

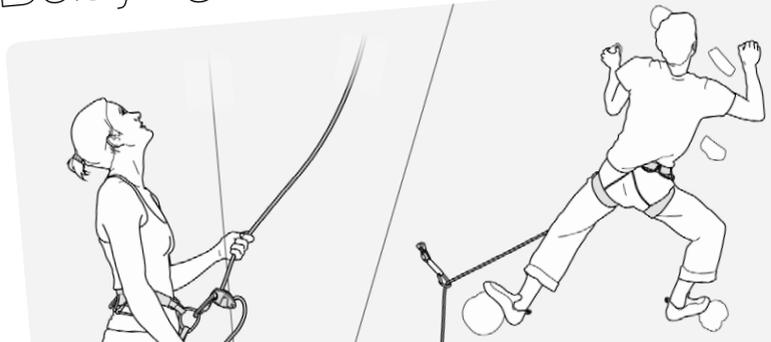


Access
the
inaccessible®



ACCESSBOOK n°1

Belaying in a climbing gym





© Petzl / Lafouche

Access the inaccessible. You have aspirations and our job is to help you realize them to the fullest extent possible.

Petzl's ACCESS BOOK booklets are designed to go with you as you prepare for and achieve your goals as a mountaineer, climber, skier... Each ACCESS BOOK covers one particular activity. It is a collection of selected technical tips from Petzl.com

This first booklet is dedicated to indoor climbing, for learning and/or reviewing the basics of top-rope or lead climbing.

Put on your shoes, and good climbing!

Warnings:

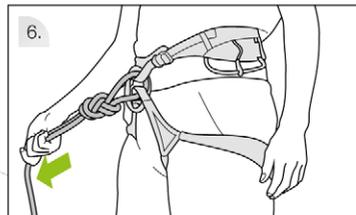
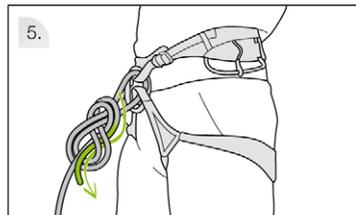
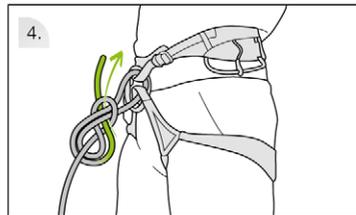
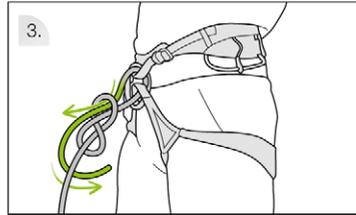
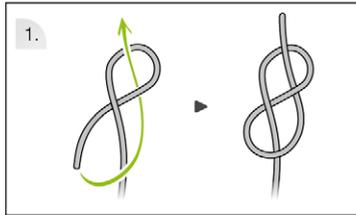
- These booklets present an excerpt from the body of techniques for the activity
- Get training and practice in the techniques of the activity
- Carefully read the Instructions for Use of the products associated with the proposed techniques
- The environment and the activity itself are inherently dangerous. You are responsible for your own actions and decisions

Contents

| | |
|--------------------------------|----|
| PREPARATION | |
| Tying in with a figure 8 knot | 2 |
| PREPARATION | |
| Partner check | 3 |
| BASICS OF BELAYING | |
| Belaying a climber on top rope | 4 |
| BASICS OF BELAYING | |
| Belaying a climber on lead | 8 |
| BASICS OF BELAYING | |
| Lowering | 12 |
| LEAD CLIMBING | |
| Clipping | 14 |
| LEAD CLIMBING | |
| Errors to avoid | 16 |

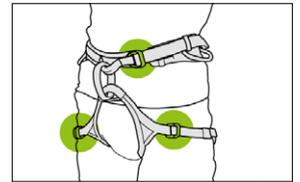
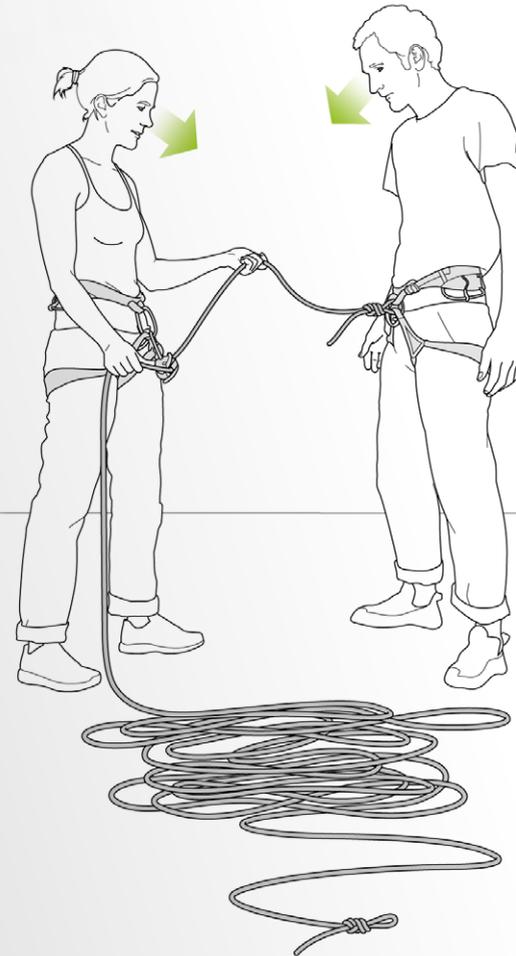
PREPARATION

