

# INSTRUCTOR HANDOUT

## BELAY WEEKEND

### Every Student Should:

- 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").
- Fall in a controlled situation so they can learn to trust the system. Practice catching falls as well as falling.
- Perform safety checks of other students' knots, tie-ins, etc. Evaluate technique.
- Use the climbing signals in John Long's 'How to Rock Climb'.
  - Climber: On Belay – Belayer: Belay (is) On
  - Climber: Climbing – Belayer: Climb Away or Climb On
  - Climber: Off Belay – Belayer: Belay (is) Off
- Learn other common calls, e.g. Up Rope, Slack, Take, Tension, Falling, Rock, Rope
- Learn some basic climbing technique:
  - Footwork (edging, smearing, stemming, etc.); Handwork (Open, Crimps, Jams, etc.)
  - Body (butt away from the rock, mantling, crack technique, lie-back, chimney, etc.)

### ■ **Saturday**

- Belay from top and bottom of the cliff with harness and device, catch falls and lowering off.
- Tie knots: Rewoven Figure 8, Fisherman's Backup, Water Knot, Figure 8 on a Bight, Girth & Clove Hitches
- Demonstrate belaying and understand pros-cons of different belay methods:

### ■ **Sunday**

- Belay from bottom of cliff with a body belay and a Munter belay and catch falls.
- Lead belay
- Tie knots: Munter Hitch
- Review different types/uses, etc of Trad gear.

### **Extra Credit:**

- Remove gear simulating seconding. (Does not have to be while climbing.)
- Have students down-climbing a route while on belay

### **Equipment:**

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

### **Guidelines:**

- Wear Helmets. **First-Aid Kit and stretcher** are in the Weekend Leader's car near the cliff.
- No instructor/assistant/student soloing.
- Instructors/assistants/students should be anchored on top of the cliff whenever near the edge.
- Students should be anchored whenever belaying. They may be anchored by standing/sitting in a loop in the rope or by clipping into a locking biner. Never use the back loop of the harness to anchor in; in front, next to belay device is OK.
- All belays should be backed up by instructor/assistant until the students become proficient, especially the body belays.
- Reinforce safety checks. Students should check each other's knots and harnesses.
- Use harness and belay devices on Saturday. Tie into harness loop (e.g. via manufacture's recommendation).
  - Use a body belay and Munter belay on Sunday.
- Use full set of calls all the time.
- Emphasize importance of rope care and handling (e.g. not stepping on rope, proper coiling/flaking & why).
- Remember to sign students "Green Books" after they have successfully completed the required skills.

## Leadable, protectable routes – Rattlesnake Rocks

- 5.3 Outlook – Monday Morning Slabs, 3 parallel lines that can be led simultaneously
- 5.4 Outlook – Practice Slab, 1-2 parallel lines that can be led simultaneously  
Ship's Prow – Ship's Prow Starboard
- 5.5 Ship's Prow – White  
Ship's Prow – Simple Stuff
- 5.6 Ship's Prow – Double Chimney
- 5.7 Ship's Prow – Ship's Prow  
Outlook – One Step Beyond (protect with a #5 C4)

