

Instructions for Wednesday night belay practice and climbing trips:

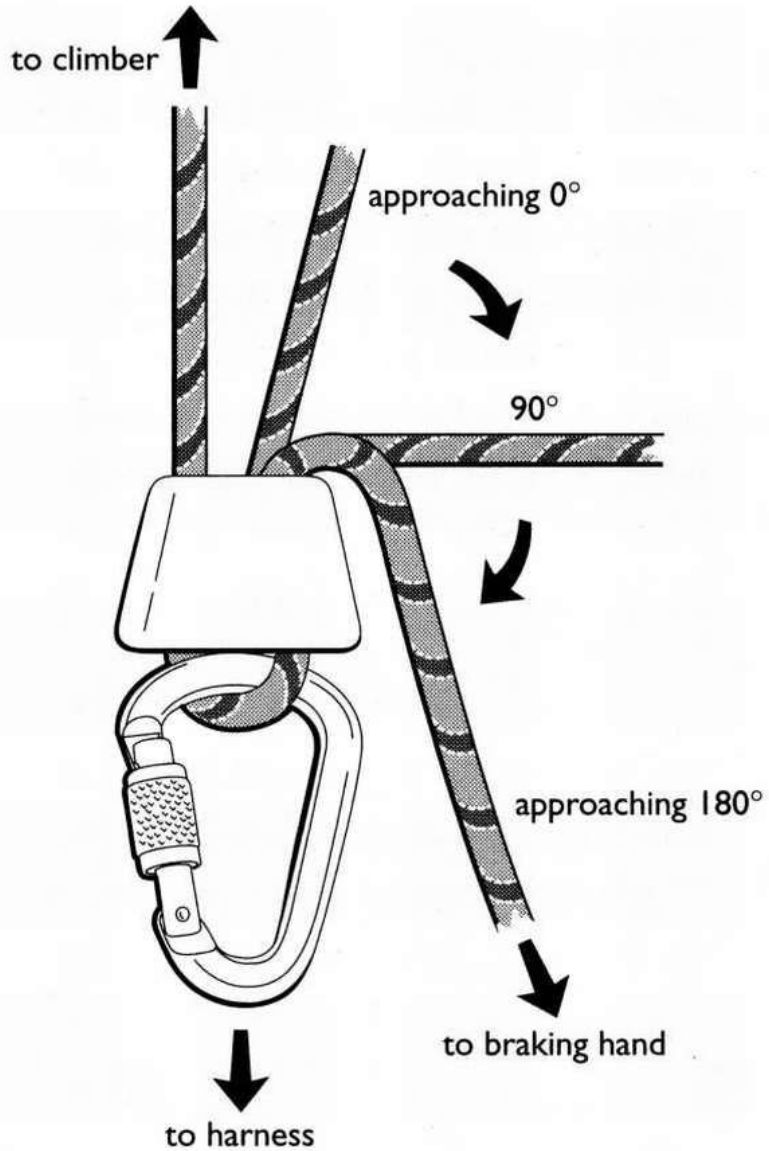


1. Put on a harness
2. Get a partner and an instructor
3. Get one rope and one belay device
4. Take turns being a belayer and a “climber”
5. Practice belaying and tying into the rope

