

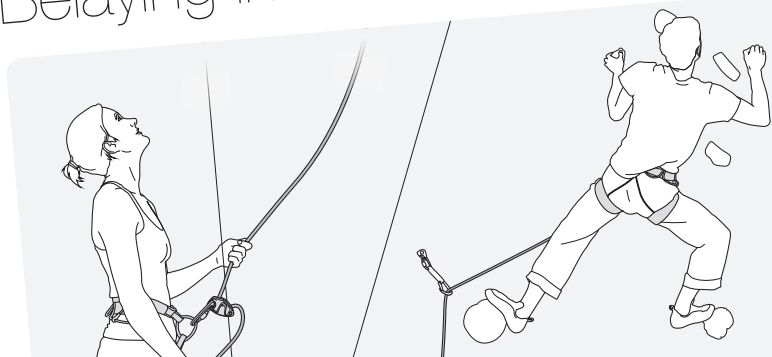


Access
the
inaccessible®



ACCESSBOOK n°1

Belaying in a climbing gym





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Access the inaccessible. You have dreams and our mission is to help you realize them to the fullest extent possible.

Petzl's ACCESS BOOK booklets are designed to go with you as you prepare for and achieve your goals as a mountaineer, climber, skier... Each ACCESS BOOK covers one particular activity. It is a collection of selected technical tips from Petzl.com

This first booklet is dedicated to gym climbing, for learning and/or reviewing the basics of top-rope or lead climbing.

Put on your shoes, and good climbing!

Warnings:

- These booklets present an excerpt from the body of techniques for the activity.
- Get training and practice in the techniques of the activity.
- You must read, understand and follow the Instructions for Use of the products associated with the proposed techniques.
- The environment and the activity itself are inherently dangerous. You are responsible for your own actions, decisions and safety.

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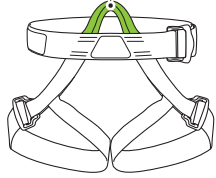
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PREPARATION

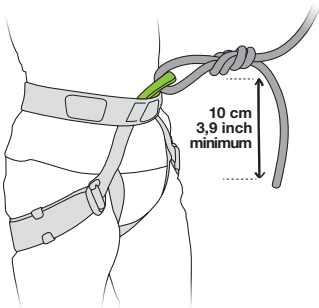
Harness attachment points

Harness with one attachment point

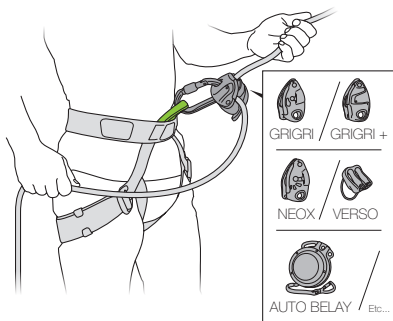
Attachment point



Rope attachment point



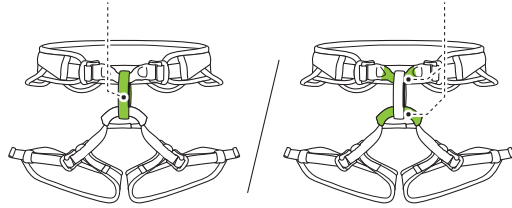
Attachment point
Belay system



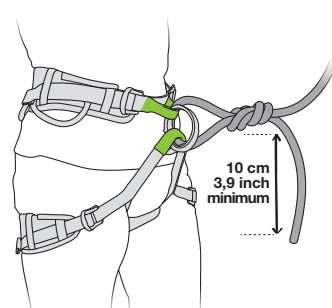
Harness with a belay loop and two tie-in points

Belay loop

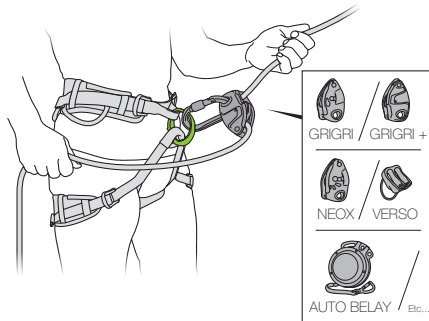
Two tie-in points



Rope attachment point

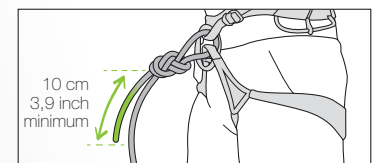
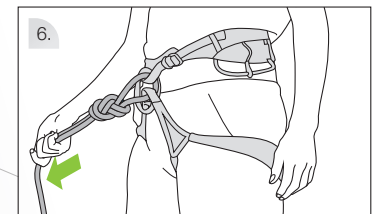
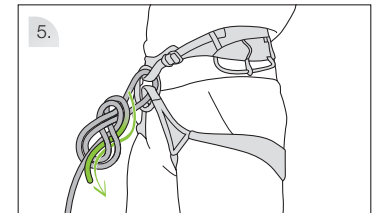
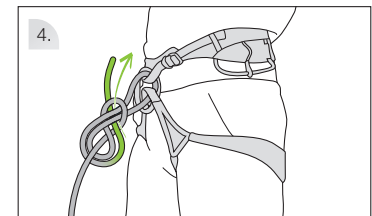
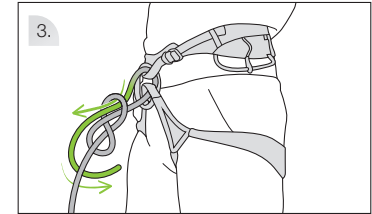
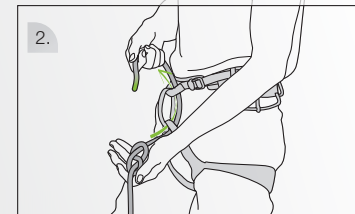
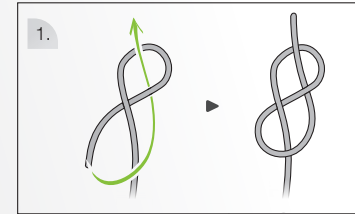


