



Glenwood Springs Community Center Climbing Wall Safety Orientation and Belay Test

In order to climb outside staffed hours or belay on the Community Center wall you must understand, demonstrate and perform the following essential climbing skills and techniques on our roped climbs. You must also be trained and understand the safety measures and guidelines to use our auto-belay devices and have a climbing release signed and on file at the front desk.

- Harness:** Correct fitting and securing of a harness. Double back.
- Auto-belay:** Inspection of line, carabiner, braking mechanism and hardware. Correct securing of auto locking carabiner to harness. Have verified each time you climb by staff or another previously certified climber.
- Tie-in:** Proper figure 8 follow through with a safety backup.
- Anchors:** Correct clipping of belayer into floor anchor.
- Belay technique:** correct clipping into belay device, and rope feed and stop techniques for controlled belaying.
- Climber-Belayer communication:** The use of universal climbing signals that consist of the following:

Before Climbing:

- ON BELAY?** Climber to belayer in the form of a question. Asking if belayer is ready.
- BELAY ON!** Belayer to climber. Indicates belayer is ready. No slack in system.
- CLIMBING!** Climber to belayer. Double-checking readiness of belayer.
- CLIMB ON!** Belayer to climber. Indication the go ahead to climb.

While Climbing:

- Auto-belay:** Make sure there is no slack in the webbing while climbing. If slack is present, down climb and discontinue use.
- UP ROPE! TENSION!** Climber to belayer asking to take up slack in rope
- SLACK!** Climber to belayer asking for more rope.
- ROCK!** Climber warning for those below him to watch out, a hold broke or something is falling from the wall

When finished at the top of the route or while climbing the route:

- Auto-belay:** Let go of the wall, have hands and feet out, you will automatically descend.
- TAKE!** Climber to belayer. Indicates climber's wish for belayer to hold him/her tight for a rest.
- LOWER ME!** Climber to belayer. Indicates climber's wish for belayer to lower the climber in a slow and controlled descent.

When finished at the bottom of a route:

- Auto-belay:** Pull down some slack, unclip carabiner from harness, re-attach to floor anchor. **Do not let go of the auto belay webbing or carabiner.** It will automatically retract and go up the wall in an uncontrolled manner and be irretrievable. Never extend Auto-belay line out to it's maximum allowable distance.
- OFF BELAY!** Climber to belayer: Indicating "I'm done, you can stop belaying"
- BELAY OFF!** Belayer to climber. Indication climber is off belay and no longer protected by the rope.

I, as a climbing wall participant, will follow these guidelines or lose my privileges to use the climbing wall. I have read and understand the rules for the Glenwood Community Center Climbing Wall. I assume full responsibility for my actions and will do my best to ensure my safety and the safety of others around me.

Print Name _____

Signature of test taker _____ DATE _____

Climbing Wall Staff Name and Signature _____ Date Certified _____