Tying in with a figure 8 knot

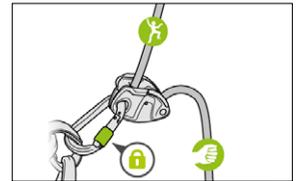


PREPARATION

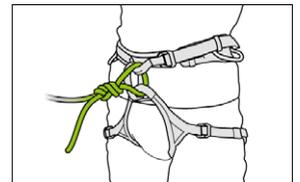
Partner check



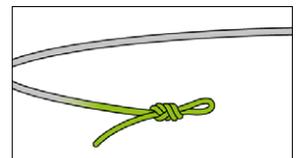
- Harness waistbelt above the hips
- Harness adjusted to fit snugly



- Rope installed in the proper direction (belay device function check)
- Carabiner connected to the correct place on the harness
- Carabiner is locked



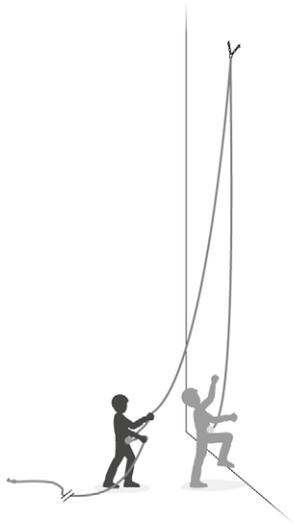
- Tied-in to the correct place on the harness
- The correct knot
- Knot finished and tightened