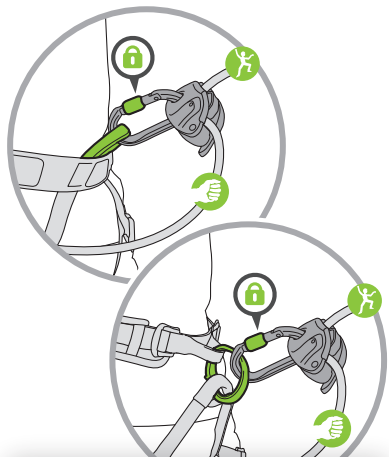
Belay system
Attachment point



PREPARATION

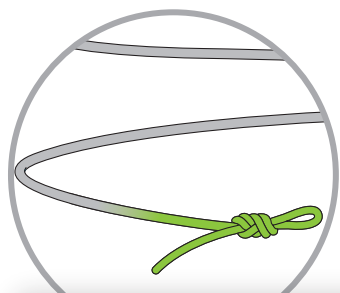
Tying in with a figure-eight knot





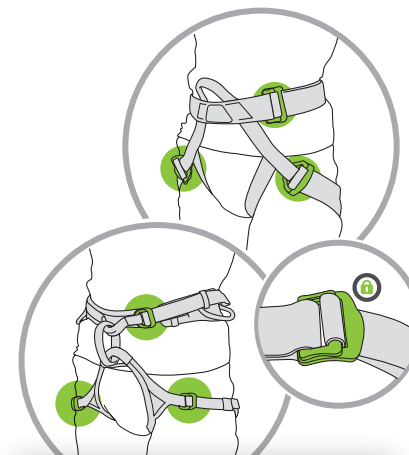
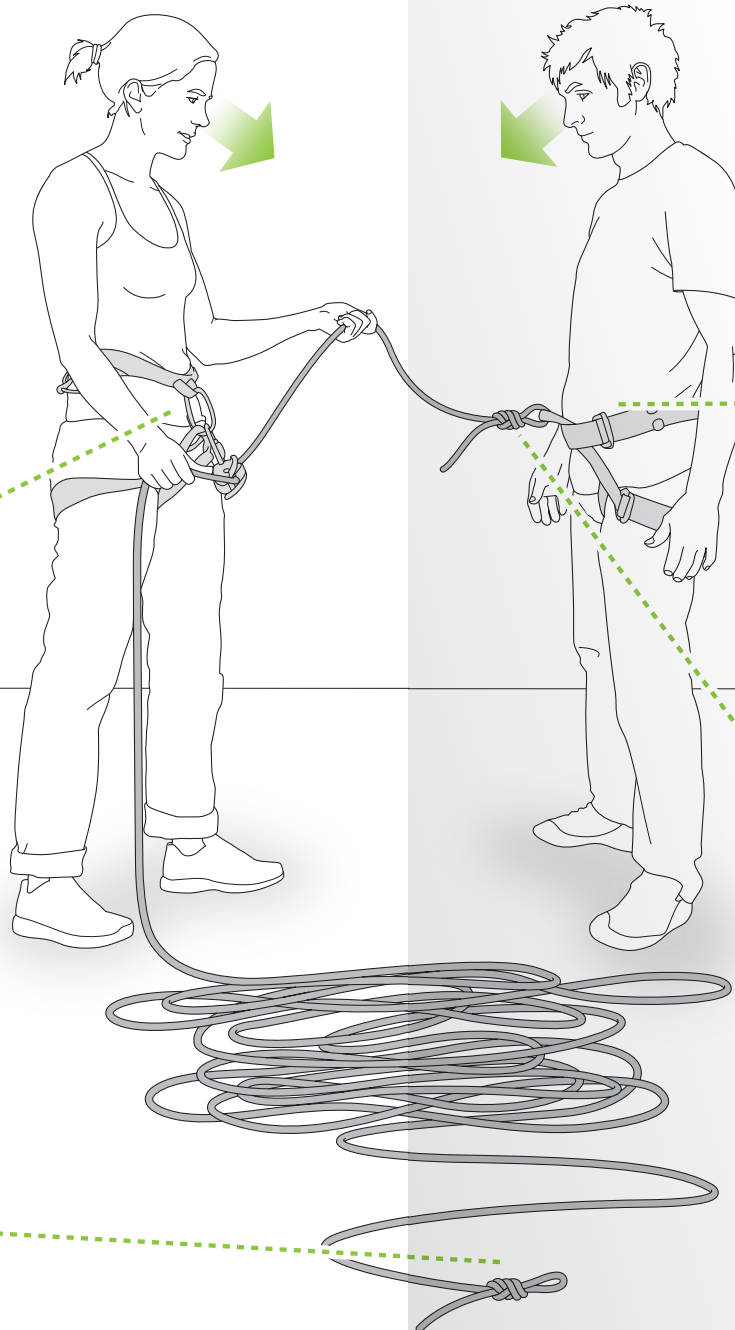
Belay system setup

- Rope installed in the proper direction (belay device function check)
- Carabiner connected to the harness attachment point
- Carabiner is locked



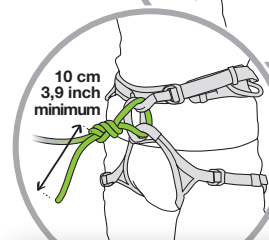
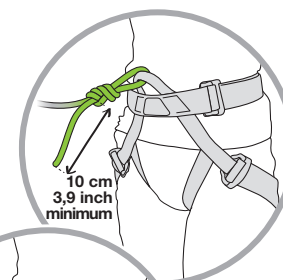
Rope

- Knot tied at the end of rope



Harness

- Harness waistbelt positioned directly above the hips
- Harness adjusted to fit snugly
- Proper tightening and fastening of the adjustment buckles



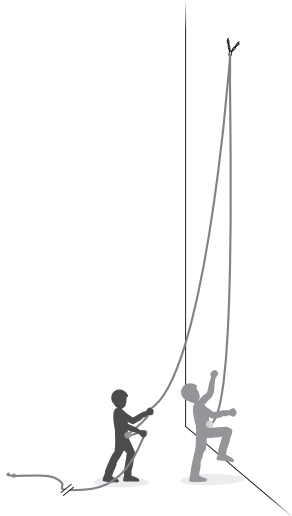
Tie-in knot

- Tie in to the harness tie-in points
- The correct knot
- Well-tightened knot with at least 10 cm of tail

