



## AAC Publications

---

### **Fall on Rock — Tumble After Rappel**

Colorado, Eldorado Canyon State Park, West Ridge

**I, Beth Sager (40), uneventfully led Chianti (5.8+), a route I had previously climbed.** My partner Sylwia followed, and then I rappelled while she waited at the anchor. My friends Jane and Ilyse were on a route next door. I took myself off rappel 20 feet above the ground on a ledge that marks the beginning of the actual climbing after a third-class scramble.

I noticed that the end of the rope was caught in a constriction several feet below. As I leaned forward to free it, I lost my balance and tumbled to the ground, hitting the rock several times. I was still wearing my helmet. My friends came down as quickly as they could and checked me for a concussion or other injuries. Though I was shaken up and had pain in my neck, I was able to walk out and drive myself to the ER. My friend, who had driven separately, followed in her car to make sure I was okay. I was found to have a fracture of my C1 vertebra in addition to multiple scrapes, bruises, and a sprained finger. I did not have a concussion. My neck healed within six weeks, but my sprained finger is still problematic ten months later.

### **ANALYSIS**

There was no reason to free the rope in the way I attempted. Sylwia could have rappelled without any problem, and we could have freed the stuck rope while descending. I was simply not being mindful of the terrain. I'm extremely lucky that I wasn't hurt worse, because the ground where I fell was uneven.

(Source: Beth Sager.)

**Images**

Article Details

Author	Beth Sager
Publication	ANAM
Volume	12
Issue	75
Page	53
Copyright Date	2022
Article Type	Accident reports