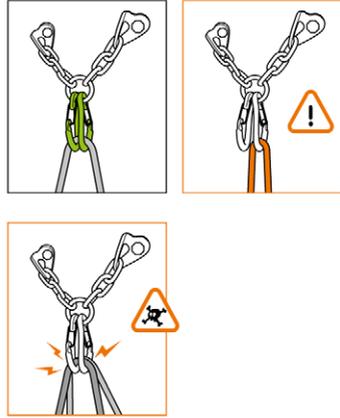
- Knot tied in the end of the rope

Belaying a climber on top rope

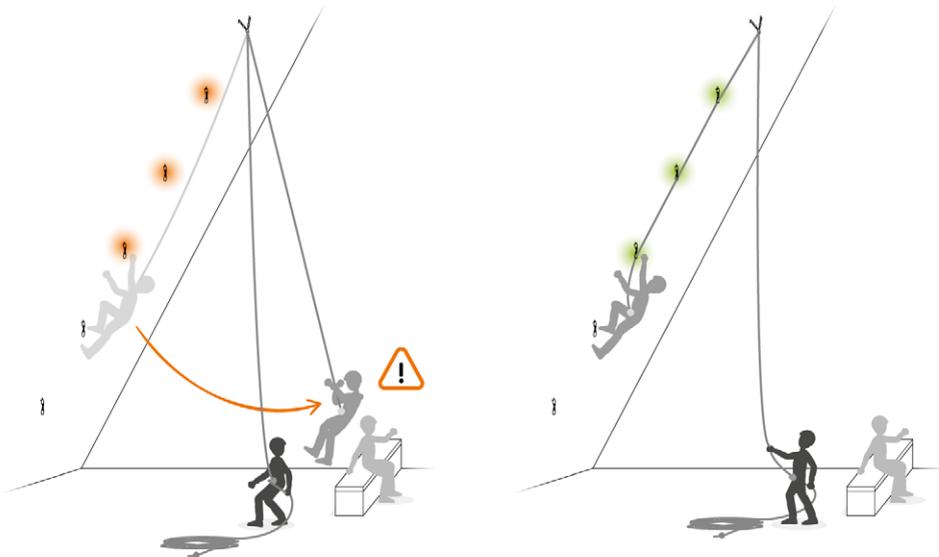
Top rope with rope in place



Installing a top rope at the belay anchor

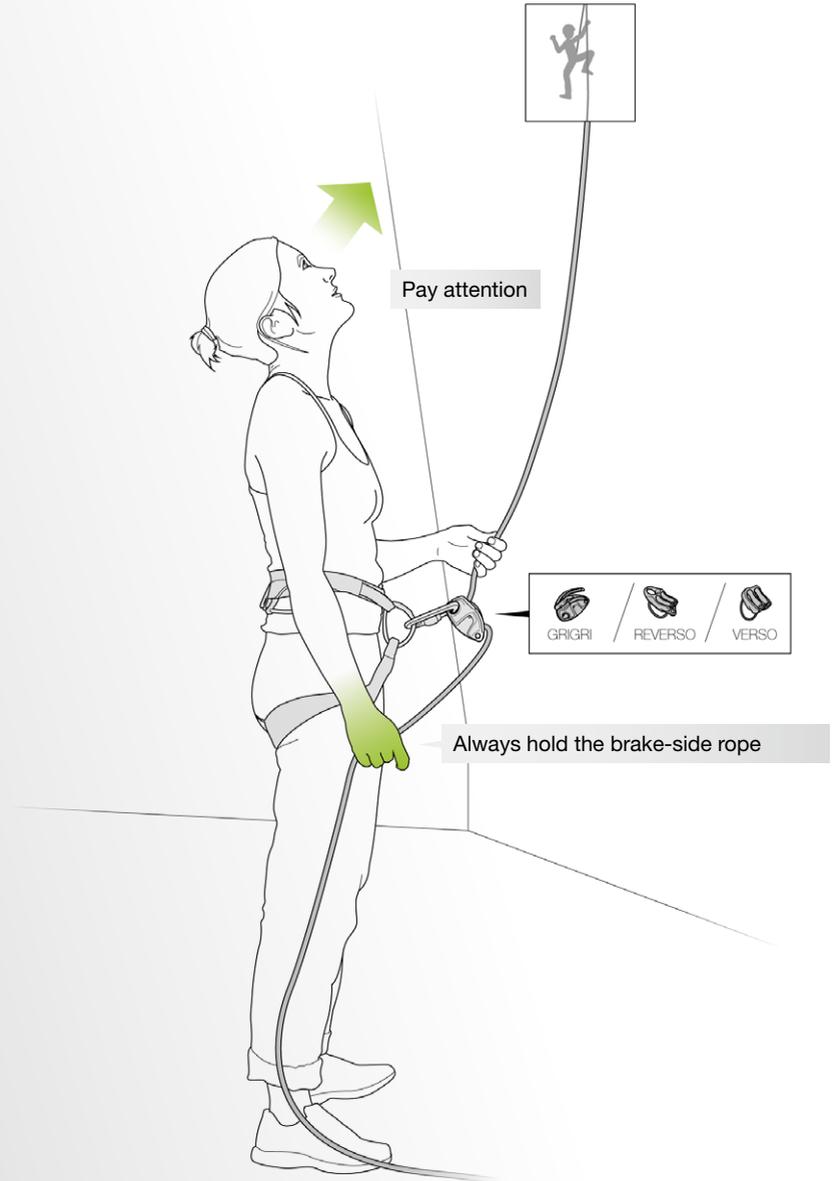