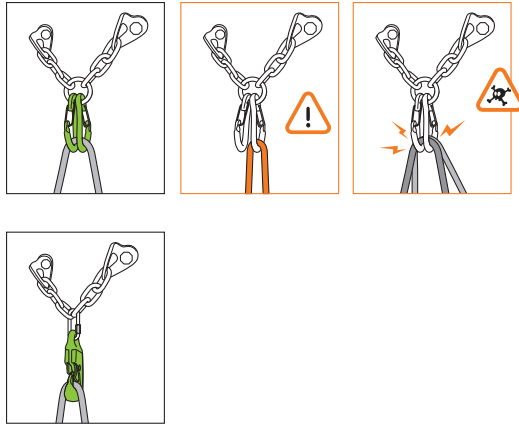
BASICS OF BELAYING

Belaying a climber on top rope

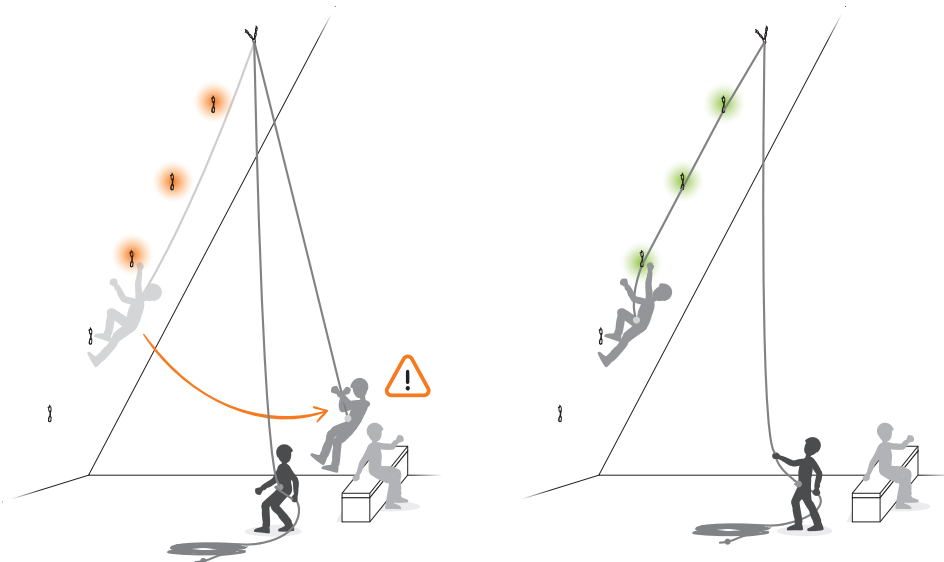
Top rope with rope in place



Installing a top rope at the belay anchor



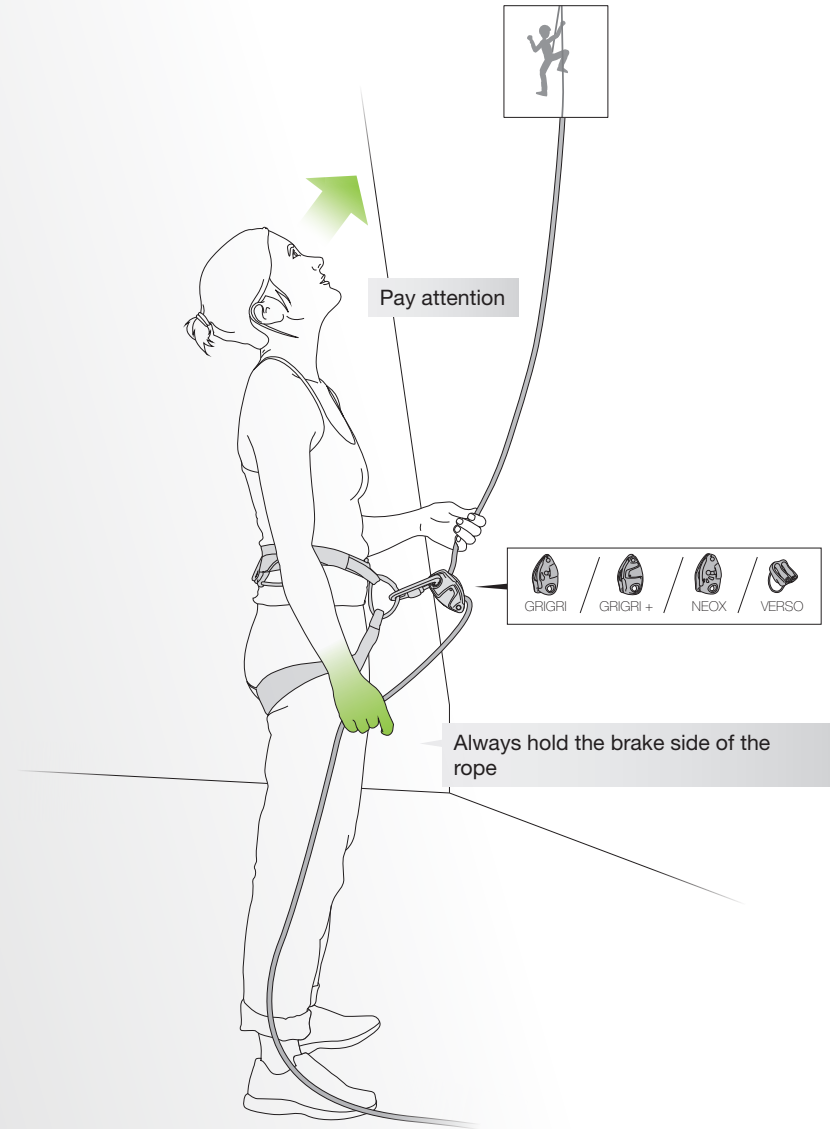
Overhangs, climb on the rope clipped to the quickdraws



