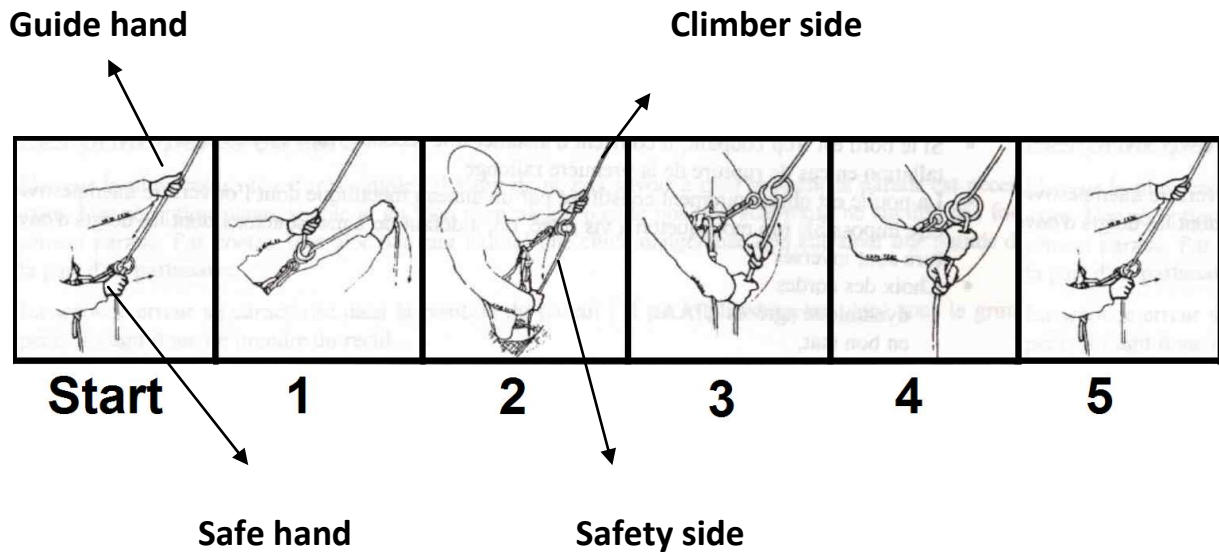


How to belay



Start position : Left hand (guide hand) on the “climber side”.

Right hand (safe hand) on the “safety side”.

Step 1 : Guide the rope in the belay device with guide hand.

Pull up with the safe hand.

Step 2 : Safe hand down, to block the rope.

Step 3 : Guide hand and safe hand on the safety side.

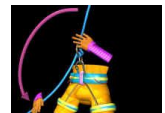
Step 4 : Safe hand up, close to the belay device.

Step 5 : Back to start position.

Don't forget : Safety side must never be free !

<http://escany.free.fr/techsecu/index.htm>

Chapitre 3



<http://www.youtube.com/watch?v=m-FbtpVC7w>

How to lower the climber

Step 1: The belayer tightens the rope and grips 2 hands on the safety side.

Step 2: The belayer says “ON BELAY” and jams the rope.

Step 3: The climber sits in his harness, no hand on the wall, and says “OK”.

Step 4: The belayer let the rope slide gently in his hands and controls the speed of the climber.

Step 5: Once the climber lands on the ground, the belayer gives slack in the rope in order to untie the eight knot and the belay device.

Remember

The belayer is responsible of the safety of the climber.

The climber must be confident in the belayer.

