Welcome to Introduction to Climbing

• What you will be learning
  – Belaying
    • Managing the rope for a climber.
  – How to put on a climbing harness.
    • And check it
  – How to tie a figure eight retrace
    • And again check it.
Parts of a Harness

- Waistbelt
- Belay loop
- Gear loops
- Buckles to adjust Leg loops
- Leg loops
- Padding
Putting On a Harness

● Step One
  - Locate the brand patch.

● Step Two
  - Step into the harness, or put on waist belt then leg loops.
  - Belay loop should always be in front.
  - Check for twist
Buckles

- **Double Back**
  - Must be “Double Backed”
  - Turn “O's” into “C's”

- **Speed Adjust**
  - Auto Locks
  - Check to make sure it is threaded correctly
Doubling Back

- Simply Thread through the buckle
- Then take what was threaded through and run it back through the further side.
- O for open C for Closed (upside down in picture)
- *Note if you thread it back through the closer side it will come undone.*
Harness Check

- Harness Orientation
  - Brand Patch
- Check Buckles
  - 3 C's or check the speed adjust
- No Twist
The Figure Eight Knot

- The first part of tying in as a climber is making a figure eight knot in the rope.

Make sure to leave 4 to five feet of slack on the climber side of the knot for retracing the knot and for the back up knot.
Threading the Rope through Your Harness

- Once the figure eight is in the rope, thread the climber end through **two points** of contact on your harness.
- Should be the same two points that your belay loop goes through.
Retracing the Knot

- Starting at the point closest to your harness follow the existing knot exactly as is.
- Make sure that two lines come out both ends of the knot.
Double Fisherman's Back Up

- Loop rope twice around your thumb and the line going to the top of the climb.
- Make sure to form an X overtop your thumb.
- Thread rope through the x and in the direction that would be away from your harness.
Complete Knot Check

- Two Points of contact
  - The same ones your belay loop passes through.
- Fives sets of parallel line on both sides of knot.
- X and equals on the back up knot.