

INSTRUCTOR HANDOUT

BELAY WEEKEND

Guidelines:

- No instructor/assistant soloing.
- There is a first-aid kit and stretcher available in the weekend leader car near the cliff.
- Instructors and students should be anchored on top of the cliff whenever near the edge.
- Students should be anchored when belaying, whether at the top of the cliff or the bottom. They may be anchored by standing/sitting in a loop in the rope or by clipping into a locking biner. The biner need not be clipped in behind them, but may be in front, next to their belay device
- All belays should be backed up by instructor/assistant until the students become proficient - especially the body belays on Sunday.
- Use harness and belay devices on Saturday. Tie into harness using harness loop. Use a body belay on Sunday. Belay from above and below cliff each day.
- Use full set of calls all the time.
- Students should check each other's knots and harnesses.
- Stress not stepping on the rope and why.
- Remember to sign students "Green Books" after they have successfully completed the required skills.

Every Student Should:

- **Saturday** - Belay from top of cliff and bottom of cliff with harness and device.
- **Sunday** - Belay from top of cliff and bottom of cliff with a body belay.
- Build an anchor with rope and slings. Anchors should be "SRENE" (Solid, Redundant, Equalized, No Extension).
- Practice rope handling: Coiling/Uncoiling ropes. Throw down ropes (yell "ROPE").
- Learn some basic climbing technique: butt away from the rock, footwork, edging, smearing, stemming, mantling, crack technique, lie-back, chimney
- Fall in a controlled situation so they can learn to trust the system. Weight the rope at least once every time up the cliff.
- Learn to check other students knots and technique.
- Use the climbing signals in 'How to Rock Climb'.
Climber- On Belay
Belayer- Belay On
Climber- Climbing
Belayer- Climb Away or Climb On
Climber- Off Belay
Belayer- Belay Off
Teach other signals including: Up Rope, Slack, Take, Falling, Rock, Rope

Extra Credit:

- Tie in with a Bowline-on-a-coil and climb/fall.

Equipment:

- One gear bag per instructor
- Harness(1/person)
- Shoes (optional, 1 pair/student)