Overhangs: climb on the rope clipped to the quickdraws



Belaying a climber on top rope

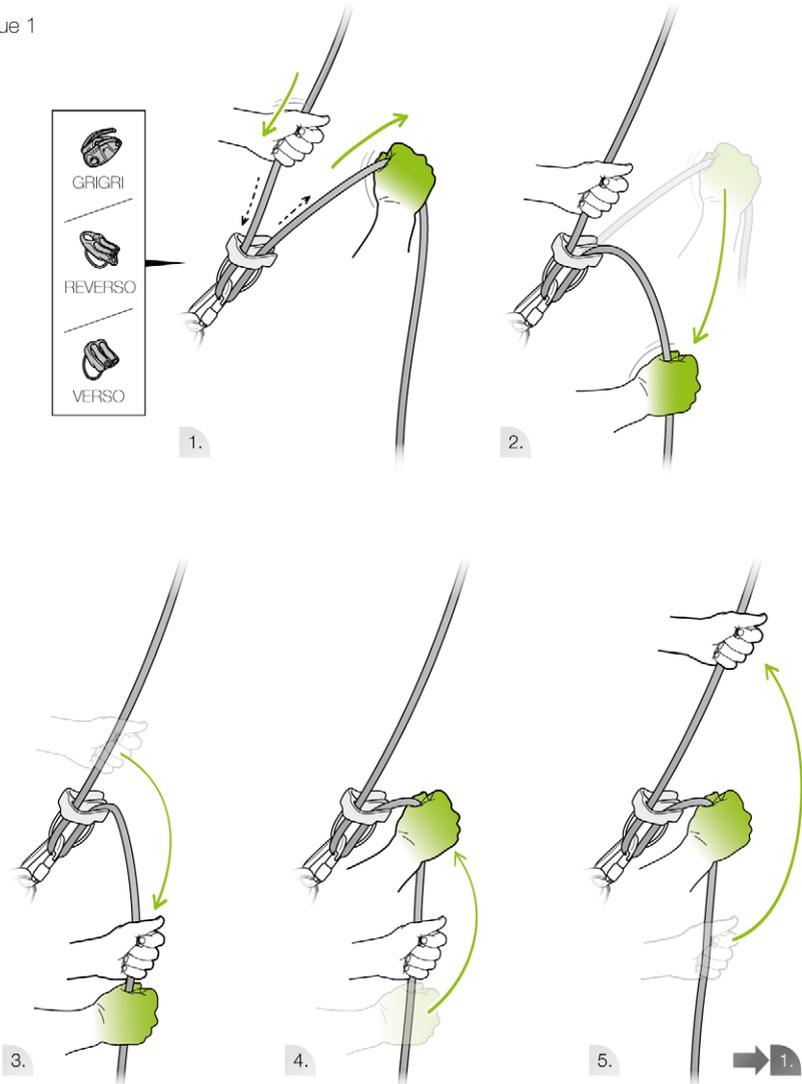
Primary belaying position



Belaying a climber on top rope

Technique: taking up slack

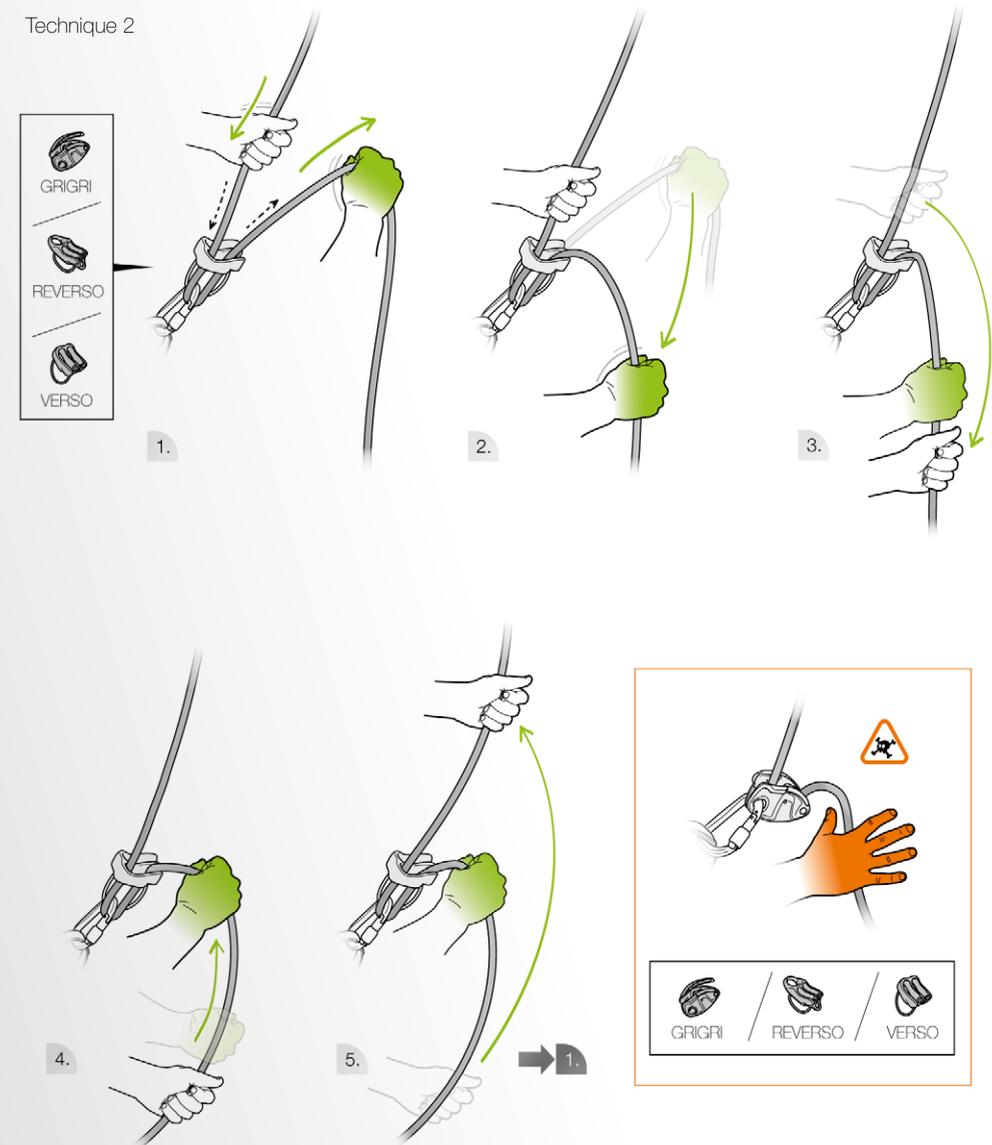
Technique 1



Alternative technique available at Petzl.com.