BASICS OF BELAYING

Belaying a climber on top rope

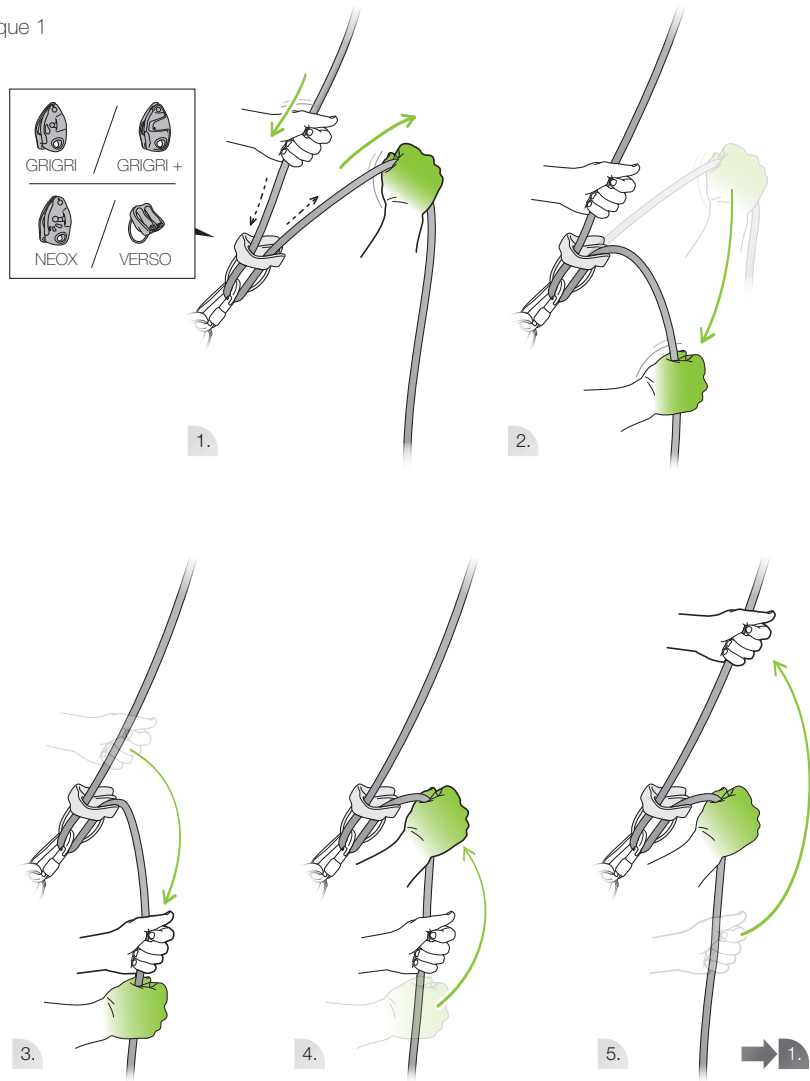
Primary belaying position



Belaying a climber on top rope

Technique: taking up slack

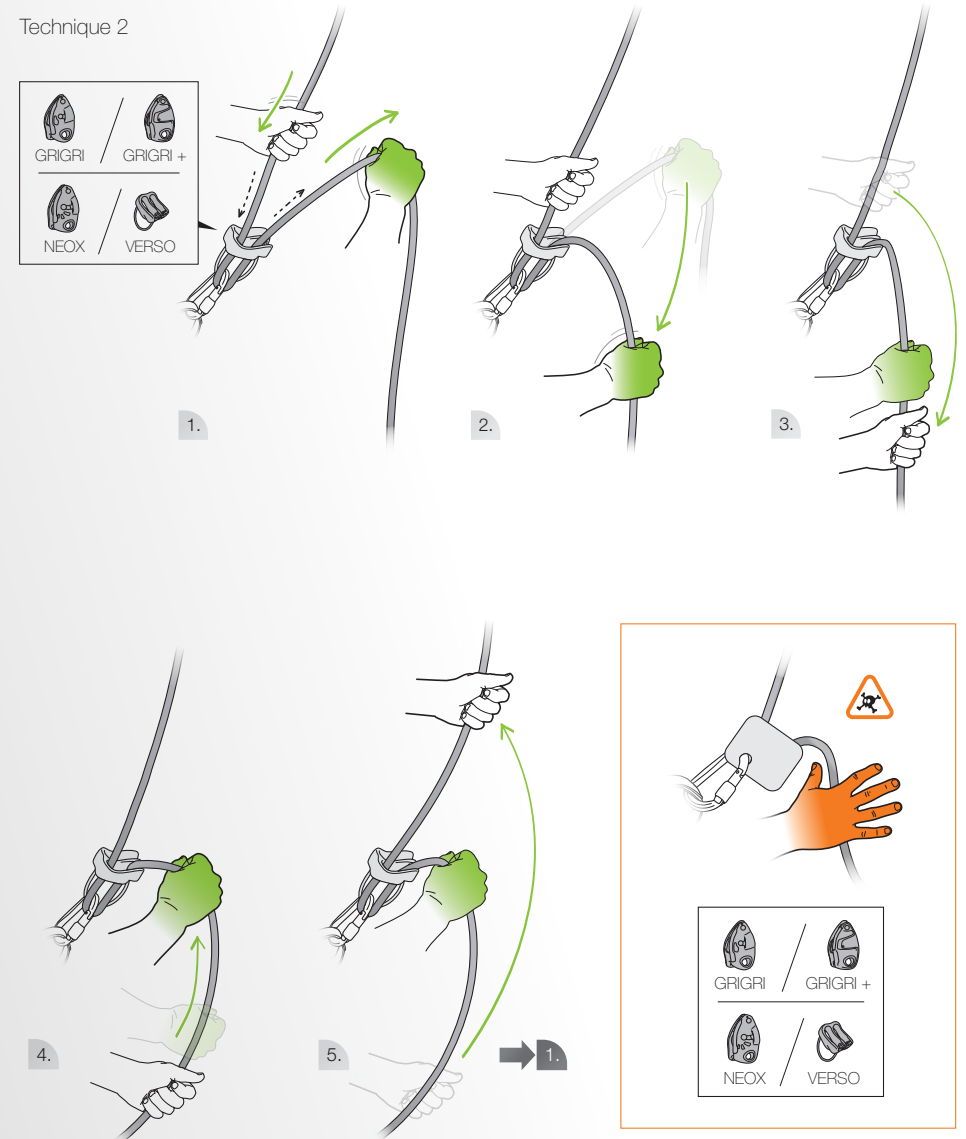
Technique 1



Alternative technique available at Petzl.com

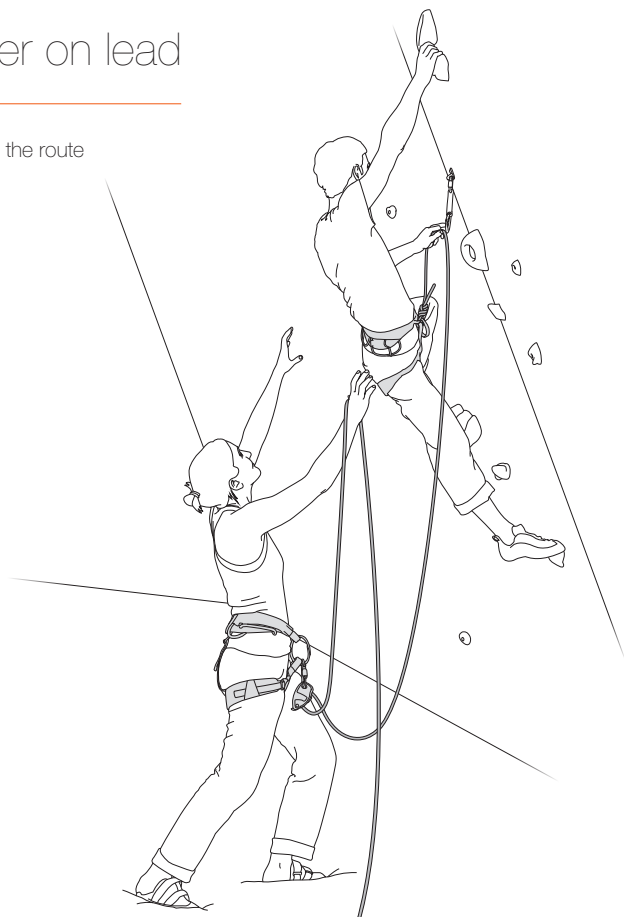
Belaying a climber on top rope

Technique 2

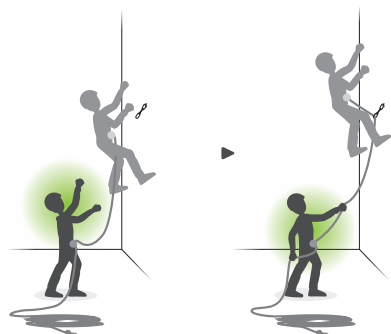


Belaying a climber on lead

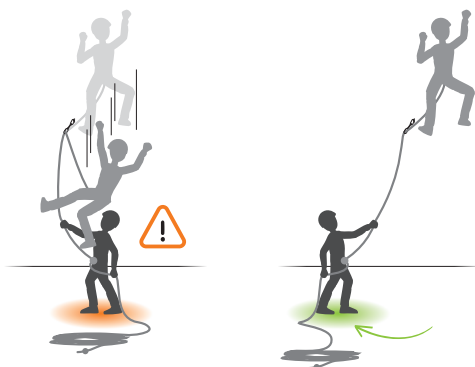
