Lindseth Climbing Center - Top Rope Belay Test Information

Belay Test Overview

**Belayer must …**
- Pretend the climber has no experience
- Demonstrate the figure-8 follow through on themselves, help climber if necessary
- Set up the belay system
- Explain commands, and do a final check which includes checklist below
- Belay the climber up a route, with a back-up belay from staff, and catch two falls

**Climber must …**
- Tie in to climbing rope
- Take both an announced and an unannounced fall

**Tester …**
- Will not provide prompts or instruction
- Will provide a belay backup

Final Belay Set-up Checklist
The belayer is required to explain and demonstrate each component of the checklist below during the final check before the climb.

**Anchor**
Belayer should consider whether an anchor is needed. Mobile anchors and permanent anchors are present throughout the wall. Sandbag anchors are mandatory at Classic Lindseth. Belayer should also check top rope anchor and choose the proper strands for climbing and belaying.

<table>
<thead>
<tr>
<th><strong>Climber</strong></th>
<th><strong>Tip</strong></th>
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<tbody>
<tr>
<td>Tie in to climbing rope</td>
<td>Using the exact ABC's acronym is not mandatory, however a final check which covers each point thoroughly is required. Some climbers find doing a “toe-to-toe” check to be more intuitive.</td>
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**Belay Device**
Rope must be threaded properly through the belay device and attached to the belay loop with a locked carabiner. Industry accepted belay devices are permitted for the belay test. 'Figure 8' belay device is not allowed at Lindseth.

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

**Double Back / Double Check Harnesses**
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 both hard points of the harness or as specified by the harness manufacturer. Knot should be close to the harness and must be securely tightened. The tail must be at least 6" long. (See illustration.) A tie off with the extra slack from the eight knot is not required.

<table>
<thead>
<tr>
<th><strong>Finishing Knot</strong></th>
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<td>A barrel knot on the end of the belayer’s brake strand rope is required to close the system. The finishing knot should be dressed properly with a minimum of 6&quot; of tail. Single overhand is not accepted as a finishing knot.</td>
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**Good Helmet**
Helmets are required if the helmet waiver is unsigned, and for outdoor climbing. If the climber or belayer are wearing helmets; the helmets should be properly adjusted and secure.
Belay Commands
These are the standard belay commands used at the Lindseth Climbing Center. 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. During the test, the belayer is expected to review these commands with their climber before the climb.

**Before Climbing (required for test)**
Climber: Am I **ON BELAY**, Sarah?
Belayer: You are **ON BELAY** Mark.
Climber: I am **CLIMBING**, Sarah
Belayer: Go ahead and **CLimb ON**, 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: Pull **UP ROPE**, there is too much slack.

**Finishing the Climb (required for test)**
Climber: **TAKE** up the remaining slack in the rope so I can hang in my harness, Sarah!
Belayer: Okay, I've **GOT** you, Mark.
Climber: Thanks, now I'm **READY TO LOWER**.

**Belay Technique**
The following are the standard motions taught at the Lindseth Climbing Center for safe belay technique. The sequence we follow is **PULL, BRAKE, UNDER, SLIDE** (PBUS) as illustrated below. **Brake hand must grip the brake strand at all times and the system must be in brake position to slide brake hand.** Excess slack and crossing over while belaying, (switching between left and right hands as the brake hand) are not accepted.

![Belay Technique Diagram]

**Accepted Belay Techniques:** PBUS and Waterfall.
**Not Accepted:** Slip Slap Slide a.k.a. 'Palm up'.

**Options for practicing all skills described on this sheet include:**
- Set up a walking belay on exercise equipment near Old Lindseth with rope tail which can be borrowed at the front desk.
- Have a Czar or Instructor set up a rope through the first clip at Welcome Wall and practice the skills with your climber to clip height.
- Take a Learn the Ropes class or a Private Climbing Instruction (schedule via email: specialprograms@cornell.edu or through the Lindseth Climbing Center website.)