

GLOSSARY

Abseil/Abseiling	A controlled slide down a rope using a friction device.
Avalanche Transceivers	Personal equipment strapped to the body that sends out a radio signal. Used to locate people buried in avalanches.
Avalanche Probe	Long metal rod used for locating people buried by 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 rope to rock.
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 Top Roping	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 then back to the belay plate and belayer on the ground.
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 red and white.
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 used to attach climbing ropes to the climber or anchors.
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 snowboards are set in a specific way for each rider/boarder 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 (50m).
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	In Orienteering, a pattern pin punch used to verify that a control site has been visited.
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 - related to orienteering 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 - eg 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 too deeply into the snow.
Snow Shovel	Lightweight shovel carried 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 horizontally 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 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.