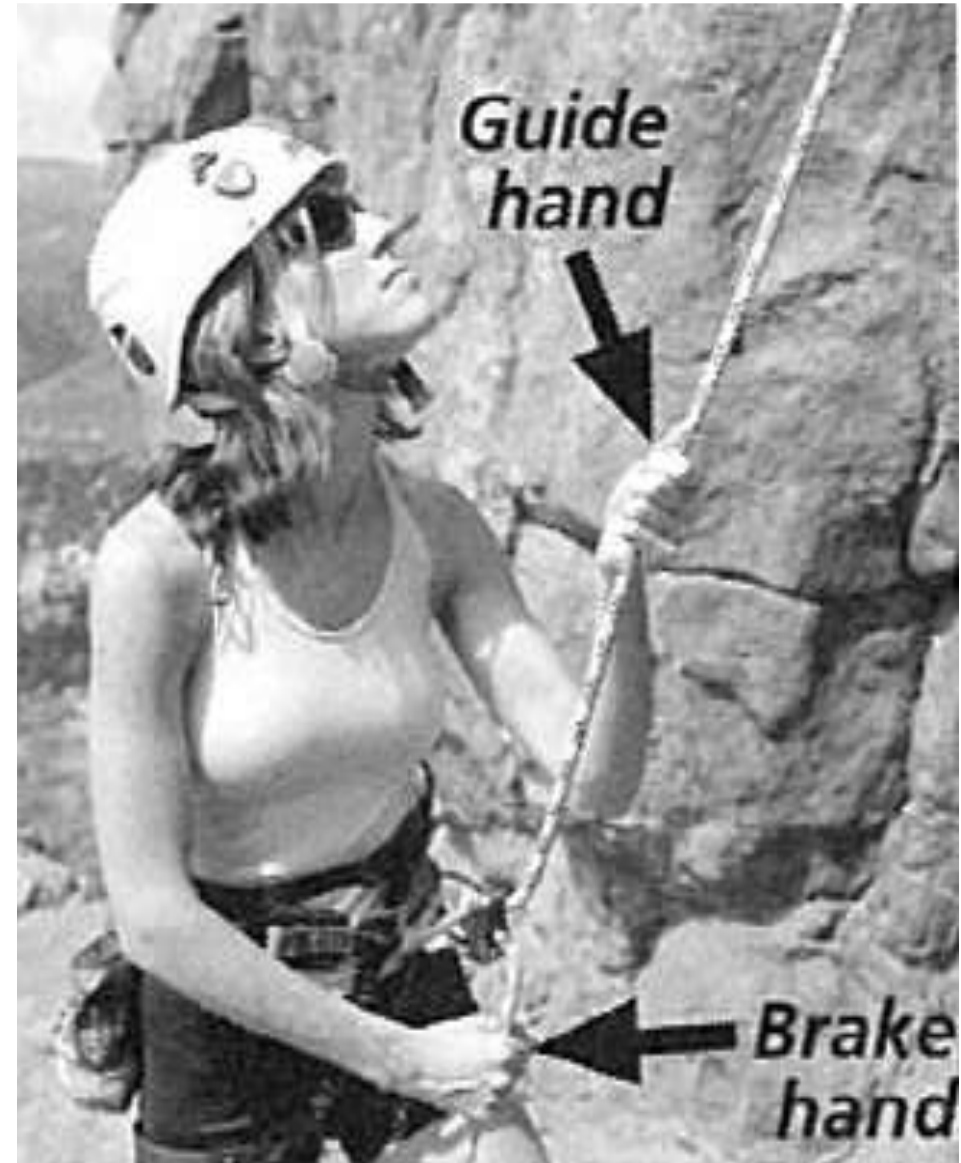
## **1<sup>st</sup> Rule of Belaying**

**❖ Your brake hand never lets go of the rope!!**

# Belay Device Principle

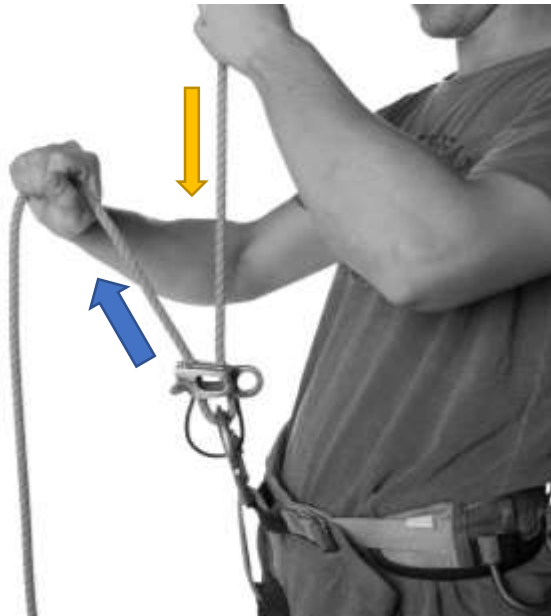


- ❖ Rope from climber is fed into upper side of belay device
- ❖ Reversed when belaying from above





