

Rock Climbing

How to put on a harness:

Open the climbing harness and hold it out in front of you. All the straps should be unraveled. The leg loops should be opened and hanging down.

Step into the leg loops. Place one around each leg, then pull the climbing harness up until you can't lift it any higher. The strap connecting the two leg loops should be in front of you. If it is behind you, then you stepped into the climbing harness backwards.

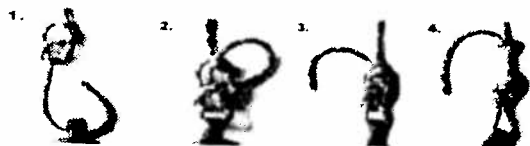
Thread the waist strap into the buckle on the side of the climbing harness. Pull the waist strap tight so that there is no slack around your body. You can slip out of a climbing harness if it is not pulled tightly around your waist. Thread the waist strap through the other end of the buckle, then pull it tight again. This locks the waist strap into place.

Double-back the waist strap. Do this by lifting the outside edge of the buckle away from your body, then threading the waist strap back through the buckle. Pull it tightly through to double-lock the waist strap into place. Tighten your leg straps. The loops should be as high on your legs as possible.

Locate the long leg strap hanging from the climbing harness. Loop this over the back of the climbing harness next to your spine. Pull it down and clip it behind your opposite leg. This will prevent your leg loops from sliding down when you climb.

Three buckles must be doubled back on the climbing harness.

How to properly tie a double figure eight knot:



Step 1: Form a single figure eight in the end of the rope and feed the tail through your harness. When tying in, feed the rope through the same harness straps that the belay loop occupies (not pictured), others prefer to use the belay loop (as pictured).

Steps 2 & 3: Rethread the figure eight, following the same path as the first. Pull the knot tight (though some climbers prefer to leave it a little loose to absorb force from a fall). Make sure you have enough tail, as the knot will slip a bit when loaded. Check the knot by counting "two", "two" & "two", for the three visible doubled strands. Ensure they each are lying flat and not crossing over themselves.

Step 4: Tie a stopper knot with the remaining tail. There should be 2 safety knots.

You must do a safety check your partner's tie in knot, and get them to check yours before climbing. It is easier to spot mistakes on others that you may not notice yourself

When preparing to climb: 3 things that must be checked by the belayer are:

1. Level is set on the LEFT side of the belay device
2. Take up the slack on the rope
3. Holding onto the break line at all times

When preparing to belay 3 things that must be checked on the climber:

1. Helmet is on is and worn properly
2. Figure eight and safety knots
3. Harness and all three buckles are closed

NEVER EVER LET GO OF THE BRAKE LINE while belaying, ascending, or riding the zip line.

How to belay properly using a Petzi Gri Gri:

Double-Check the Rope in the GriGri, Give a Sharp Tug, and Use a GriGri on Your Belay Loop

How to properly ascend:

One way to use ascenders is to simply attach both to the rope, clip them each to your harness with slings, then attach to both ascenders. Stick one foot into the appropriate rung of one aider and the other foot into the other aider, and up you go, weighting and sliding the ascenders up one at a time.

10 things you should always remember when climbing

1. Climbers are encouraged to stretch and loosen or warm up prior to climbing.
2. Please avoid stepping on the ropes.
3. Climb Safe!! All climbers must use a belayer-check-climber and climber-check-belayer system before every climb. Check each other's harness, knot, belay device and anchor.
4. Climb Safe!! Always use standard climbing commands: "On belay?" "Belay on!" "Climbing?" "Climb on!"
5. Climbers should never climb faster than the belayer can keep the rope secure. The belayer should let them know if they need to slow down.
6. Please stay on line, on route and avoid crossing other ropes. Climbers should never climb directly above or below others on the wall.
7. Remove all jewelry, watches, keys, etc. These objects can cause injury and break. They are also bad for the crash pads!
8. Don't bogart that rope! If you and your partner have climbed the route, give the rope to those waiting.
9. Keep your eyes open! We encourage experienced climbers to help nOObs.

