



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)

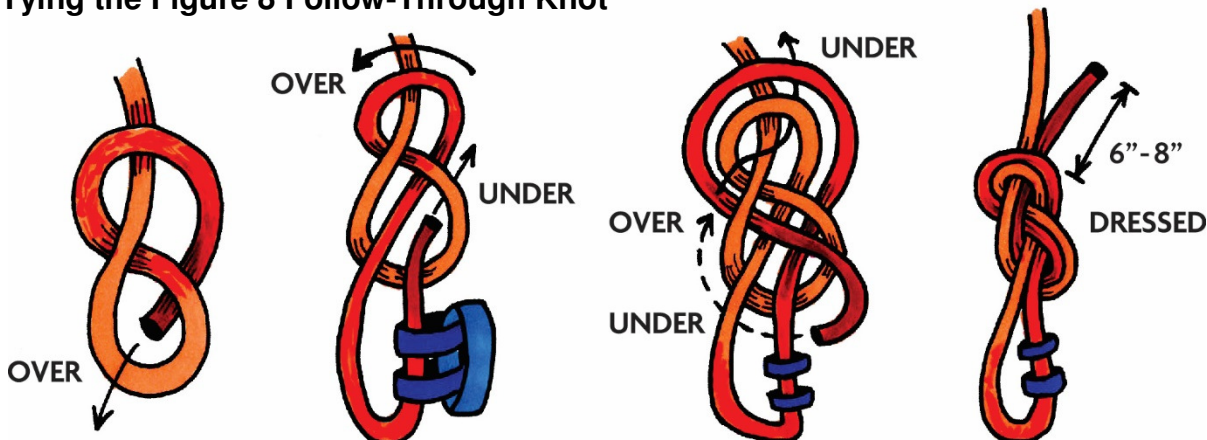
Finishing Knot (not required)

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**.

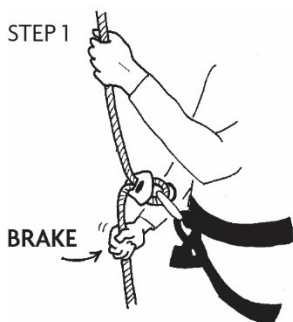
Belayer: Okay, I'm going to start **LOWERING**
you.

Climber: I'm all done climbing. You can take me
BELAY OFF now, Sarah

Belayer: Your **BELAY** is **OFF**, Mark.

Belay Technique

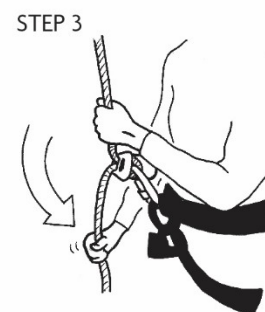
The following are the standard motions taught at the Lindseth Climbing Wall for safe belay technique. The sequence we follow is **PULL, BRAKE, UNDER, SLIDE** (PBUS) as illustrated below. One hand **must** grip the brake strand at all times and the system **must** be in brake position to change hands.



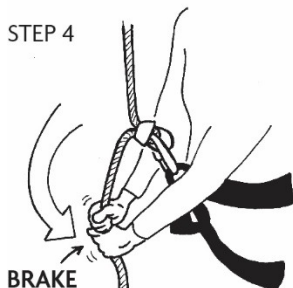
At rest, dominant hand grips rope below belay device. opposite hand rests about 12" above device.



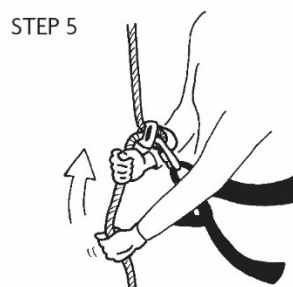
Simultaneously **PULL** down with opposite hand and **PULL** up with dominant.



Bring rope down into **BRAKE** position.



Bring opposite hand **UNDER** dominant and grip the rope.



Release dominant grip and **SLIDE** hand up close to belay device. Return to Step 1, repeat.



Phillips Outdoor Program Center
Bartels Hall, Campus Road
Ithaca, NY 14853

Phone: 607.255.6183
Fax: 607.255.9881
www.coe.cornell.edu
coed@cornell.edu