Belaying a climber on top rope

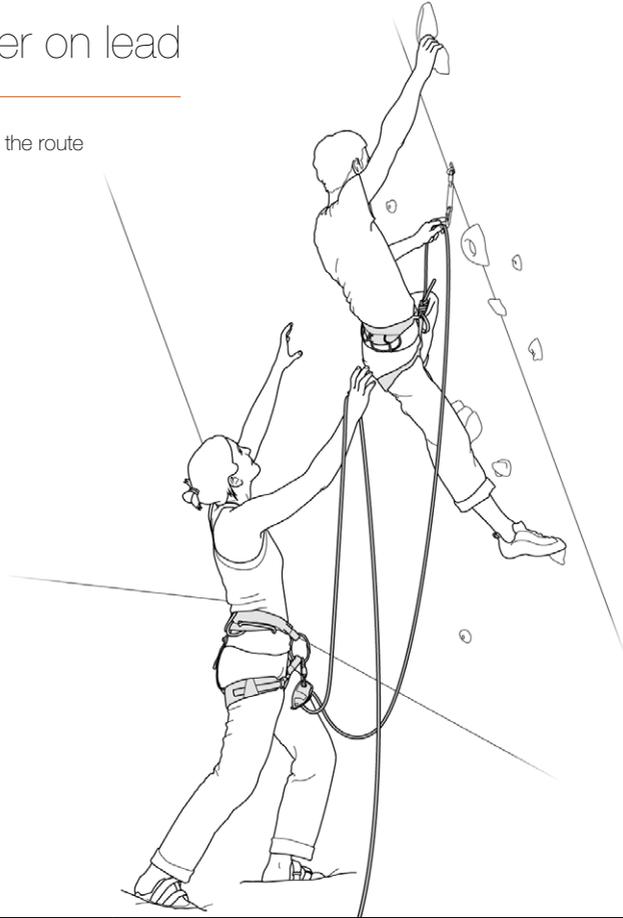
Technique 2



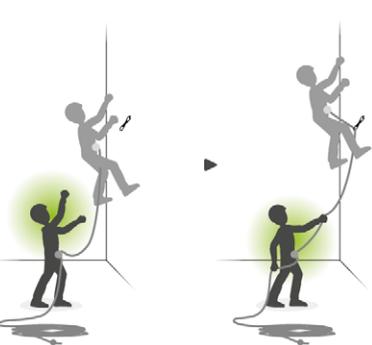
BASICS OF BELAYING

Belaying a climber on lead

Spotting the climber at the start of the route



Spot until the first quickdraw is clipped



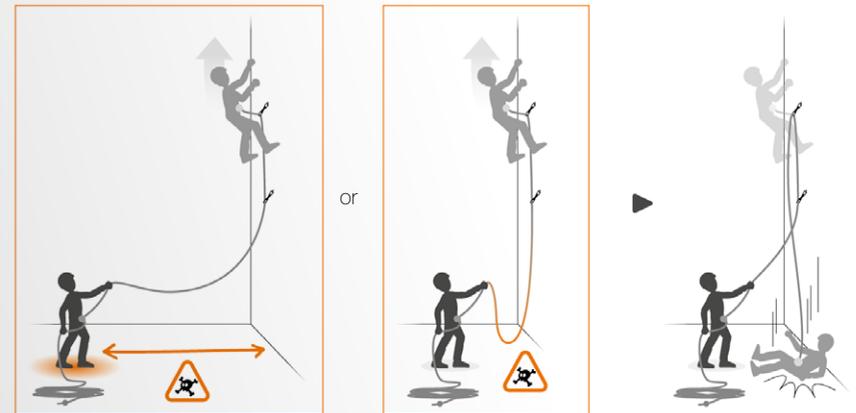
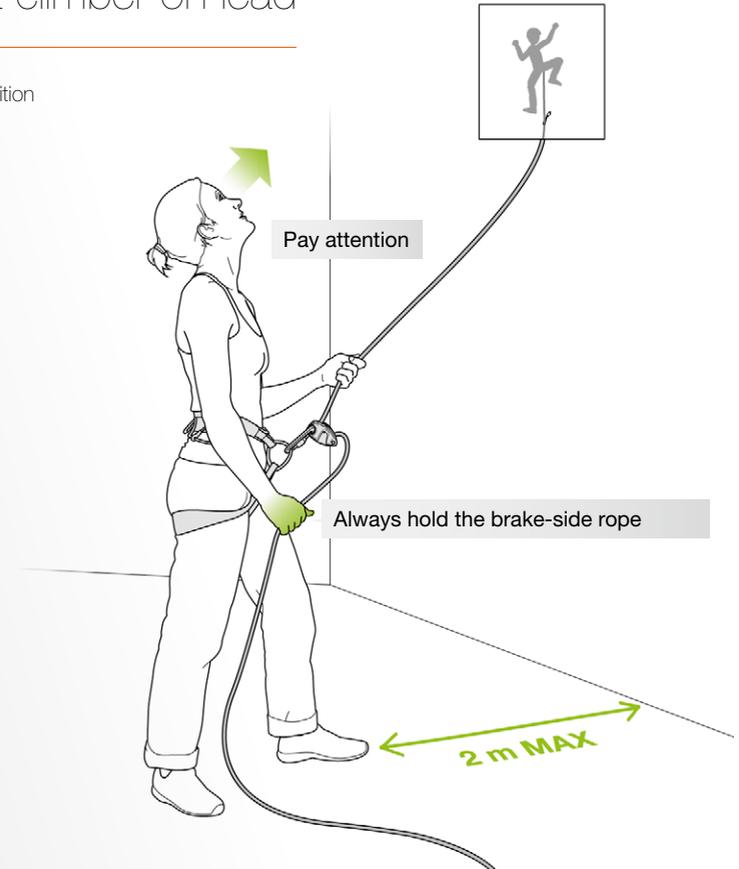
Be alert and mobile for the first few clips



