

You tube links to knot tying: **Rope Test is 5000 lbs.**

Bouldering – most injuries occur here

Climbing – practice falls, twist rope for weight difference

Slack Lining

Metal Equipment should never be thrown or dropped!

Figure 8 & Double figure 8 knots: **Must have a 6 – 8” tail and be no more than 1 foot in front of your body,** finishing knot. Follow the rope like a race track.

Tie into loop (1 or 2) “Hard Point” on harness, not caribiner

Belay loop is different, just 1 loop **Belay Device Test is 2000 lbs. Belay device should be set up so the break-rope is on the correct side. (right for righties)**

Caribiners Test is 7000 lbs.

Climber and Belayer should NOT begin the verbal contract until BOTH are completed with their own set ups.

****Once belayer states that the “Belay is on” they assume responsibility for the climber’s safety until ending the contract with “Belay is off”.** Belayer should **ALWAYS keep 1 hand on the brake rope, keep it locked off position** at all times other than taking up slack.

Always check rope for a “Good Hand” when climbing and belaying. If you feel anything you must let us know immediately.

TBUS

Take (up the slack)

Break (the break hand never leaves the rope, always have break on)

Under (reach behind or below break hand)

Slide (break hand up to belay device)

Commands:

ON BELAY- Climber

BELAY ON- Belayer

CLIMBING- C

CLIMB ON- B

OFF BELAY – C

BELAY OFF - B

TENSION-TAKE: tells belayer to take up the slack and make the rope tighter on the climber.

GOT YA: after tightening the rope.

SLACK: tells the belayer to let a little rope out and make the rope a bit loose so it isn't pulling as hard.

RESTING: If climber needs a to take a break, they announce tension, allow belayer to tighten the rope and then can put their weight on the rope.

DONE RESTING: state Climbing to notify the belayer that you are ready to resume climbing.

Belayer must be sure the climber is NOT adding twists to the rope by climbing over and under repeatedly.

READY TO LOWER: to let Belayer know to lower you down. Use both hands on the break rope.

DO NOT USE "FALLING". That word is not welcome in the climbing environment given it's actual meaning.

*Must be checked by teacher before climbing, always or sit out unit

*Environment must be controlled, no distractions or horse play.