Standards for Belaying

Bottom Rope (often referred to as ‘Top Roping.’

* Understand how your chosen belay device works
* Agree the climbing calls with your climber before commencing climb
* Always check Anchor, Belayer & Climber equipment is correctly fitted
* Use the ‘belay stance’ and use it appropriately i.e. non-dominant foot forward, knees soft and relaxed but ready
* Never let go of Brake Rope
* V-Knee or Eye Knee or Up-Down to be emphasised as one component i.e. never separate motions with a pause between
* Apart from above: brake hand never raised above belay device
* Lowering hand to hand – not sliding rope through hands or hand over hand
* Brake hand away from belay device

Lead

* Include Top Rope standards
* Actions to prevent cross loading of carabiner
* Able to identify ‘Back Clipping’ & ‘Z Clipping’ & Recovery
* Climber at low level (first three clips)
  + Be ready for ‘snatch’ catch
  + Stand to side – not underneath climber
  + Keep line short – only a little slack
  + Slightly squat position – ready to take ‘snatch’ catch
* Climber at higher level
  + Check with climber for the type of catch they want
  + Move away from wall (2m)
  + Gentle smile/slack in rope from belay device to clip
  + At least half metre slack between belay device and brake hand
  + Dynamic belay by walking towards wall to give slack
  + Ready to move towards wall to give ‘soft’ catch

Notes:

If the climber is more than 1.5 times the belayer weight:

* For bottom rope, a number of twists can be put in the rope or a floor/wall anchor may be used
* For lead belaying, a suitable floor/wall anchor or friction device should be used (e.g. Ohm). See SOP. Note that not all Climbing centres have certified floor anchors, so set up must be through belayer (i.e. an indirect belay)

It is a useful skill to be able to belay both left and right handed and to be able to use a range of devices