Standards for Belaying

Top Rope

* Always check Anchor, Belayer & Climber equipment is correctly fitted
* Never let go of Brake Rope
* V-Knee or Eye Knee or Up-Down to be emphasised as one component. IE never separate motions with a pause between
* Lowering hand to hand – not sliding rope through hands or hand over hand
* Brake hand away from belay device

Lead

* Include Top Rope standards
* Able to identify ‘Back Clipping’ & ‘Z Clipping’ & Recovery
* Climber at low level (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 then a suitable floor anchor or friction device should be used (eg Ohm) See SOP. Note that not all Climbing Centres Kite Mark Rated their floor anchors so set up must be through belayer (indirect belay)

It is a useful skill to be able to belay both left and right handed. If appropriate