

Sold to
mateo.gonzalez.gomez94@gmail.com



Preparation



Pre-Climb Preparation

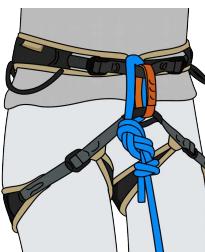
Before you climb, you and your partner will need to wear a harness and decide who will be the climber and who will be

the belayer. The climber ties into the rope, and the belayer attaches their belay device.

Wear Harness



Climber: Tie In



Belayer: Attach Belay Device



How To Wear a Climbing Harness

Step 1

Adjust the buckles so both the leg loops and waist belt are at their biggest size. You don't need to unfasten them completely. Lay the harness on the floor, with the leg loops underneath, so it's easy to step in to. Make sure the belay loop is at the front and not twisted.

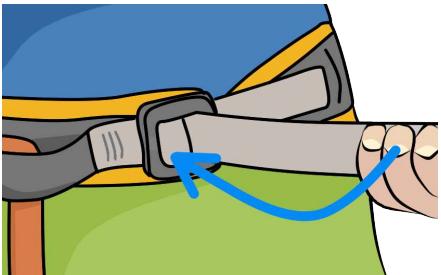
Step 2

Step one foot in to each leg loop and pull it up so it sits well above your hips. The waist belt needs to be on the narrowest part of your waist, not sitting low on your hips.



Step 3

Next, you'll need to fasten the waist belt. Start by feeding the webbing through the square as shown.

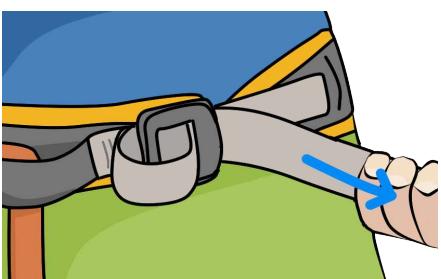
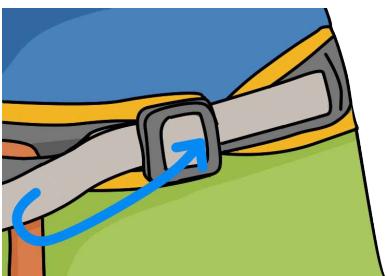


Step 4

Double-back the end by feeding it through the buckle.

The waist belt needs to be tight. You should be able to slide a couple of fingers between it and your waist, but no more.

This may feel uncomfortable at first, but it's essential. If you fall upside-down wearing a baggy harness, you could fall out of it completely.



Step 5

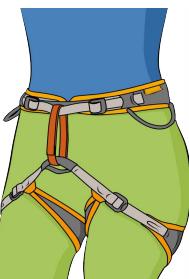
Pull it tight. Tuck the loose end of the strap away (there's usually elastic or a tab for you to do this).

If there's a second buckle on your waist belt, repeat these steps with it.



Step 6

Fasten the leg loops in the same way, if they have buckles (some harnesses have fixed size leg loops).



Step 7

Check that your harness is fastened. If you've done it correctly, the buckle makes a 'C' for closed.



If you've forgotten to 'double back', the buckle makes an 'O' for open. This is not safe.



Quick-Adjust Buckles

Some harnesses have quick-adjust buckles which are always closed. They simply need pulling tight. Once tight, tuck the loose end of the strap away.



To release, just pull up on the buckle's edge.

Make sure you know which type of buckle you have and be certain you understand the manufacturer's instructions on how to fasten your particular harness.



How To Attach a Belay Device

When the climber has tied in to one end of the rope, the belayer must attach their belay device to the other end of the rope and also to their harness.

The following description assumes you will be doing a top rope climb. The setup is different for lead climbing. Lead belaying is described on page 58.

Step 1

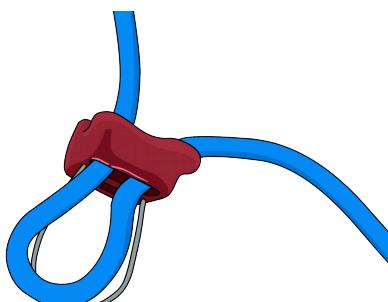
Clip a screwgate carabiner to your belay loop.