BASICS OF BELAYING

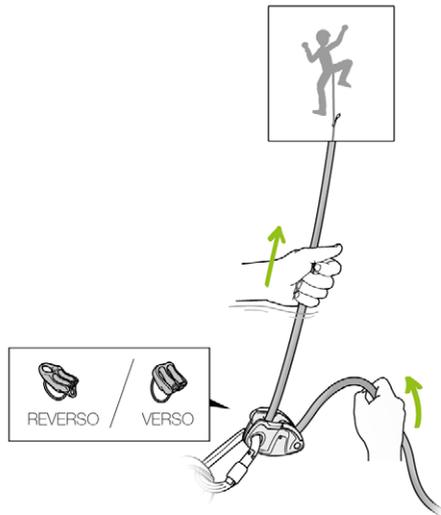
Belaying a climber on lead

Primary belaying position

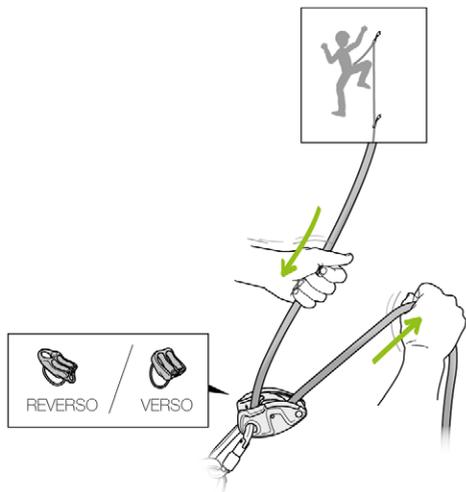


Belaying a climber on lead

Technique: giving slack

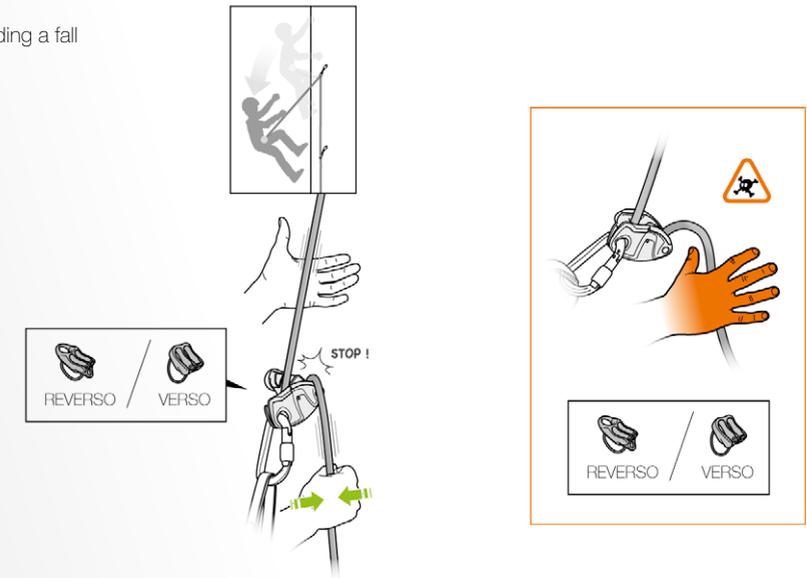


Technique: taking up slack

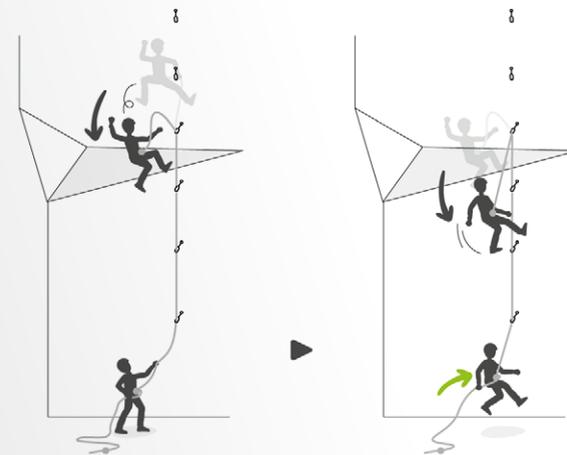


Belaying a climber on lead

Technique: holding a fall

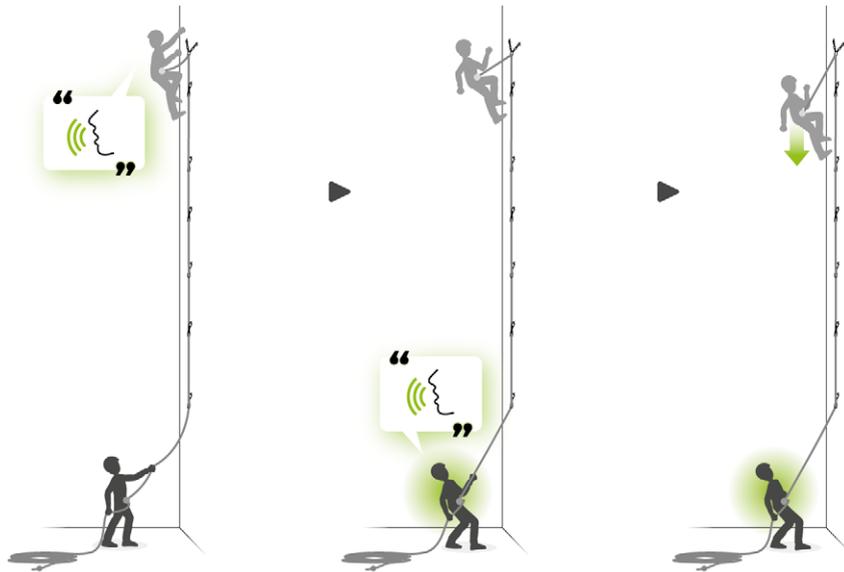


For a dynamic belay, do a small jump or take a step forward to reduce the impact force on the climber.



