Belay Communication:

What is happening?

The Climber Says... The Belayer Responds...

| The climber is double checking to see if he or she is tied/clipped in and secure. | Ready (Name) | *Belayer comes and double checks the climbers carabiner. (pinch test) |
|---|--------------|---|
| The dialogue is basically an agreement that the | On Belay? | Belay On! |
| belayer wil keep the climber safe. | (Name) | (Name) |
| The climber is about to start climbing. (This | Climbing? | Climb On! |
| must be said any time the climber is about to start climbing.) | (Name) | (Name) |
| The climber would like the rope to be tighter. | Tension! | Tension On! |
| This is common when the climber would like | (Name) | (Name) |
| to rest or stop climbing for a moment. | | "up rope, slide, slide" |
| The climber is falling. | Falling! | *Down on 1 knee, pull rope to the ground. |
| AT . | (Name) | (adult lowers & communicates "Rappel On") |
| The climber would like to be lowered. | On Rappel! | *Down on 1 knee, pull rope to the ground. |
| | (Name) | (adult lowers & communicates "Rappel On") |
| The climber is safely on the ground and would | Off Belay. | Belay is Off. |
| like to release the belayer of the responsibility of keeping the climber safe. | (Name) | (Name) |

Climbing Wall Safety! (Important things to remember)

- *SLACK is the Enemy! The Belayers main responsibility is to make sure there is NO SLACK as the climber is climbing (up rope, slide, slide).
- *When climbing, keep the rope between both of your hands. This will avoid you accidentally spinning.
- *As a climber, if you notice there is slack in the rope, stop your climb and maintain your hold.

 Call out the command "Tension" and make sure belayer responds before you continue your climb.
- *As a belayer, when your climber is ready to be lowered, go down on one-knee and pull the rope to the ground until an adult comes over, takes over the rope and communicates to you to let go. The adult is the ONLY one who will ever touch the grie-grie device and lower a student.
- *When coming down the wall, you must sit down in harness, carefully let go of the wall with your hands and try and place your feet against the wall shoulder width apart (soles smearing wall). You want to place both hands on the rope, above the knot. You will start walking down the wall with your feet as the adult is lowering you and sit down on matt.
- *ABSOLUTELY NO goofing around, pushing off the wall with your feet or swinging!!!
- *Climbers, always maintain "3 points of contact" on wall (You have 4 points total, 2 feet & 2 hands).
- *When putting on harness, make sure the pull loop in front so it frames your belly button, harness waist straps are above your hip bones and that your shirt is tucked-in or pulled all the way down below the harness.
- *Wear comfortable clothes and no jewelry.