

# **Belay & Anchors Weekend Saturday – Instructor Handout**

## **Notes:**

- All student belays are to be backed up by an assistant or another student holding on to the brake strand.
- If student belays are not “proficient” (for their first day), have them do it again!
- Program rules are in a separate instructor handout.

## **Skills Learned:**

- Know what a SRENE anchor is and have helped build one
- Proficient belay from the bottom of a cliff, including catching a fall
- Proficient belay from the bottom of a cliff using a Münter hitch, including catching a fall
- Lowering a climber
- Butterfly coiling a rope
- Tie today's knots: rewoven figure 8 with fisherman's backup, bowline, water knot, figure 8 on a bight, girth hitch, clove hitch.
- Time permitting: Assistive Braking Belay (Gri-Gri) and Body Belay

## **Suggested agenda:**

- 1. Discuss program rules and safety at the crag (yelling ROCK!, yelling ROPE!)**
- 2. Discuss top rope anchors**
  - a. Explain SRENE (Solid, Redundant, Equalized, No Extension).
  - b. Build (as a group) a SRENE top rope anchor with rope or webbing.
  - c. Explain importance of rope care/handling: don't step on rope, proper coiling/flaking, etc.
- 3. Belaying preliminaries**
  - a. Explain how an ATC works.
  - b. Demonstrate belay techniques: slip-slap-slide and brake-under-slide. Explain pros and cons of each.
  - c. Explain climbing voice signals. (Use the full set of signals all the time.)
    - i. Climber: **ON BELAY?**      Belayer: **BELAY (is) ON**
    - ii. Climber: **CLIMBING**      Belayer: **CLIMB AWAY** or **CLIMB ON**
    - iii. Climber: **OFF BELAY!**      Belayer: **BELAY (is) OFF**
  - d. Discuss other voice commands: Up Rope, Slack, Take/Tension, Lower, Falling.
  - e. Discuss safety checks: climber and belayer check each other's harness and tie-in.
  - f. Discuss pros and cons of having the belayer anchored when belaying from the bottom.
- 4. Top rope belay from the bottom of the cliff with an ATC**
  - a. Suggested rotation order: belayer is the next person to climb. If a student is backing up the belays, that student becomes the next belayer.
  - b. Each student climbs and takes a fall (but can continue to the top of the climb).
  - c. Each student belays a climber, catches a fall, and lowers a climber.
- 5. Top rope belay from the bottom of the cliff with a Münter hitch**
  - a. Explain and demonstrate the Münter hitch and belaying with the Münter hitch.
  - b. Each student climbs and takes a fall (but can continue to the top of the climb).
  - c. Each student belays a climber and catches a fall.
- 6. Other skills (can be done by an assistant with students not belaying/climbing)**
  - a. Each student ties/demonstrates today's knots
  - b. Each student butterfly coils a rope
- 7. [Time and gear permitting] Assistive braking device (e.g., a GriGri)**
  - a. Explain, demonstrate, and allow students to practice belaying with a GriGri.
- 8. [Time permitting] Body belay**
  - a. Explain situations body belay is used (emphasis on belaying from top over 4th class terrain). Demonstrate technique and how to anchor properly for body belay and allow students to practice (have them backed up!)