Lowering

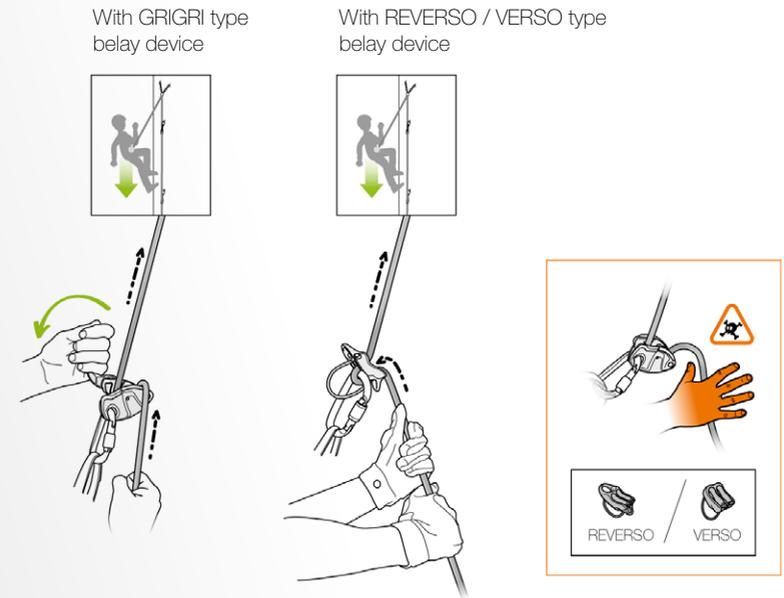
Communication before lowering



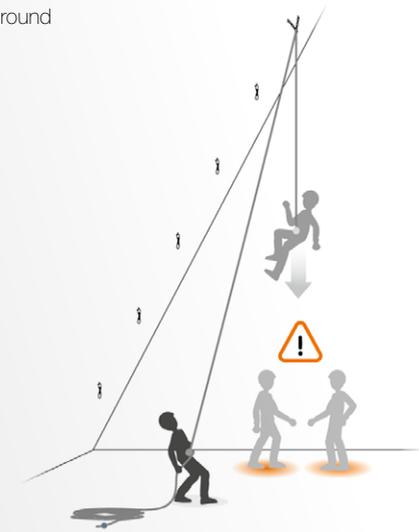
© Petzl / MDeviet

Lowering

Technique: lowering

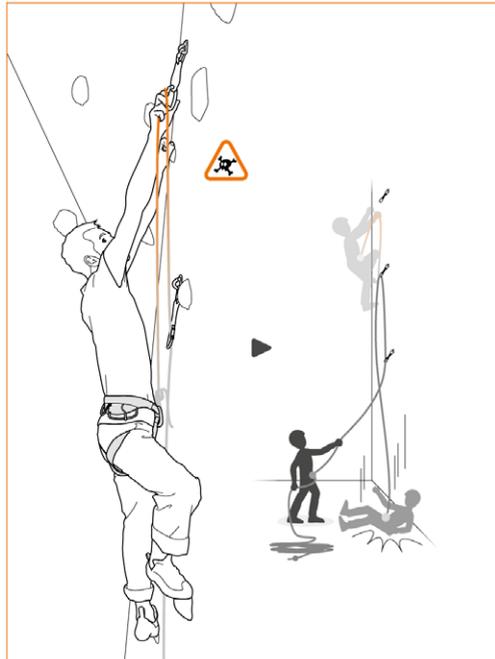


Be alert when nearing the ground



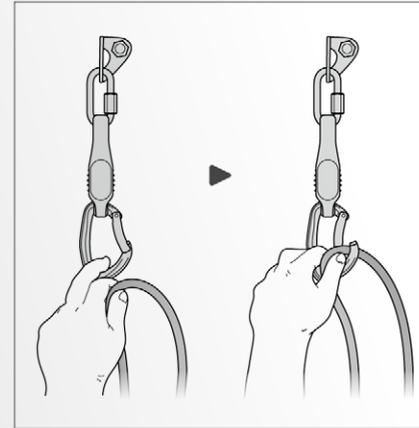
LEAD CLIMBING
Clipping

Clipping at waist level

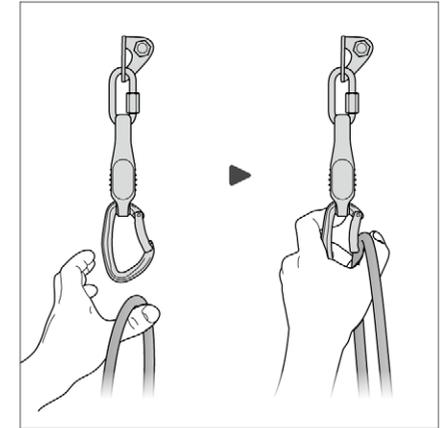


LEAD CLIMBING
Clipping

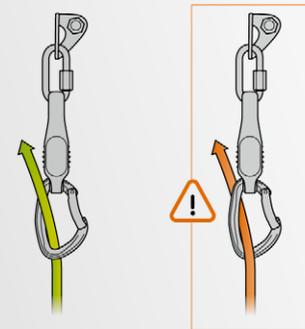
The most common clipping techniques (other techniques exist)



