

STONE GARDENS CLIMBING 101 Review Handout

*** All Climbing is inherently dangerous. This handout is for informational purposes only. It is not a substitute for instruction from a qualified instructor. Parts of this handout are specific to those who have taken the Climbing 101 course through Stone Gardens, Inc.**

Climbing 101 is an introduction to the sport of indoor rock climbing. You have learned the basics required to top rope belay and climb at Stone Gardens. Before you are allowed to belay on your own in the gym you must first pass the Stone Gardens Top Rope Belay Test.

Gear: You have learned some things about the basic gear you will need to climb in the gym. For more detailed information please consult our front desk staff. They can help you with buying shoes, a harness, carabiner and belay device, etc.

Knot Tying: The Rewoven Figure Eight is the main knot you have learned to tie in to the climbing rope with. Your knot must be tight and dressed (no strands crossing) with enough tail to tie a Barrel Knot. The Rewoven Figure Eight Knot should be tied close to your harness's tie in points. Use the tail of the main knot to tie a barrel knot onto the standing end of the rope.

Belaying: Belaying is one of the most important jobs you will ever have! You are holding someone's life in your hands. Please take this responsibility very seriously. You will appreciate a competent belayer when you are climbing. Remember the most important belay rule is **NEVER take your brake hand off the rope!** Stay focused. Belaying is a muscle memory activity, the more you practice the easier it becomes. It is important to practice a lot at the beginning. As a 101 graduate you should know how to set up the belay, fluidly feed out and take in rope, take, lock off to catch a fall, and lower a climber in a controlled manner.

Safety: Climbing is inherently dangerous. You can minimize the risk by performing routine safety checks before each climb. Forming good habits now may save your life later! Belayer and climber will double check themselves and each other right before every climb:

- The harness should be snugly fitted and the buckles must be doubled back on each person.
- The climber's knot must be tied in to the harness correctly and the Rewoven Figure Eight Knot must be tight and dressed and be backed up with a Barrel Knot.
- The belayer must have the belay set up correctly and the carabiner must be locked (Squeeze check it!).

Climbing Commands: Clear communication is a crucial aspect of climbing. Although climbing commands vary from place to place and from person to person, there is a standard set of basic commands that are generally accepted in the United States. They are as follows:

ON BELAY? (Climber asking belayer if the belay is set up and ready)
BELAY ON (Belayer telling climber that the belay is set up and ready)
CLIMBING (Climber telling belayer that they are ready to climb)
CLIMB (or CLIMB ON) (Belayer giving permission for climber to begin climbing)

FALLING! (Climber telling belayer he/she has fallen or is about to fall)

TAKE! (Climber asking belayer for strong tension on the rope)
GOT! (Belayer telling climber they have tensioned the rope and are locked off and ready to lower)
LOWER (Climber telling belayer they have weighted the rope and are ready to be lowered)
OFF BELAY (Climber is secure and can be taken off belay)
BELAY OFF (Belayer has taken climber off belay and rope is out of the belay device)

ROCK! (Something is falling, so WATCH OUT/TAKE COVER!)
ROPE! (A rappel rope is about to be thrown, so WATCH OUT/TAKE COVER!)
UP ROPE (Climber telling belayer to remove slack from the rope)
THAT'S ME (Climber telling belayer all slack is out and belayer is tugging on the climber)
SLACK (Climber telling belayer to feed out some slack into the rope)

You have practiced your new skills during class under the supervision of your instructor. You have climbed, belayed, tied knots, learned safety checks and the commands. You must come back on a different day from your class date to take your belay test. We suggest you come back as soon as possible so that your skills are fresh, and that you continue to practice until your new belay skills are ingrained. Please notify the front desk if you wish to do this. Those wishing to take the belay test cannot receive any instruction from anyone on the day of the test.

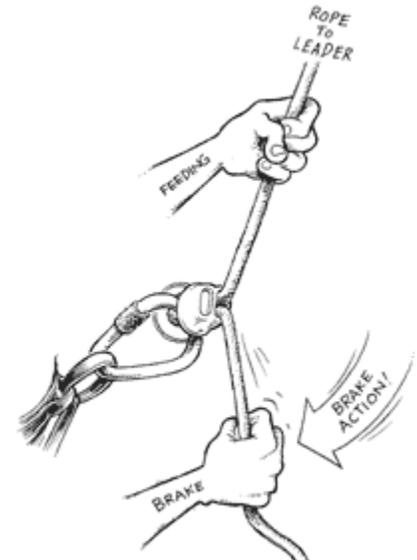
We hope you enjoyed your introduction to top rope climbing. Stone Gardens offers a variety of additional classes: see our Climbing School Brochure for descriptions and schedules. Please feel free to talk with the Front Desk Staff or the Climbing School Director if you have any questions or concerns.

The BUS Belay Technique

BUS= Brake, Under, Slide

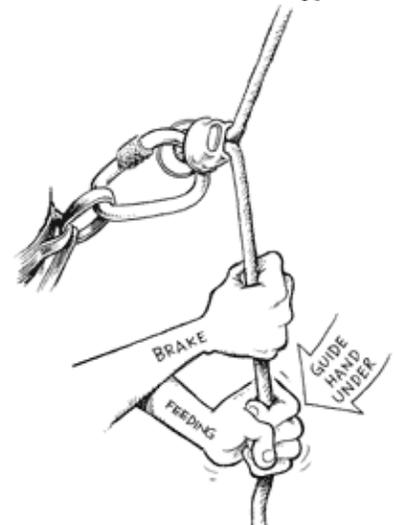
Step 1: Brake

Starting position is with the brake hand on the brake-side of the rope with your palm down and thumb towards and near the belay-device. The feeding hand is at eye level with your pinky finger towards the belay device. With hands moving in unison, remove slack from the climber side and then bring your brake hand down to the **BRAKE** position (between the legs tend to work better than to the side of the hip as you'll see in Step 2, see below).



Step 2: Under

With your brake hand still in the brake position, remove your feeding hand from the climber side and place it **UNDER** your brake hand using a full grip with the thumb up.



Step 3: Slide

With your feeding hand still with a full grip on the brake side of the rope, allow your brake hand to **SLIDE** up the rope toward the belay device. When your brake hand is near the belay device, grasp the rope solidly. Once the brake hand is ready, move your feeding hand back to the starting position (climber side of the rope, again, at about eye level).

