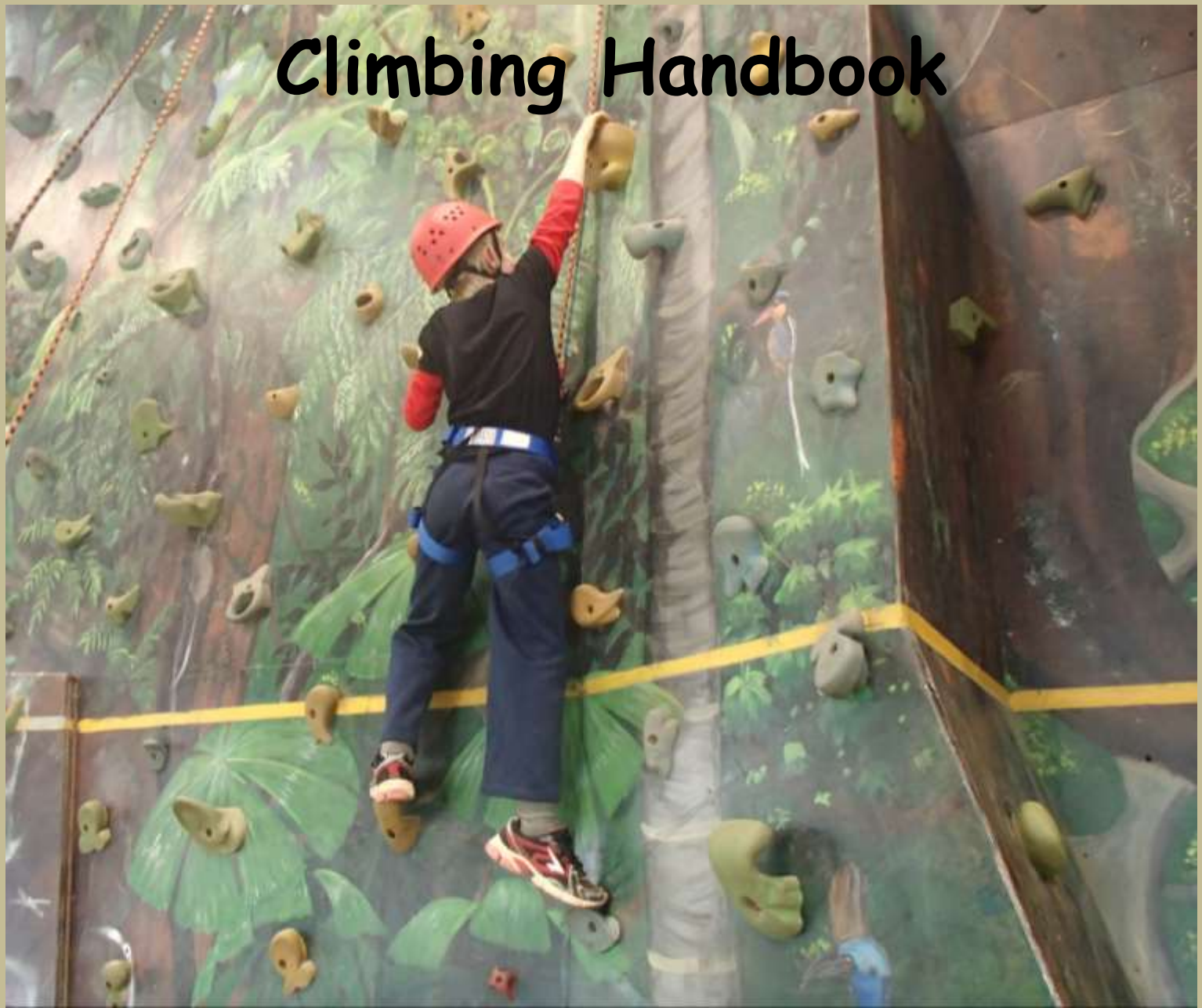


Climbing Handbook



THIS HANDBOOK must be read to fulfil your preparatory requirements for the climbing session. Additionally, teachers are required to read relevant *CARA*'s and ensure all climbers have provided written informed consent through the *Climbing Permission Letter*.

