

## Carbondale Recreation & Community Center Climbing Wall

Safety Orientation, Auto-Belay, Top Rope Belay Test with **Lead Climb & Belay Certification**

In order to climb or belay on the Carbondale Recreation & Community Center climbing wall you must understand, demonstrate and perform the following essential climbing and belaying skills with correct techniques on our roped climbs. You must also be trained and understand the safety measures to use our auto-belay devices. **To be lead certified you must demonstrate correct lead climbing and lead belaying techniques.**

- Harness:** Correct fitting and securing of a harness. Double back techniques if necessary.
- Auto-belay:** Correct securing of auto locking carabiner to harness. Have the locking device verified each time you climb by staff or another previously certified climber.
- Tie-in:** Proper figure 8 follow through knot with a safety backup knot on rope attached to climber.
- Anchors:** Correct clipping of belayer into floor anchor.
- Top Rope Belay technique:** correct clipping into belay device, and rope feed out and stop techniques for controlled belaying never shock loading the climber-belayer rope system.
- Lead Belaying-** Discuss different forces generated by lead falls and demonstrate lead belaying techniques.
- Lead Climbing Techniques-** Discuss inherent dangers of back clipping and z-clipping and how to prevent.

### **Climber-Belayer Communication- Before Climbing:**

- ON BELAY?** Climber to belayer in the form of a question. Asking if belayer is ready.
- BELAY ON!** Belayer to climber. Indicates belayer is ready. No slack in rope system to climber.
- CLIMBING!** Climber to belayer. Double-checking readiness of belayer.
- CLIMB ON!** Belayer to climber. Indicating the go ahead to climb and the readiness to catch a fall.

### **Climber-Belayer Communication-While Climbing:**

- Auto-belay:** Make sure there is no slack in the webbing while climbing. If slack is present, (no upward tension) the auto belay is malfunctioning, down climb and discontinue use. Notify staff immediately.
- UP ROPE! TENSION!** Climber to belayer asking to take up slack in rope
- SLACK!** Climber to belayer asking for more rope.
- FALLING!** Climber to belayer that a fall is eminent.

### **Climber-Belayer Communication-When finished at the top of the route or while climbing the route:**

- Auto-belay:** Let go of the wall, have hands and feet in front for protection, you will automatically descend.
- TAKE!** Climber to belayer. Indicates climber's wish for belayer to hold him/her tight for a rest.
- LOWER ME!** Climber to belayer. Indicates climber's wish for belayer to lower the climber in a slow and controlled descent.

### **Climber-Belayer Communication-When finished at the bottom of a route:**

- Auto-belay:** Pull down some slack, unclip carabiner from harness, or ask for help to do so without letting go of auto belay webbing or carabiner, and then re-attach it to the floor anchor. **Do not let go of the auto belay webbing or carabiner**, it will automatically ascend the wall in an uncontrolled manner and be irretrievable.
- OFF BELAY!** Climber to belayer: Indicating "I'm done, you can stop belaying"
- BELAY OFF!** Belayer to climber. Indication climber is off belay and no longer protected by the rope.

I, as a climbing wall participant, will follow these guidelines or lose my privileges to use the climbing wall. I have read and understand the rules, and have presented a signed waiver/release to the Carbondale Recreation & Community Center Climbing Wall. I assume full responsibility for my actions and will do my best to ensure my safety and the safety of others.

Print Name \_\_\_\_\_ Signature of test taker \_\_\_\_\_

Printed Climbing Wall Staff Name \_\_\_\_\_ Staff Signature \_\_\_\_\_

### **Staff use only:**

<input type="checkbox"/> <b>Top Rope /Auto Belay / Bouldering Cert.</b>	<input type="checkbox"/> <b>Lead Belay Certification</b>	<input type="checkbox"/> <b>Lead Climbing Certification</b>
<b>Date</b> _____ <b>Staff Initials</b> _____	<b>Date</b> _____ <b>Staff Initials</b> _____	<b>Date</b> _____ <b>Staff Initials</b> _____

