

Below is our attempt to create a rigger self assessment quiz. This quiz is not an end all be all, it does not certify anyone or anything as safe. It is an attempt to give people a tool to assess their own knowledge as a rigger or for you to assess a potential rigger and check what they know. It was created to address two problems.

The first is imposter syndrome where people do not yet have confidence in their skills or a base line of comparison. The second is to address the dunning-kruger effect where beginners believe themselves more skilled than they are.

It is broken into 5 parts and a score of 0-35 roughly means you are still a beginner. A score of 35-75 tags you in the intermediate range. 75 or higher and you're heading into the advanced range. This assumes a relatively even distribution across all categories.

The quiz covers much more than just knowledge of rope as there is much more to being a rigger than just tying knots. After all, rope safety tip #1 is you are not tying rope, you are tying a person, talk with your person.

As this is a creation over time of multiple people it is for use by anyone so yes, you may steal this quiz but if you could give the site a shout out as you do, that'd be appreciated. miropes.com/ropetest

- People and negotiation: */25
- Human Knowledge and Safety: */25
- Terms/Knots/Patterns: */25
- Equipment Knowledge and Safety: */25
- Bonus skills questions: */15



YOUR TOTAL SCORE		0
People and negotiation - Do you ask these questions?		
Do you know why you should? (Yes=1, No=0)	Yes/No	
What interests you about rope?	-	<input type="text"/>
What kind of tie are you looking to do or try?	-	<input type="text"/>
How do you want the tie to make you feel?	-	<input type="text"/>
Do you have any joint injuries? If yes - what are they and from what?	-	<input type="text"/>
Do you get motion sickness?	-	<input type="text"/>
Do you have any false limbs or implants?	-	<input type="text"/>
Do you have any joint or muscle conditions?	-	<input type="text"/>
Do you have a history of seizures?	-	<input type="text"/>
Have you consumed any alcohol today?	-	<input type="text"/>
Have you used any drugs today?	-	<input type="text"/>
Are you on any medications that could affect your ability to feel pain?	-	<input type="text"/>
Are you claustrophobic?	-	<input type="text"/>
Is there someone you would want me to contact in the case of emergency?	-	<input type="text"/>
Is your partner here or are there any relationship dynamics I need to consider?	-	<input type="text"/>
How is your flexibility? Can you demonstrate your range of motion?	-	<input type="text"/>
Do you have any communicable skin conditions or diseases relevant to what we are doing?	-	<input type="text"/>
Do you have any new piercings or tattoos I should be aware of?	-	<input type="text"/>
Do you have any current injuries that could affect the tie?	-	<input type="text"/>
Have you done this (the type of tie you're negotiating) before?	-	<input type="text"/>
Is there any part of your body you do not want me to touch during the tie?	-	<input type="text"/>
Are you ticklish?	-	<input type="text"/>
Do you have any known triggers I should be aware of?	-	<input type="text"/>
Do you have any heart or blood pressure issues?	-	<input type="text"/>
How are you feeling right now? Are you hydrated or do you need to pee?	-	<input type="text"/>
What kind of aftercare do you think you'll need?	-	<input type="text"/>