Climbing at Daradgee

At the Daradgee Environmental Education Centre we encourage accompanying adults to become involved in all activities. By training as a belay you can ensure the optimal student outcomes for the climbing sessions. This includes:

- Developing and applying challenging, new skills.
- Maximising climber participation by operating more climbing stations.
- Helping climbers achieve success, develop physical skills and wellbeing.



Bouldering introduces climbers to safe and supportive climbing technique.

1. What to expect

Before the session

BOULDERING: Where practical, all climbers will participate in a Bouldering session. Bouldering is climbing up to 2.4 metres on the climbing wall and does not require a harness and belay. The Bouldering session is an experience where climbing technique is developed.

BELAY TRAINING - The Daradgee instructor will lead a Belay Training Induction to ensure you are prepared for the session and to oversee all operations in the climbing shed. Our aim is for the belay team to be confident and competent. Please communicate any concerns with the instructor. The following procedures must be completed by all participants prior to belaying climbers.

- Read this Climbing Handbook.
- Complete induction session and demonstrate competency in belay.
- Formally sign off as competent and capable of belaying.

DRESS REQUIREMENTS: *Clothing of appropriate length must be worn - no 'short' shorts or 'short' shirts or tops. Shoes should be closed in and firm fitting.*

During the session

Mobile phones and cameras are NOT to be used when climbing or belaying.

Daradgee staff will have belay stations set up. You will act as 1st belay and lead students as a belay team supporting climbers as necessary. Daradgee staff will ensure supervision of new belays until competence is clearly maintained. Assistance will be given to you as required during the session. Ensure you seek assistance when required. If you are not confident in your ability to belay, discuss with the instructor how you will withdraw from the position

After the session

You may be required to help with packing up the equipment.

2. Equipment

1. The Swivel eye, Auto lock Carabina is self-locking. It is tied in to the Double Figure 8 Knot. It **MUST** always be first to lock into the black attachment point on harness (insert from above).



To open - pull down, twist 90 degrees then push open gate.
Gate is open.



Self-locking - Gate will spring back into locked position.
Locked

2. The Pirate, Wire Eye Carabina is attached to the Double Figure 8 Knot. Insert into the black attachment point from above.



To open - unscrew until gate can be pushed open - Pirate skull and cross bones can be seen.
Gate is open.



Screw to lock - screw till finger tight then unscrew half a turn. The skull & cross-bones will be unseen when in locked position. **Locked**

3. The Screw gate Carabina with spring loaded lockable gate is secured to first and second belays.



To open - unscrew until gate can be pushed open
Gate is open.



Screw to lock - screw till finger tight then unscrew half a turn. **Locked**



Harness/belt
- attaches to climbing rope using two carabinas



Anchor Strap
- attaches the climbing rope to the anchor chain and footing



Grigri+
- an assisted braking belay device with an anti-panic handle



Double Figure 8 Knot
- used to attach two carabinas to the climbing rope

Prusik Knot
- tied to the climbing rope and used as a backup friction braking device

End Knot
- used at the end of the climbing rope where the third belay is positioned

The care of all climbing equipment is imperative.
Keep climbing equipment out of the sand at all times.

Report damages or defects immediately

3. Positions and equipment used by the climbing team



2.4m

Smiley face or Big W

1st Belay

2nd Belay

3rd Belay

A. B. C. D. E. F. Safety Check

The entire climbing team follows the safety check for each new climber.

A	Anchor	Check the anchor strap is secured & straight, not twisted.
B	Belts	Check that the harness is on the waist, in line with top of hips, adjusted to fit firmly and not twisted.
C	Connections	Check all carabinas are locked and orientated in the correct direction - <u>widest end down.</u>
D	Devices	Draw the rope through the grigri to ensure it is sliding through smoothly. Check 2 nd belay can feed rope through the Prusik Knot in both directions.
E	Ends	Ensure end of the rope is secured with an End Knot for the 3 rd Belay and taped down on the climber's end.
F	Fasten Helmets	(For Faulty Towers only) ensure helmets are adjusted to fit.