Spotting the climber at the start of the route



Spot until the first point is clipped

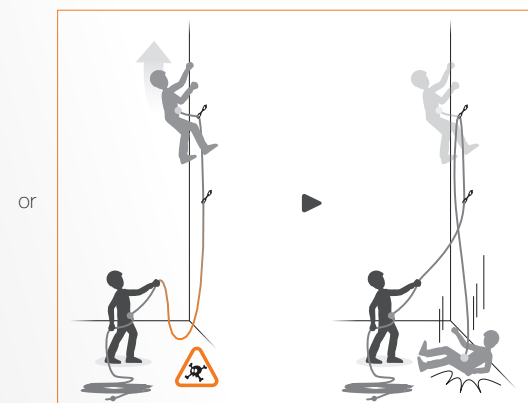
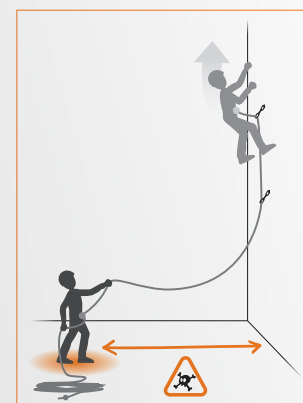
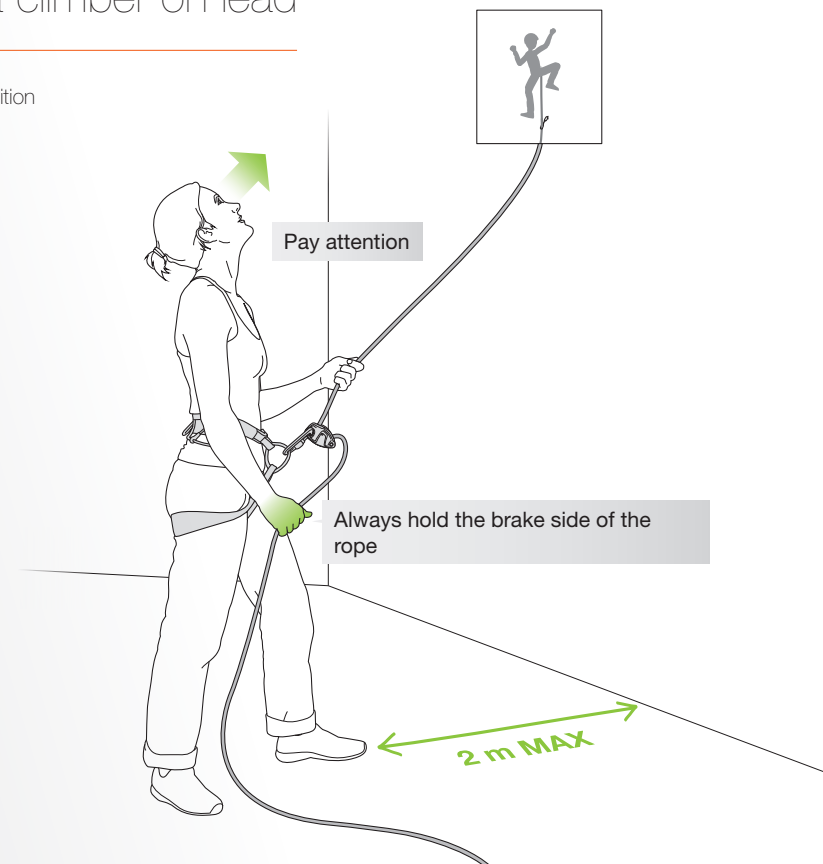


Be alert and mobile for the first points



Belaying a climber on lead

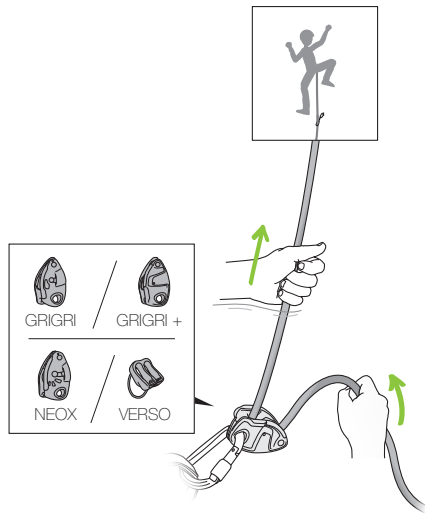
Primary belaying position



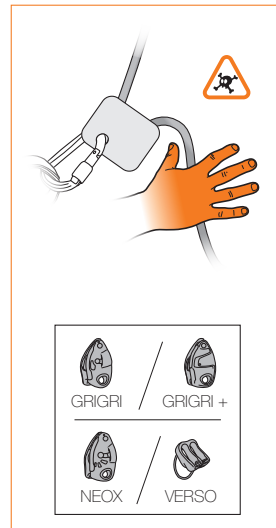
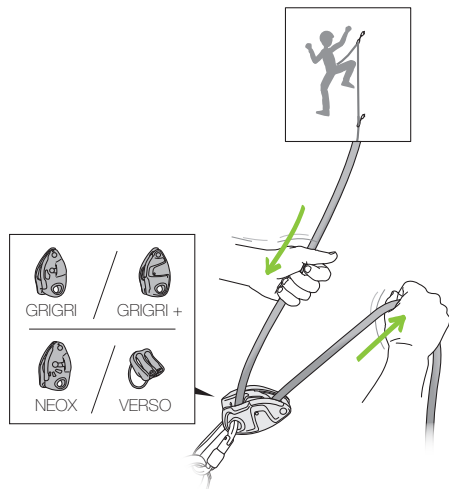
BASICS OF BELAYING