SECTION TOTAL		0
Human Knowledge and Safety - Do you know the answer to these questions? Do you know why you should? (Yes=1, No=0)		Yes/No
What are safe words and why should you always have them?	-	<input type="text"/>
What are you safe signs in the event of a loud space or the person is gagged?	-	<input type="text"/>
What are the three major nerves in the arm to be aware of? What happens if they are compressed?	-	<input type="text"/>
Can you point to where the nerves are the most exposed on the arm?	-	<input type="text"/>
What are the main arteries on the arm to be aware of? What happens if they are compressed?	-	<input type="text"/>
Can you point to where the arteries are most exposed on the arm?	-	<input type="text"/>
What first aid steps should you take in the event of a pinched nerve or artery?	-	<input type="text"/>
What are the pressure points along the clavicle and in the center sternum that can cause pain or nerve compression? What happens if they are compressed?	-	<input type="text"/>
Can you point to where the clavicle and sternum nerves are?	-	<input type="text"/>
How does compression of the chest or sternum area affect breathing?	-	<input type="text"/>
What are the major nerve clusters in the hip area that can be injured by many hip harnesses? What happens if they are compressed?	-	<input type="text"/>
Can you point to the pubic nerve cluster and femoral nerve?	-	<input type="text"/>
What is the main artery on the inside of the thigh beneath the groin?	-	<input type="text"/>
Can you point to the femoral artery?	-	<input type="text"/>
What is the fibular nerve? What happens if they are compressed?	-	<input type="text"/>
Can you point to the fibular nerve at both the knee and the ankle?	-	<input type="text"/>
What is the temperature safety check?	-	<input type="text"/>
What is the strength safety check?	-	<input type="text"/>
What do different colors in the limbs indicate during bondage?	-	<input type="text"/>
What are stretches you should do before rope bondage?	-	<input type="text"/>
What are stretches and movements you can do to help come out of a tie?	-	<input type="text"/>
What are the different types of joints in the human body?	-	<input type="text"/>
How do the types of joints in the body move differently?	-	<input type="text"/>
What are the risks of prolonged immobility?	-	<input type="text"/>
SECTION TOTAL		-
		0
Terms/Knots/Patterns - Do you know these terms, knots, patterns or techniques? (Yes=1, No=0)		Yes/No
What is the bight of the rope? What are the running ends?	-	<input type="text"/>
What is an overhand vs. an underhand loop? Can you tie one?	-	<input type="text"/>
Can you tie a larks head? Can you tie a half hitch?	-	<input type="text"/>
Can you tie a munter hitch?	-	<input type="text"/>
Can you tie other frictions like an X friction?	-	<input type="text"/>
Can you tie a square knot or surgeon's knot?	-	<input type="text"/>
Why is it important that a tie is non-collapsing?	-	<input type="text"/>
Can you join two ropes?	-	<input type="text"/>
What is a single column tie? Can you tie one?	-	<input type="text"/>
Can you tie at least 4 different single column ties?	-	<input type="text"/>
What is a double column tie? Can you tie one?	-	<input type="text"/>
Can you tie at least 4 different double column ties?	-	<input type="text"/>
Can you tie at least 4 different common arm tie patterns?	-	<input type="text"/>

Can you tie at least 4 different common chest tie patterns?	-
Can you tie at least 4 different common hip harness patterns?	-
Can you tie at least 4 different common leg tie patterns?	-
Can you tie a foot pattern?	-
Can you tie hair?	-
Can you tie a rope gag?	-
Can you lock off an upline at the top of the line?	-
Can you lock off an upline at the bottom of the line?	-
Can you lock off an upline in the middle of the line?	-
Can you tie a hanger tie into a harness?	-
Can you tie a bomb knot or quick release knot?	-
Can you tie a hashira lock off for a vertical beam?	-
SECTION TOTAL	0
Equipment knowledge and safety - Do you have these and know how to use them? (Yes=1, No=0)	Yes/No
Do you have a rope cutter?	-
What type of rope cutter do you have and why?	-
Do you have a marlin spike?	-
Have you actually cut a rope off of yourself or your partner for practice?	-
Have you tensioned a knot and then used a tool like a marlin spike to unjam it?	-
What is the difference between the working load of rope and the breaking load?	-
How is rope rated and is your rope rated?	-
What are different types of rope material?	-
What are the common lengths and diameters of rope?	-
What are different ways to whip the ends of your rope and why does it matter?	-
What are ways to treat rope?	-
What are ways to clean rope?	-
What are signs your rope is fatigued and may break or needs to be replaced?	-
What is a suspension ring and why would you want to use one?	-
What are ways to attach a ring to a hard point?	-
What are carabiners and what is the benefit of using them in suspension?	-
What is a hard point and what are some examples of hard points?	-
What are some things that are NOT hard points that people use in error and should be avoided?	-
What is the difference between a dynamic load, a static load and a shock load?	-
What is the plane of a rig and why should you be careful not to break it?	-
What is directional force and how does it affect a rig and the attachment point?	-
What are other hard point attachments that can be used in suspension bondage?	-
What is a swivel and why would you want to use one?	-
What are suspension straps (sometimes called climbing runners)?	-
What are the risks of spinning in suspension?	-
SECTION TOTAL	0
Bonus skills questions - Things to try if you think you know it all already (Yes=1, No=0)	Yes/No
Can you tie one handed?	-
Can you tie with your non-dominate hand?	-
Do you know rope pulling tips and techniques like the finger hook or finding the gaps in your tie?	-
Can you tie blindfolded?	-

Can you tie behind your back?	-
Have you taught a basic tie to someone else?	-
Have you taught an advanced tie to someone else?	-
Have you taken a pattern you've learned and modified it to be even better for you or your partners style?	-
Have tied to a rhythm or in time with music?	-
Have you tied with your bottom staying still? With you staying still? With both of you staying still? With both of you moving?	-
Have you done a transition in suspension?	-
Have you attended a bottoming class to learn tips and tricks your bottom can do to make tying better and safer?	-
Have you done breast bondage with rope?	-
Have you done genital bondage with rope?	-
Have you tied multiple body types and gender identities?	-
SECTION TOTAL	0
YOUR TOTAL SCORE	0