

Additional Belay Lesson Details

Topics:

1. Harness Use
2. Climber's knots
3. Tubular device setup & use
4. Commands
5. Safety check

Objectives:

Upon completion, students in this workshop should be able to:

1. Put on and adjust a climbing specific harness
2. Appropriately attach the climber's end of the rope to the harness
3. Setup a tubular style belay device
4. Demonstrate proper rope management (maintaining tension & catching falls)
5. Apply a thorough check of the safety systems prior to the climber leaving the ground
6. Utilize standard climbing commands

Difficulty/Skill Level: Novice/ No experience;

IMPORTANT: Participants at age 13 may learn to belay but may only belay with an adult backup belayer. Belayers age 14+ may belay without a backup upon passing belay check.

Size: Min.: 1 **Max.:** 8

Duration: 30-45 mins (varies heavily based on group size)