Belaying a climber on lead

Technique: giving slack



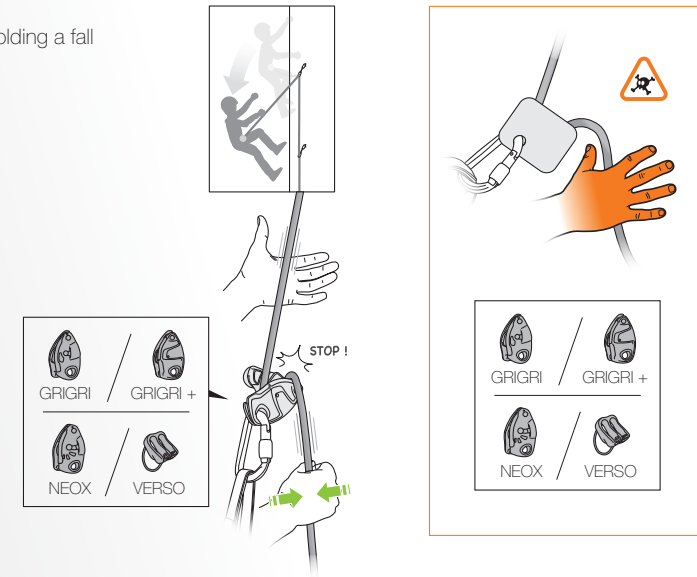
Technique: taking up slack



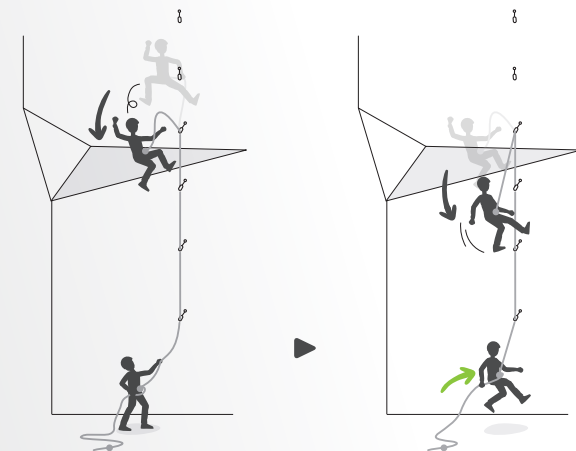
BASICS OF BELAYING

Belaying a climber on lead

Technique: holding a fall

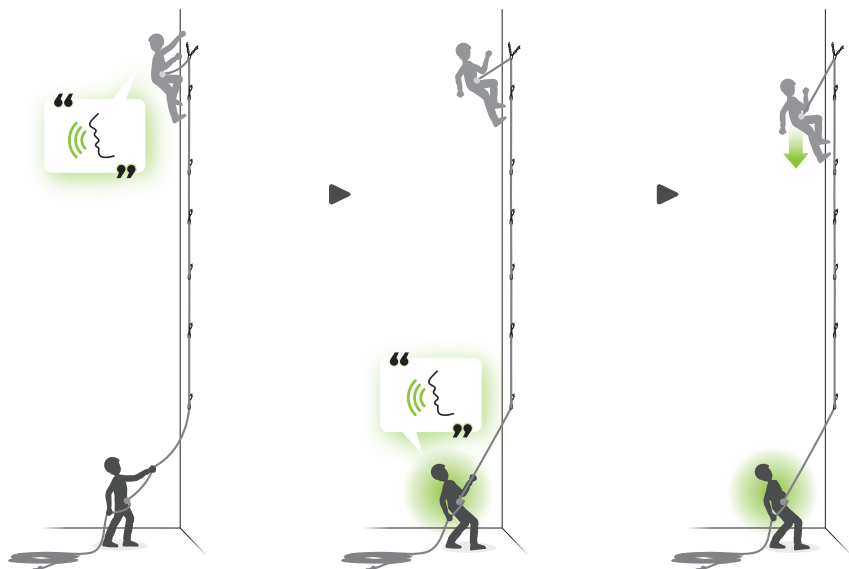


For a dynamic belay, do a small jump or take a step forward to reduce the impact force on the climber



Lowering

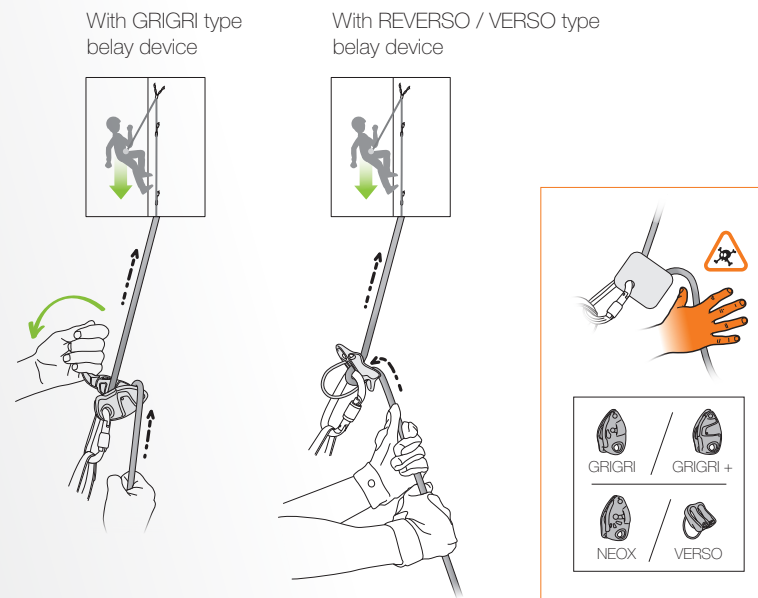
Communication before lowering



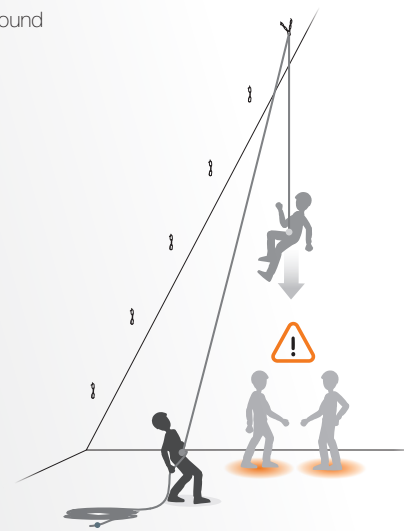
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Lowering

