

rock climbing for beginners- video 4- setting up as the belayer

Setting up as the belayer

Setting up the belay device

I'm going to teach you to be a belayer. That's the person who holds the climber's rope as they go up. So if the climber falls, they don't fall back down to the ground. So the first thing you would get is your carabiner and your belay device. You take the 2 pieces apart, remember a locking carabiner. First thing to do, just clip it to your belay loop. That's the loop here in front. This is its « job » : it means just for belaying or rappelling. OK.

Don't worry about that for now. So, this is our belay device. The way to set up this belay device is you gonna hold the black wire in your hand. Imagine it's flat on top. Now you gonna grab your belayer's rope. This gonna be the same rope abseiling up the climber. Hold it at hip level, you gonna flip it away from you and form a loop in your hand. Once you have this loop, you gonna push it through one side or the other, and match it to that black wire. Now, before you clip it to yourself, be sure to be stacked with your rope. The rope on top is going up to the top of the wall, the one on bottom is gonna be going down to the ground. It's your brake rope. Just make sure it never looks like this. That actually twists right there, then the brake rope on top. It is crossing. That gonna make a « funky », it's hard to belay. So keep it nice and clean, bring it close to your harness. Just clip the rope and it is right in together, think to lock your carabiner and you got to go.

Safety checks

Again, this is idea of safety. So I have to sell you as a belayer, you wanna go to your safety checks. Always, always check you're double back, never soon as it's done, even as a belayer. Then you gonna check the carabiner clips to your belay loop, the carabiner's locked and again we check up and just physically try to open it. The rope and the wire are clipped in together. The ropes are on one side only and the brake string is pointing down.

How to belay

So I have to you set up and you've already done all your safety checks. First thing to do is you gonna take your strong hand, the hand you write with. You gonna grab the bottom rope throughout to the belay device. This is your brake hand, this is your safety hand. This hand never ever lets go the rope. If someone is falling, you gonna catch him. Are you simply do a spot close here. Now remember the by weight is gonna pull on this end. The friction caused by the belay device, by you point the rope down, it will stop the climber. So remember, as the climber's climbing up they gonna create slack. Our job, as a belayer, is to pull that rope tight again, so if the climber falls, they don't fall all the way back down to the ground, alright.

So I now demonstrate how to effectively belay. So the other climber sights with me. I gonna pull the slack, lock, pinch below and slide up. Pull, lock, slide up. So, what I'm doing is I'm pulling in the slack, the moment he steps up, pull it, I'm gonna close the belay device, pinch and slide up.

Great. So he's at the top. I gonna get you. So, to lower someone you will put both hands in your bottom, so you have more control. Just loosing your grip. You gonna simply slowly open your hands and the rope gonna slide right through. And this why you gonna watch your climber and control his speed. And you wanna keep your hands in the for brake position because this is what creates the friction to the belay device. By start to raise it up like that ; the friction's gonna move to my hands, not the belay device. So keep hands nice and close, both hands on bottom and just loosing the grip, so he comes all the way down.

Catching a fall

So in your belaying, and if you have any to arrest the fall of the climber, they just come off the wall unexpectedly or anything, all what you have to do is as you're belaying , just drop to the brake position. This gonna effectively hold the climber wherever they are when they swing away from the wall.