or



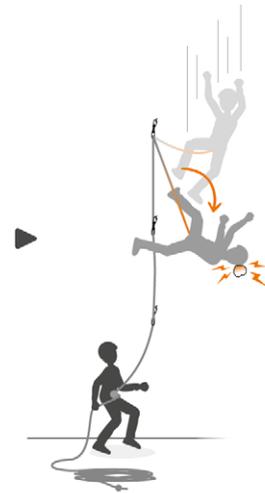
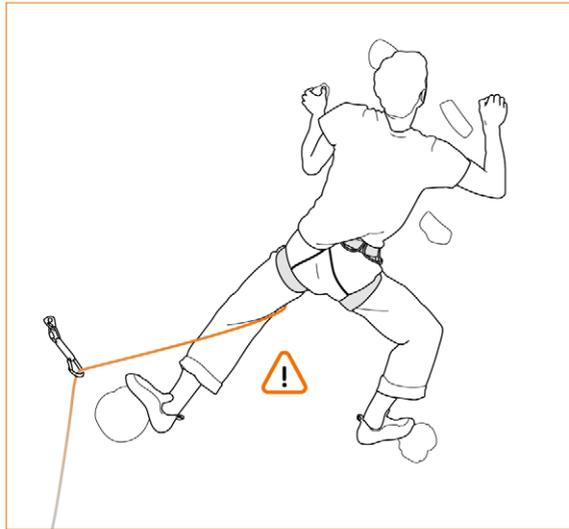
Rope properly clipped to the quickdraw



LEAD CLIMBING

Errors to avoid

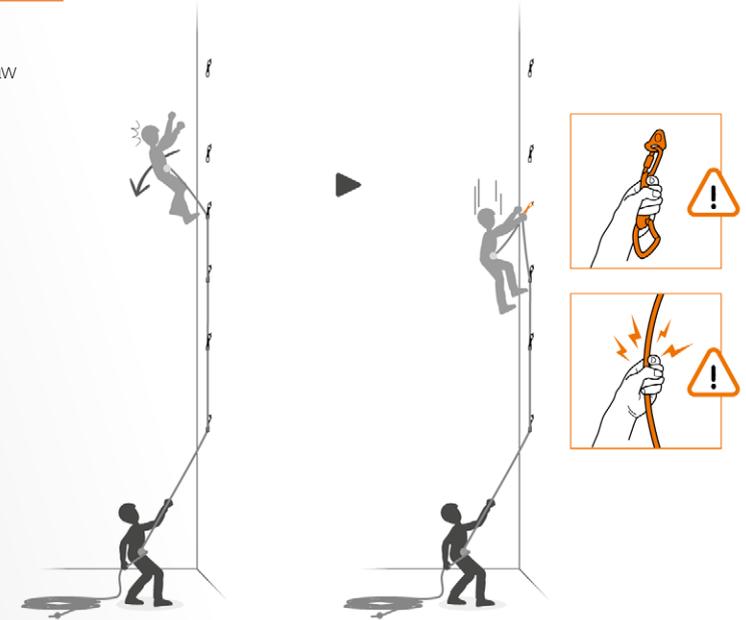
Rope behind leg



LEAD CLIMBING

Errors to avoid

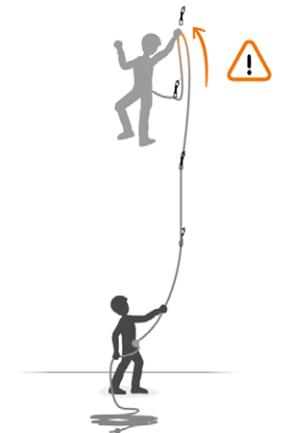
Do not grab a quickdraw when falling



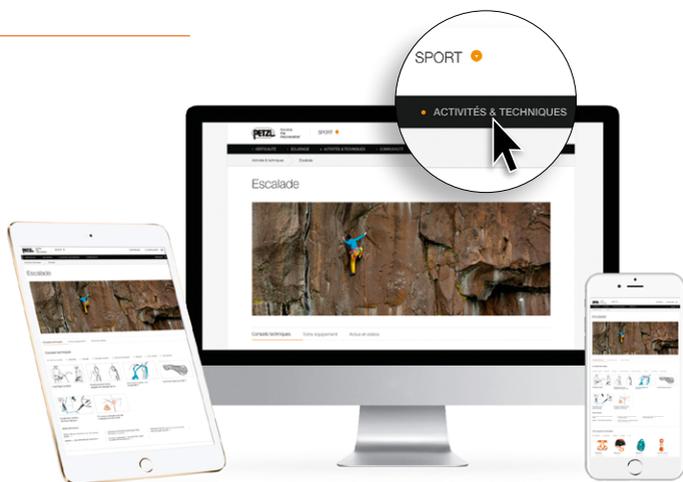
Do not skip a quickdraw



Do not Z-clip: take the rope on the correct side of the quickdraw



To learn more...



Find more technical advice and videos
on climbing at www.petzl.com



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The information contained in this brochure is non-exhaustive.
See the Instructions for Use for the products, and related
technical advice. Training is essential.
You are responsible for your own actions, decisions and safety.
Climb at your own risk.

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