Step 2

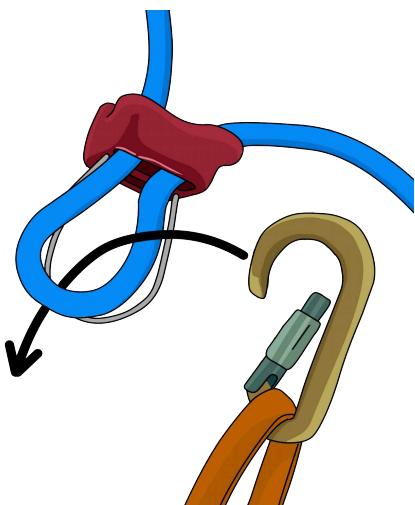
Push a loop of rope through one of the slots on your belay device.

There are two slots on most devices — it doesn't matter which one you use.



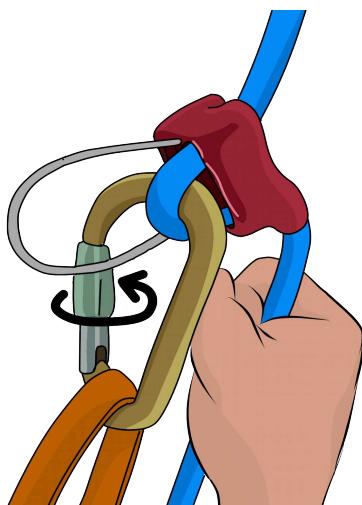
Step 3

Clip the screwgate carabiner through both the rope loop and the cable on the belay device. It is important to clip through both of these.



Step 4

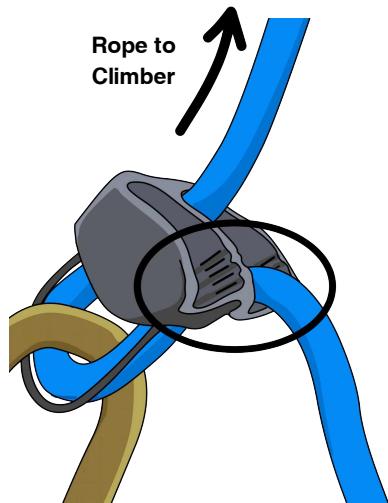
Fasten up the screw on your screwgate carabiner.



Belay Device: Friction Notches

Some belay devices have friction notches on them. These notches provide extra help in holding a fall.

You should make sure the notches are on the same side as the brake rope (the section of rope which doesn't go to the climber).



How To Tie In To a Climbing Rope

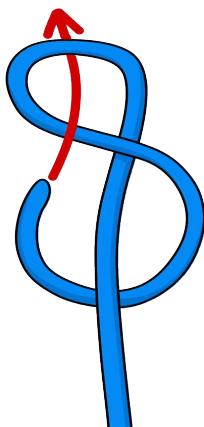
You'll need to tie the end of the rope to your harness before you climb. The best way to do this is using a rethreaded figure of 8 knot. It's important that you do it correctly, as this knot connects you to the whole climbing system and keeps you safe. Try to avoid talking to someone or distracting them while they tie in.

Likewise, once you start tying your figure-8, keep going until you've finished before responding to any questions.

Accidents have happened because climbers were distracted halfway through tying in and then fell with a half-completed or incorrect knot.

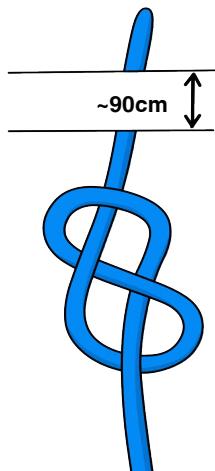
Step 1

Make a loop about a meter from the end of the rope. Wrap the end of the rope around the base of the loop, then push the end through as shown.



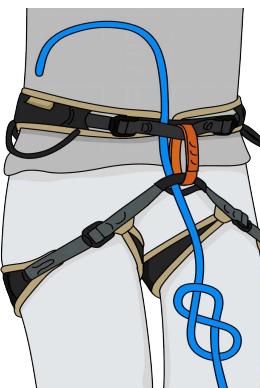
Step 2

You should end up with an '8'. Make sure the knot is around 90cm from the end of the rope. The exact length varies with ropes of different diameters.



