

Top Rope Belay Clinic Handout

Outdoor Adventures, UREC

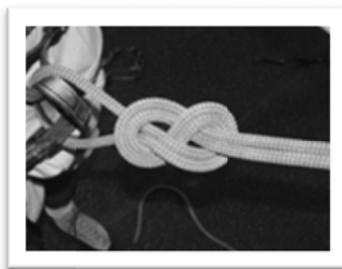
Harness:

- Waist belt needs to be above your hip bones and as tight as you can get it so you can't twist 3 fingers
- Misty Mountain logo should be right side up
- Waist belt buckle should be on your left side and needs to be double backed (If you see danger, you're dead!)
- Leg loop buckles should be on the outside



Knots:

- Climber ties into rope on the side closest to the end hold
- Should go through the harness with two points of contact
- Figure 8 with a follow through-
- Keep the knot close to the harness
- Go in through the hard way and out through the easy way
- Trace the figure 8
- Make sure there are no crosses (If there's one cross, the knot is twisted. If there's two, the knot just needs to be dressed).
- Count 10 strands
- Count 3 flat equal signs on each side
- Safety knot (fisherman's knot)
- Make two loops around your thumb, then go up through where your thumb was
- Make sure second loop goes below the first one
- Multiplication sign on one side, equals sign on the other
- Make sure there is no more than a fist worth of space between the two knots
- Make sure you have a fist length of space for a tail after the safety knot



Belaying:

- Anchor in for someone your weight or heavier
 - Anchor and belay device carabiners get hooked onto the belay loop
 - Hook into the lowest knot possible, but still being able to stand up straight

- Stand with the anchor on your dominant side (If you are right handed, stand with it to your right.)
- Anchoring carabiner goes under the belay device carabiner
- Lock the carabiner
- Setting up for belaying
 - The rope goes in the belay device on your dominant side
 - Make sure there are 3 things in the carabiner- the rope, the belay device, and the belay loop
 - Make sure the part of the rope attached to the top of the wall is coming out of the top of the belay device and the short end of the rope that your break hand goes on is coming from the bottom of the belay device
 - Lock the carabiner
- Belaying motion
 - Pull, grab, slide
 - Never slide your hand too close to the belay device or it could get pinched
 - Your dominant hand is your break hand- it NEVER leaves the rope!!
 - (no switching of hands is allowed)
 - Always grab under your break hand with your other hand to take up slack, catch falls, and lower
 - You should be in the break off position 95% of the time- make sure you make that right angle completely when you take up slack or wait for your climber to continue
 - Lower with both hands and just gently loosen your hands to let the rope slide through and lessen the angle of the rope in correspondence to the belay device if necessary

Commands:

- climber: "on belay?", belayer: "belay on", climber "climbing?", belayer: "climb on"
- "slack" if the person want to climb down a little bit
- "take" or "tension" if they want to rest
- climber: "ready to lower", belayer: "lowering" to lower

Other:

- Always keep two eyes on your climber
- Always keep an open line of communication between the belayer and climber
- Always do a safety check before you climb
- Always make sure the ropes are not twisted before you climb