

GLOSSARY

Abseil/Abseiling	A controlled descent down a rope using a friction device
Avalanche Transceivers	Personal equipment strapped to the body that transmits and receives a radio signal. Used to locate people buried in avalanches
Avalanche Probe	Long metal rod used for locating people buried in avalanches
Backstrap	A broad strap across the small of the back to support the kayaker in an upright sitting position
Bale	A fixing which locks the toe fitting of a Nordic ski binding to the ski boot or shoe
Belay	Method of attaching to an anchor point or system
Belay Plate	Friction device used to arrest a climber's slip/fall
Belayer	The person who is controlling the rope with the Belay Plate
Belts/Legloops/Harness	Very strong belt fitted to the waist with a lockable buckle. Always used in conjunction with Legloops to make a complete Harness for the body.
Bottom	A ropework system that is controlled from the bottom of the cliff. The climber is protected by the rope going from them to the top of the cliff, through a pulley system then back to the belay plate and belayer
Top Roping	A ropework system controlled from the top of the crag.
Bouldering	Unroped climbing/traversing close to the ground
Breakline	Point when approaching a beach at which the waves break
Buddy System	Where a group is split into smaller units (often 2 or 3 individuals). Members of these small "buddy" groups have a responsibility to look out for each other
Chandlery	Items of equipment and fittings associated with boats
Compass	Device used for navigating in poor weather conditions or darkness
Control Site	Check point on an orienteering course identified by a

	control marker
Control Marker	A triangular prism coloured orange and white usually used in orienteering
Crag	Cliff on which climbing takes place
Crampons	Spiked frames fitted to sole of boot to prevent slipping on snow or ice
Daysack	Small rucksack for day use
DIN/ISO Standard (Ski Bindings)	A European Standard to which all ski bindings are manufactured. (Deutsche Industrie Nor/International Standard Organisation)
Distress Flares	Hand held firework used for attracting attention in emergency situations
Dry Suit	Waterproof suit sealed at neck, wrists and feet. Designed to keep the wearer dry even when immersed
Eights (Rowing)	A competitive rowing boat propelled by eight rowers
Flip Line	Length of rope used to right an overturned raft
Flip	Capsize of a raft
Fours (Rowing)	A competitive rowing boat propelled by four rowers
Hacking	Riding out in the countryside, sometimes with instruction
Helmsman	Person controlling the steering mechanism of a boat
Ice Axe	Piece of personal equipment designed to aid and add security to walking on snow
Karabiner	Metal clip to attach ropes or other essential safety equipment to climbers or anchor systems
Keyhole Cockpit	A cockpit of extended length, allowing the kayaker's knees to clear the front of the cockpit rim without lifting his/her bottom from the seat
Kill Cord	A small line attached to a power boat driver (usually at the wrist or ankle) and also attached to the rescue boat engine's ignition. In the event of the driver falling over board the engine is cut off or "killed" Knot One nautical mile per hour (0.514 metres per second or 1.85 kilometres per hour)
Landfall	Nearest part of shore where it is possible to effect a landing
Leading (rock climbing)	Being the first person up a climb. The leader's only

	protection is obtained from running belays (runners)
Left Foot (Regular)/ Right Foot (Goofy)	Bindings on snow boards are set in a specific way for each skier depending which is the leading foot
Live Rope	The rope directly connecting the climber to the belayer
Menage Area	An indoor or outdoor arena which is used for practising riding skills and techniques
Multi Pitch Climbing	Climbs that need to be broken down into individual pitches. The cliffs are usually higher than the length of the rope (m).
Optimist	A class of dinghy, small in length, with a single gaff rigged mainsail used for teaching young children to sail
Overfall	A tidal over submerged rocks and reefs which cause great turbulence in the water on the 'downstream' side of the obstruction
Paddle Hook	Alloy hook attached to a paddle blade to provide an extended reach for use in a rescue situation
Piste (Map)	A prepared and marked ski trail or run. Piste maps provide details of all facilities in a particular resort including the ski runs and their degree of difficulty
Punch	A pattern pin punch used to verify that a control site has been visited during an orienteering course
Reflective Bandoliers	A strip of reflective tape which wraps around the body to enable motorists to easily identify a cyclist at night or in bad visibility
Restraining Leash	A cord or tape which attaches a snowboard or Nordic ski to the skier. It prevents the ski from running out of control in the event of a fall where the boot is released from the ski binding
Rip Current	Strong off-shore currents, often experienced near river mouths
Roller Ski	A short ski with rollers or wheels which is designed for use on a hard surface allowing the skier to practice Nordic ski techniques. Nordic ski bindings are used to fix the boot/shoe to the ski
Safety Bearing	A compass bearing specific to an area which leads competitors to a safe point if they become lost
Scrambling	Movement up steep ground that would usually need the use of hands

Screwgate Karabiners	Lockable metal clip
Single Handers	Class of dinghy which only has a mainsail and which is sailed by one person - e.g. a topper or laser
Single Pitch	A rock climb from the ground to the top of the cliff which does not exceed the length of the rope (50m)
Single Scull	A competitive rowing boat propelled by a single rower
Ski Tip	In Nordic ski touring, a spare ski tip (front of the ski) is often carried in case of damage to the ski
Ski Basket	A fitting at the bottom of a ski pole which prevents the pole sinking into the snow
Snow Shovel	Lightweight shovel carries for emergency situations, digging snow holes/avalanche rescue
Spray Deck	A skirt of waterproof material worn round the kayaker's waist and fitted to the cockpit rim to prevent the ingress of water to the kayak
Survival Bag	Large polythene bag, big enough to get one or two people into. They keep out the wet and keep heat in
Telemark	A 'traditional' Norwegian downhill turn used when free heel ski-ing
Traversing	Moving across rock face or rock wall
Twist Lock Karabiner	Lockable metal clip. In some circumstances these have opened by mistake
Tyrolean	System for traversing a gap between two high points by means of a tensioned rope between the two points
Tyrolean Traverse	A person slides across a rope over a gorge or stream
Under-tow	An undercurrent running in a different direction to that of the water above in. The backwash of water, as in receding breaker
Wading Staff	Wooden stick on pole used to assist balance in moving water
Wayfaring	Non-competitive form of orienteering using map and compass to navigate around forest areas
Wet Suit	Tight fitting suit of neoprene rubber, providing high insulation and designed to trap a layer of body warmed water between skin and suit