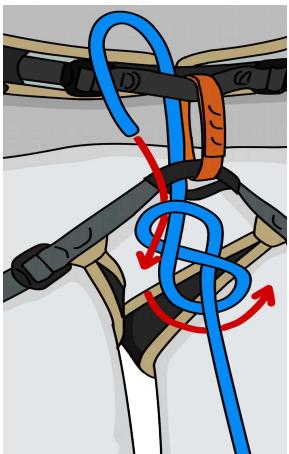
Step 3

Pass the end of the rope through **both** of the two points on the front centre of your harness — the same ones your belay loop runs through. It is important that the rope goes through your harness in exactly the same way as your belay loop does.



Step 4

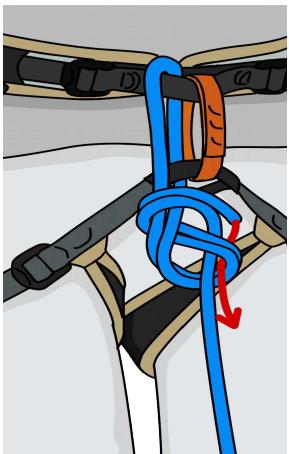
Use the end of the rope to re-trace the figure-8. Follow the twists of the rope starting from where it joins your harness.



Step 5

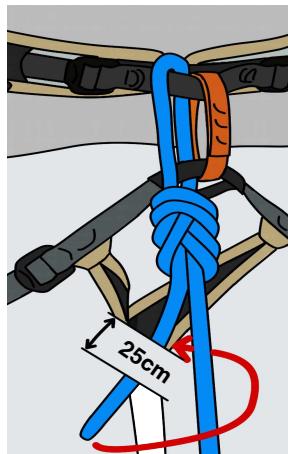
Continue following the twists until you end up back at the start of the knot.

Pull the whole thing tight.



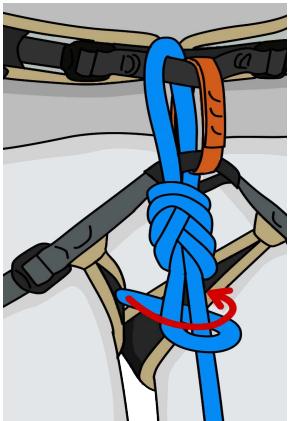
Step 6

Make sure the end of the rope is around 25cm long. If it is shorter, you'll have to untie and start again. After this, you will need to tie a stopper knot. Loop the short section of rope around the main length.



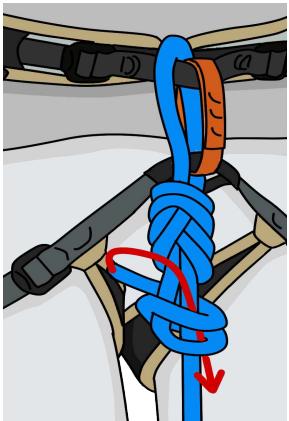
Step 7

Do this twice, with the second loop closer to you than the first.



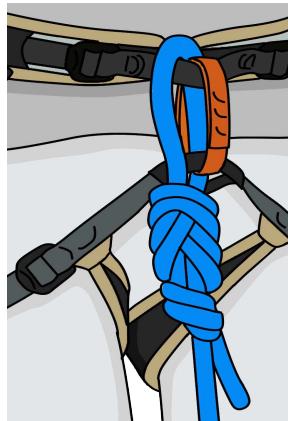
Step 8

Push the end of the rope through these two loops as shown.



Step 9

Make sure the stopper knot is pushed right up against your figure-8 knot. Pull it tight.



Tying In: The Stopper Knot

The stopper knot has no bearing on safety as long as you tied your figure-8 correctly, so don't panic if the stopper knot starts to unravel as you climb.