Technique: lowering

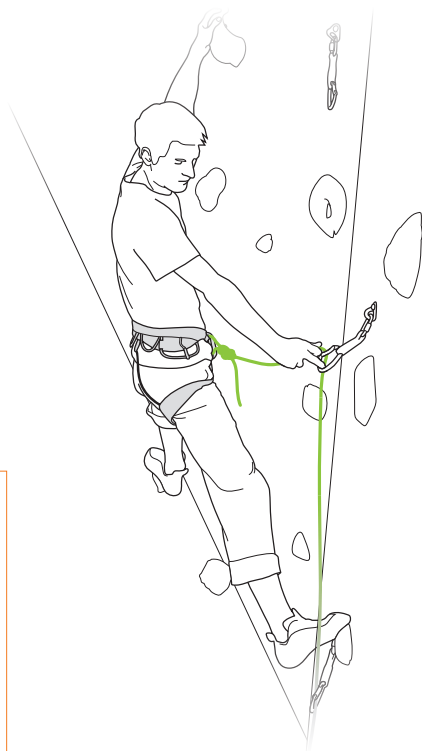
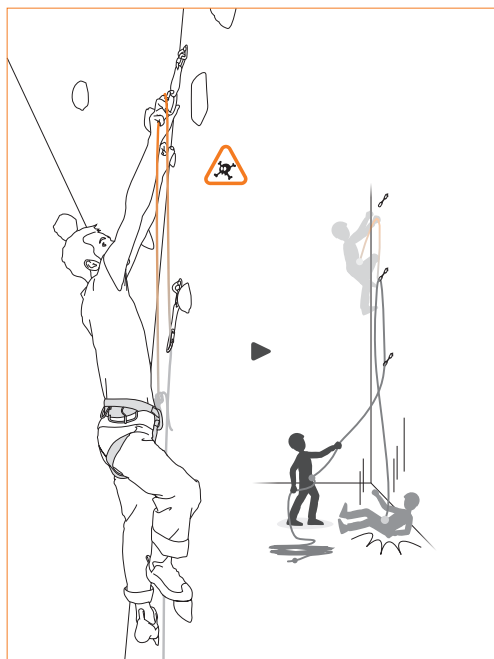


Be alert when nearing the ground



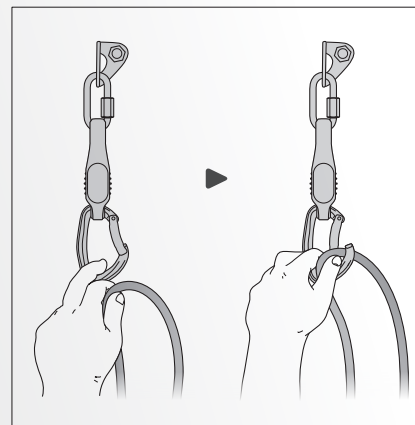
LEAD CLIMBING Clipping

Clipping at waist level

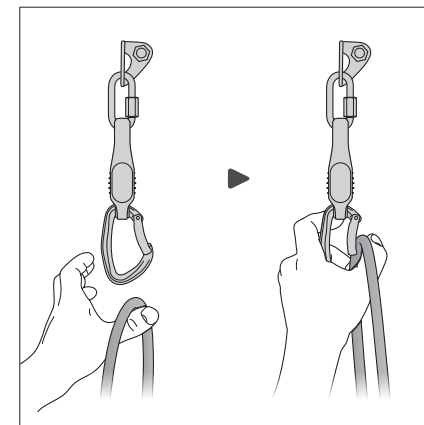


LEAD CLIMBING Clipping

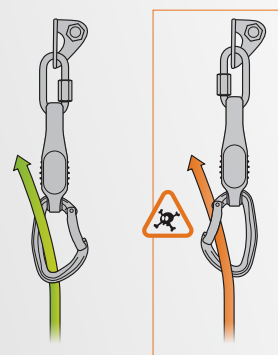
The most common clipping techniques (other techniques exist)



or

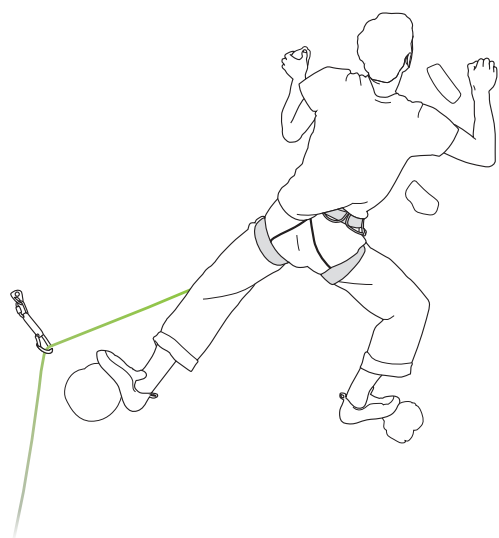
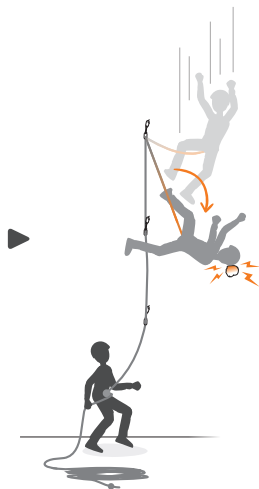
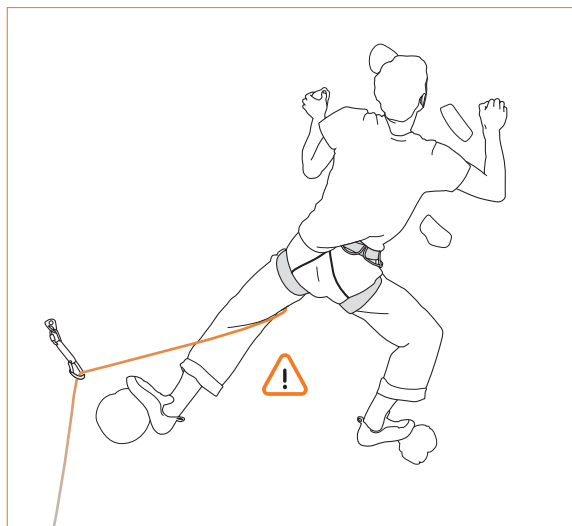