# Belay Device Use



Pull  
6 to 12 inches

P



Break  
Lower than device

B



Under  
Grab rope under your  
break hand

U



Slide  
Your break hand  
toward device

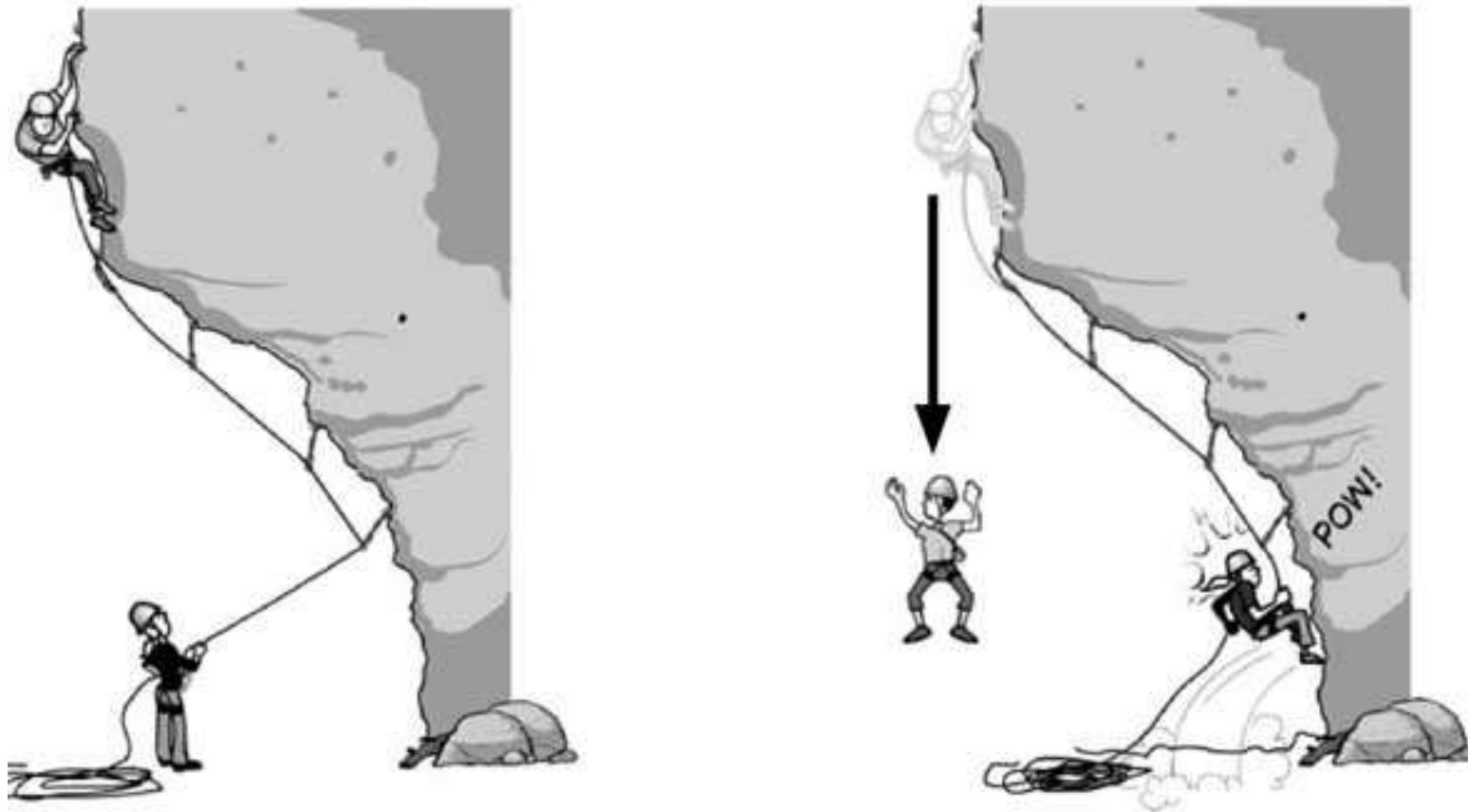
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# Watch out for Your Hand



- ❖ In a fall, it isn't uncommon for a little rope to feed through belay device
- ❖ You can catch your hand in device if not careful

# Belay Anchor



## 2<sup>nd</sup> Rule of Belaying

❖ Your brake hand never lets go of the rope!!



# Basic Signals

## CLIMBER:

- ❖ **On Belay?**
  - Asking if belayer is ready
- ❖ **Climbing**
  - I'm ready to climb
- ❖ **Off Belay**
  - I've finished climbing and am in a safe place

## BELAYER:

- ❖ **Belay On**
  - After double checking that everything is ready
- ❖ **Climb On**
  - You can now climb
  - Climber should not climb before belayer signals this
- ❖ **Belay is off**
  - I have removed the rope from the belay device

During a check, both belay and climber check both belayer and climber





# Other Signals

(for the climber)

- ❖ **“ROCK”** – Watch Out! **SOMETHING** is falling
- ❖ **“UP ROPE”** – Take up slack in rope
- ❖ **“THAT’S ME”** – Indicates to belayer that all the slack has been removed from rope
- ❖ **“TAKE”** – Take up rope and apply tension (climber needs rest or is ready to be lowered back to bottom)
- ❖ **“SLACK”** – Remove tension from rope (more for lead climbing)