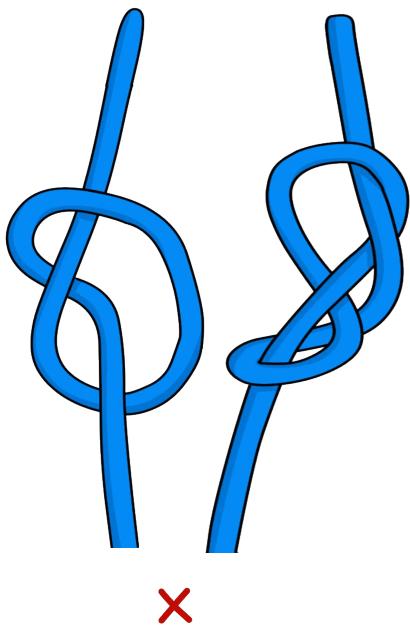
The purpose of the stopper knot is to ensure that you have left enough tail to stop the figure-8 failing — a short tail could slip through the knot.

Also, if you left a long tail dangling without a stopper knot, it could be mistaken for the main rope when clipping quickdraws, or the anchor. Always tie a stopper knot for these reasons.

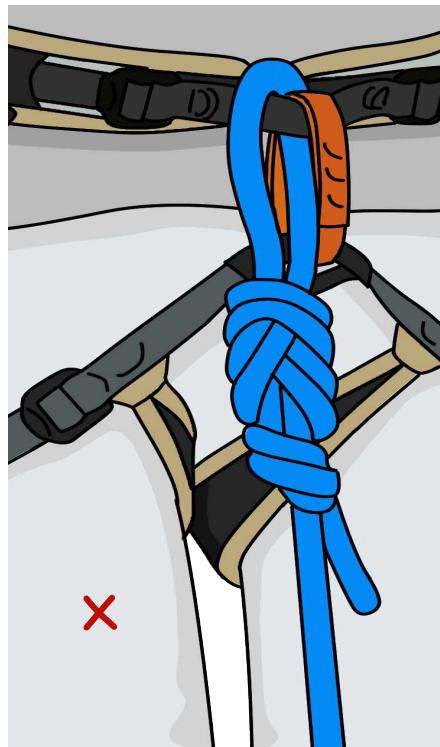
If you didn't have enough rope left to tie a stopper knot, you'll need to retie the figure-8 so that you do.

Tying In: Common Mistakes

Incorrect 8 shapes.



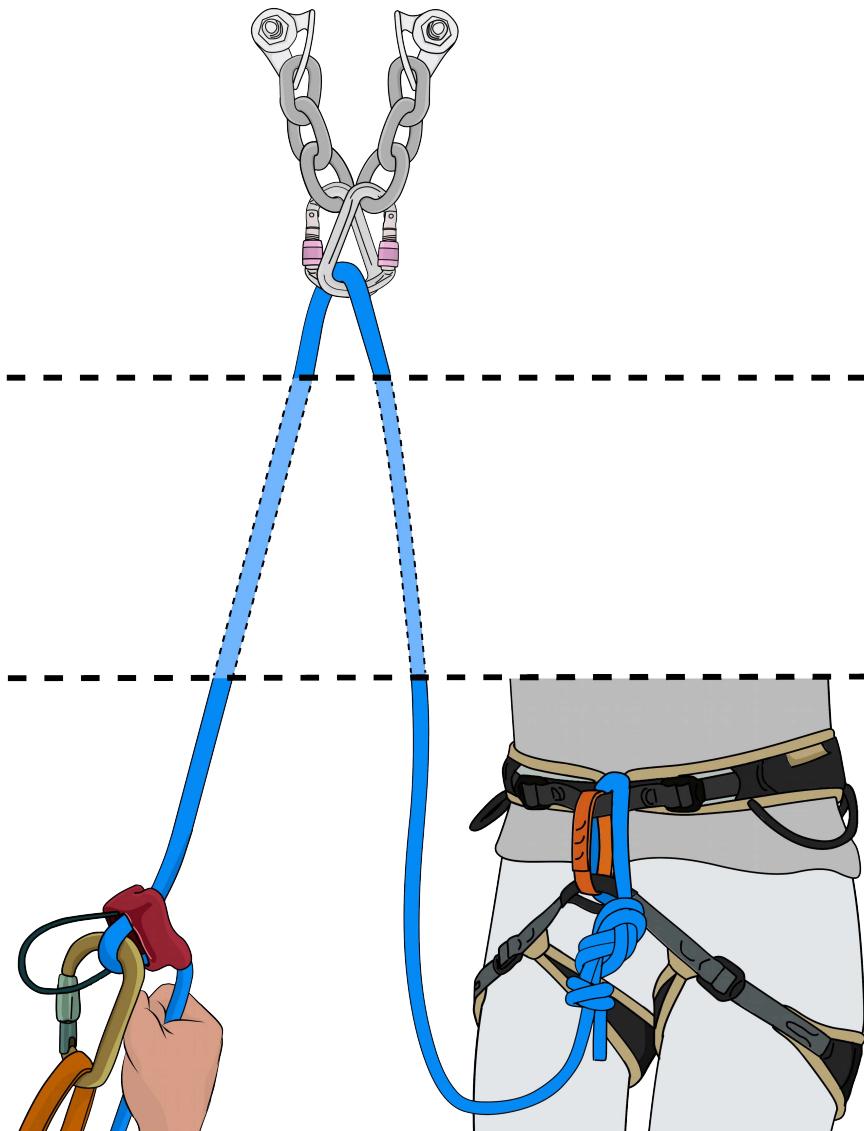
Only threading rope though one part of the harness.



