Lindseth Climbing Wall - Belay Procedures

The following are standard procedures when belaying at the Lindseth Climbing Wall. Prospective belayers must demonstrate an understanding of and proficiency with these components of a safe top-rope belay system.

“A-B-C” Belay Checklist

Before climbing, both the climber and belayer should review these components of a proper belay setup. Once these steps are verified, belay commands can begin.

Anchor
Belayer must be anchored using a tether, girth-hitched to the floor and clipped to their belay loop with a locking carabiner. The anchor should be taut and oriented in the direction of anticipated pull.

Belay Device
Rope must be threaded properly through their belay device and locking carabiner, and attached to their belay loop.

Carabiners
Both belay and anchor locking carabiners must be locked. Verify with a squeeze test.

Doubled Back
Harness buckles for the waist and leg loops must be doubled back or secured properly as specified by the harness manufacturer. The harness must be properly fitted to the individual. Check the harness on both the belayer and climber.

Eight Knot
Climber must be tied directly to the rope using a Figure 8 Follow-Through knot which passes through the waist and leg belay loops of the harness or as specified by the harness manufacturer. Knot should be properly dressed and must be securely tightened. The tail must be at least 6-8 inches long. (See illustration below)

Finishing Knot (not required)
The figure eight follow-through knot may be finished with a fisherman knot to secure the loose end, if longer than 8 inches.

Good Helmet (if required)
If the climber or belayer are wearing helmets; the helmets should be properly adjusted and secure.

Tying the Figure 8 Follow-Through Knot

1. Begin with a basic Figure 8 knot, about 30” from the end. 2. Feed end through appropriate tie in points, enough to pull the knot close to the harness. 3. Retrace the knot, pulling all the extra rope through at each bend. 4. Holding the knot, pull each strand above, separately, to tighten the knot. Your goal is a tail that is 6”-8” long.
Belay Commands

These are the standard belay commands used at the Lindseth Climbing Wall. Because climbers are often far apart from each other, the full sentences in this conversation are often simplified to just the **BOLD** words. It is important that both the belayer and climber share a common vocabulary for effective communication.

**Before Climbing**

Climber: Am I **ON BELAY**, Sarah?
Belayer: You are **ON BELAY** Mark.
Climber: I am **CLIMBING**, Sarah
Belayer: Go ahead and **CLIMB ON**, Mark or **CLIMB AWAY**, Mark

**While Climbing (optional for test)**

Climber: I need some **SLACK**, Sarah!
Climber: Uh, oh! I believe I am **FALLING**!
Climber: Lookout! I just knocked off a **ROCK**!
Climber: The rope is a little loose, can you pull **UP ROPE**?

**Finishing the Climb**

Climber: **TAKE** up the remaining slack in the rope so I can hang in my harness, Sarah!
Belayer: Okay, I’ve **GOT** you, Mark. Go ahead and sit in your harness.
Climber: Thanks, now I’m **READY TO LOWER**.
Belayer: Okay, I’m going to start **LOWERING** you.
Climber: I’m all done climbing. You can take me **BELAY OFF** now, Sarah
Belayer: Your **BELAY** is **OFF**, Mark.

**Belay Technique**

The following are the standard motions taught at the Lindseth Climbing Wall for safe belay technique. The sequence we follow is **PULL, BRAKE, UNDER, SLIDE** (PBUS) as illustrated below. One hand must grip the brake strand at all times and the system must be in brake position to change hands.