Rope properly clipped to the quickdraw



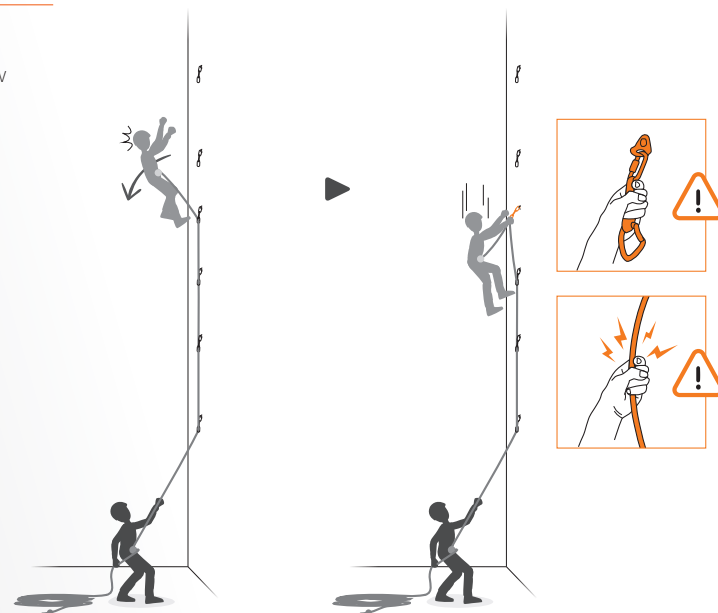
Errors to avoid

Rope behind leg

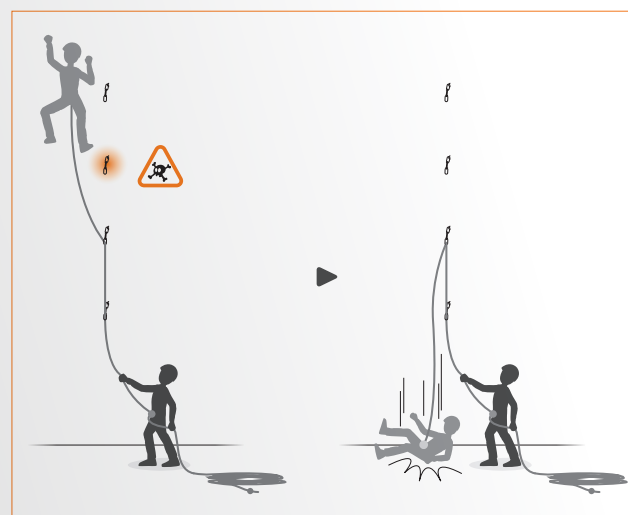


Errors to avoid

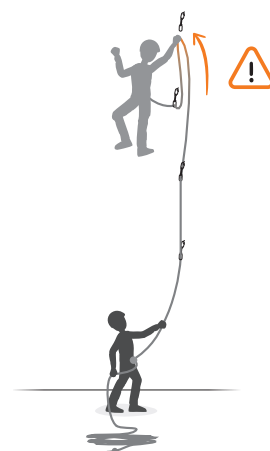
Do not grab a quickdraw when falling



Do not skip a quickdraw



Do not Z-clip: take the rope on the correct side of the quickdraw



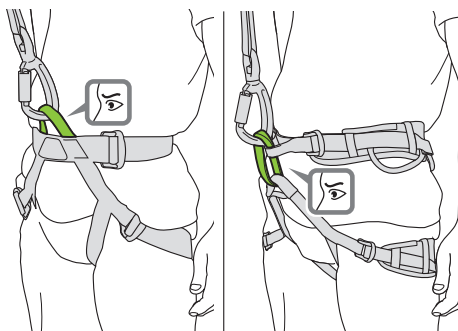
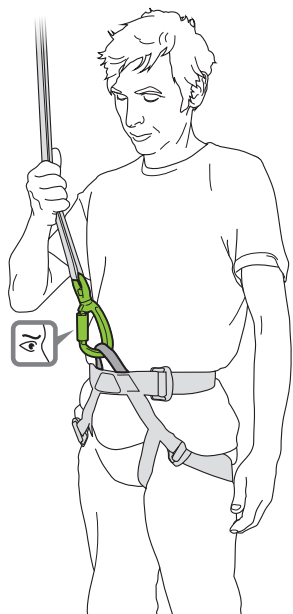
Inspection points

You must be trained and accredited before using an auto belay system

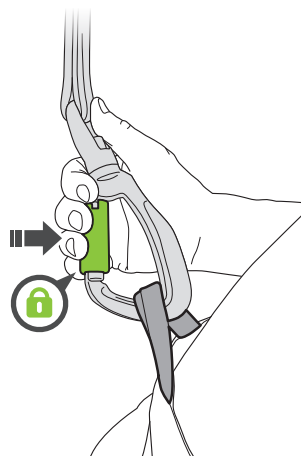
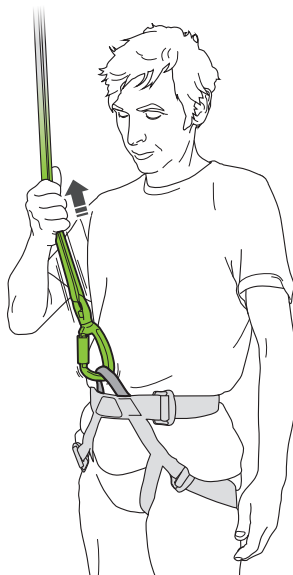
Points to verify

Visual inspection

- Connector connected to the harness attachment point
- Connector locked

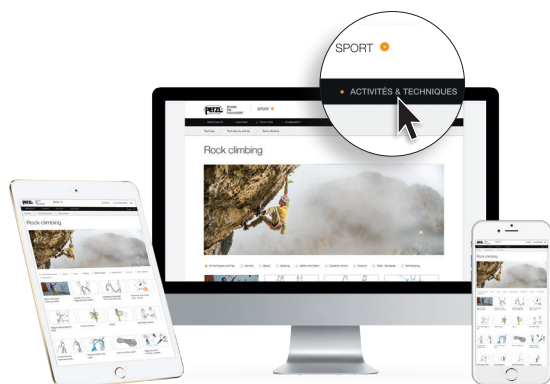


Function test



For more information

Find more technical tips and videos on sport climbing at www.petzl.com



... And discover even more about the other activities in our **ACCESS BOOK** booklets.



The information contained in this brochure is non-exhaustive.
See the Instructions for Use for the products, and related
technical tips. Training is essential.
You are responsible for your own actions, decisions and safety.

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