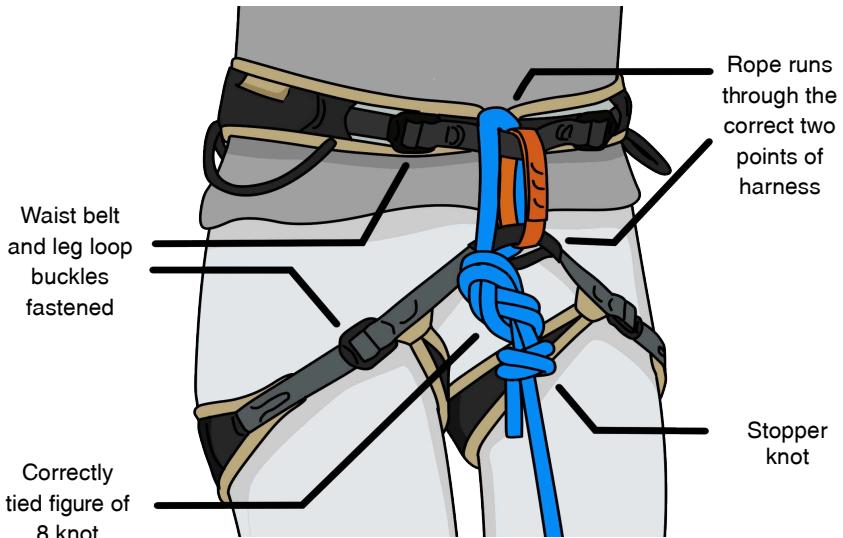
Before You Climb: Safety Checks

System Check

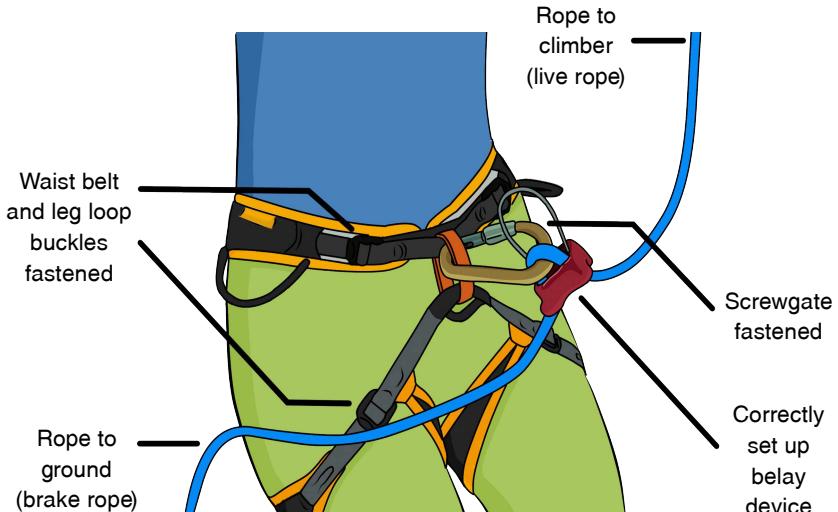
- One end of the rope is tied to the climber.
- The rope goes from the climber, up to the anchor at the top of the climb, and then back down into the belayer's belay device.



