at the bottom" technique.

Key Setup Requirement:
The rope in the system must be slightly longer than twice the length of the abseil to allow proper operation and safe release.
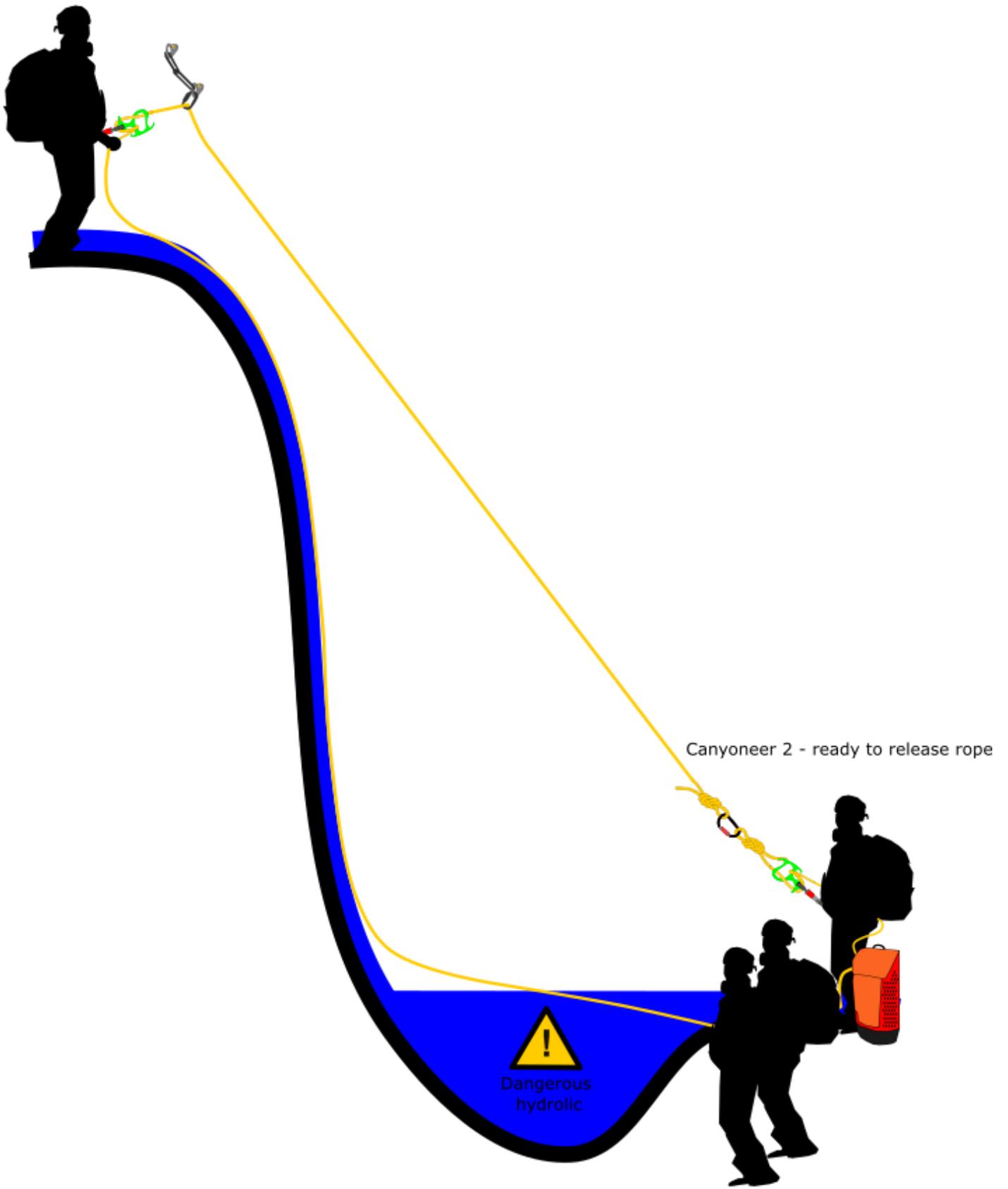
This section will describe what will happen step by step to rig the system and ensure the last Canyoneer can descend safely.

Step	Person	Action
1	C1	Pulls on the figure-eight block, taking in rope until it is tight.
2	C1	Ties in the descender and locks it off.
3	C1	Removes the releasable figure-eight block.
4	C1	Sends the bag down on the rope.
5	C2	Clips the bag onto their harness.
6	C2	Takes the other end of the rope out of the bag and ties a figure of eight.
7	C2	Connects the figure of eight on a bight with a carabiner to their lanyard's figure of eight on a bight.
8	C2	Attaches the descender under the rope connection.
9	C2	Performs a safety check and ensures all carabiners are locked.
10	C2	Removes their lanyard.
11	C2	Gives the OK signal to C1.
12	C1	Performs a safety check.
13	C1	Unclips their lanyard and cleans up the anchor.
14	C1	Descends on the rope.
15	C2	Lowers C1 if necessary, during the descent.
16	C2	Feeds rope fast when C1 goes for the swim.
17	C3 & C4	Pull C1 out of the pool.

Note:
If only C1 and C2 are present, C2 performs all necessary tasks.

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Canyoneer 1 - Ready to Abseil down

Canyoneer 2 - ready to release rope

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Canyoneer 3 & 4 - Ready to pull