Climber Check



Belayer Check



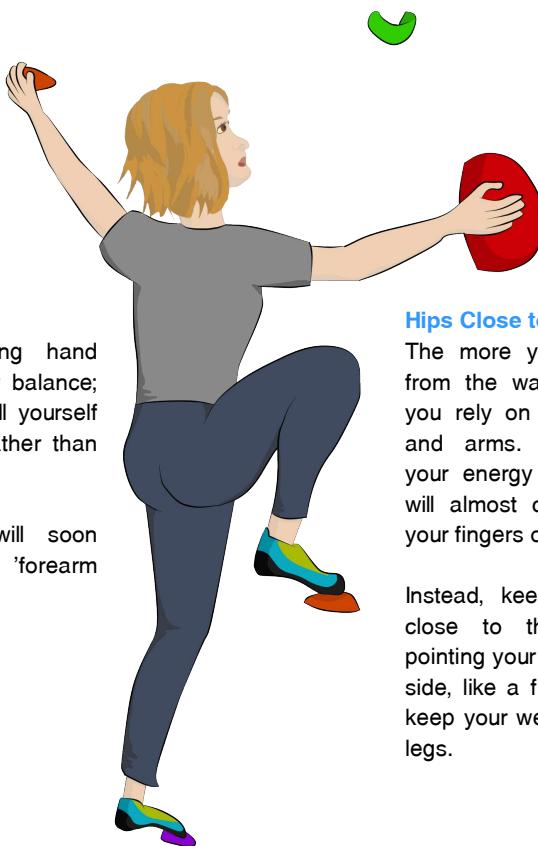
Climbing Technique: The Basics

Extended Arms

Keep your arms extended when looking for foot holds or moving your feet. Having bent elbows puts unnecessary strain on your biceps.

Plan Moves in Advance

Before you climb, think about the best way up the route. Visualize exactly which holds you will use with each hand and foot. The more time you spend unsure where to go, the more tired you'll get.



Relaxed Grip

Focus on using hand holds purely for balance; use them to pull yourself into the wall, rather than up the wall.

Over-gripping will soon give you epic 'forearm pump'.

Hips Close to the Wall

The more you lean out from the wall, the more you rely on your fingers and arms. This drains your energy quickly and will almost certainly hurt your fingers over time.

Instead, keep your hips close to the wall by pointing your knees to the side, like a frog. This will keep your weight on your legs.

Good Footwork

If you're struggling to reach a hand hold, try moving your feet higher first.

Beginners often scuff their feet across the wall, wearing out their shoes fast. Focus on placing your foot precisely (like a ninja creeping across eggshells) and you'll soon be confident with the smallest foot holds.

Use Your Legs

It may feel natural to use your upper body muscles to pull yourself up the wall, but doing this will cause you to tire out very quickly.

Your legs are much stronger, so focus on pushing up with your legs instead of pulling up with your arms.

Move Deliberately

You may see other climbers 'dynoing'. This advanced technique is mainly used to impress other climbers rather than being an efficient way up the wall.

To start with, you should focus on moving slowly and fluidly, treating the climb more like a slow dance and less like a gymnastics class.

Find Resting Points

A good rest spot is anywhere you can comfortably stand with most of your weight on your feet. It gives you time to plan the next few moves and relax your arms.

You should be able to take one arm comfortably off the wall to chalk-up and shake out your arms. Let them hang and give them a gentle shake to dislodge some of the lactic acid that has built up.

Over time, you will naturally adapt these techniques to suit climbs of different angles and with different types of holds.

As you climb more, you'll probably encounter overhangs and moves that

require some serious finger strength. However, you'll build this naturally as you progress towards harder climbs.

Climbing technique is discussed in greater detail in *Sport Climbing Basics*.