Verbal cues before climbing

All members of the team participate in the verbal cues. The verbal cues signal that the team is focused and ready to do their jobs.

Climber: "CLIMBING" Belay team: "CLIMB AWAY"

5. Ascending

As the climber climbs up, the belay draws excess rope from the climber, through the grigri. As belay, you must maintain control of the rope at all times, do not allow there to be any excess rope between the climber and belay device at any time.

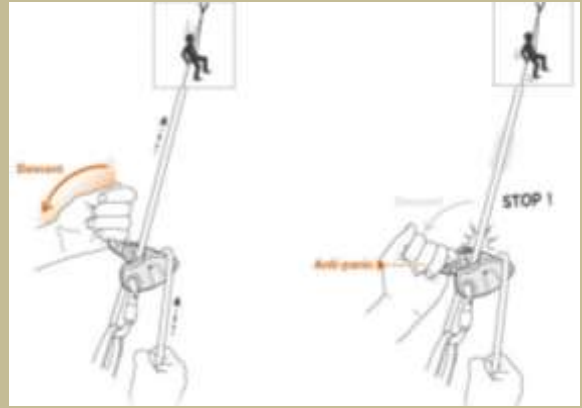
		
1. Place left hand up high above the grigri on the climber's rope and place right hand close to the grigri on the belay end of the rope.	2. Guide the rope down with left hand whilst right hand pulls/punches up. Keep these ropes running parallel for smooth operation.	3. Return hands to position 1 ready to repeat step 2.

6. Descending



Locking Off

Take in all excess rope from the system. Right hand holds the rope down to the right-hand side of the grigri. Left hand holds the rope above the grigri on the climber's rope.



Lowering the Climber

Right hand holds the rope down to the right-hand side of the grigri. Left hand pulls back gently on the anti-panic handle to allow rope to feed to the climber.

Note: if the user pulls too hard on the handle, the anti-panic function engages, locking the rope. Return to original position to reset.

Belays should ensure the weight of the climber is supported by the anchor. Belays should not carry or support the weight of the climber with their own body.



Incorrect technique:
Belay is carrying the weight of the climber. Note the anchor strap and climbing rope are not aligned.



Correct technique:
Belay is aligning the system to take the weight of the climber. Note the anchor strap and climbing rope are aligned.

Descending the Wall

1. On the climber's initial climb (at a height of 2.4m) they are required to do a practice descent. Belay must ensure the rope is locked off. Descent will begin with the climber demonstrating they are able to bounce off the wall while maintaining correct descent posture. Inform the climber they are about to descend.
2. Belay maintains locked off position with right hand, while left hand operates the anti-panic handle of the grigri. Smoothly release rope by pulling back gently on the anti-panic handle while allowing the rope to pass through the right hand at an even, comfortable speed.

Descending the Faulty Tower

1. When the climber is ready to descend the tower, Belay must ensure the rope is locked off. They then direct the climber to stand at the edge of the stack of crates as close to vertically below the above pulley as possible, and face the centre of the tower.
2. Instruct the climber to gently sit into their harness without kicking against the tower. If the climber swings, a team member may grab their feet to stop them.
3. Once they are safe to lower, Belay maintains locked off position with right hand, while left hand operates the anti-panic handle of the grigri. Smoothly release rope by pulling back gently on the anti-panic handle while allowing the rope to pass through the right hand at an even, comfortable speed.

Supporting the Climber

Climbers are presented with a variety of challenges. Some may have difficulty with issues around height and personal safety. While we work to reinforce the quality and integrity of our equipment, our belays play a critical role in supporting climbers' wellbeing.

Climbing to the top of the wall is a goal for most people but it may not always be achievable.

As first belay you are the leader of the team. It is your responsibility to instil correct procedures and safe practices in your team.

Helpful tips for a successful climbing session

- Belaying is voluntary - belays need to be competent and confident with the equipment and procedures - if you're not - don't do it!
- Avoid stress to back, hips etc. by ensuring the floor anchor takes the weight of the climber
- If any climber or belay is experiencing any pain or discomfort ie. sore hands or back pain, ensure climbers are safe, inform supervisor, review posture and technique.
- Maintain the rope in a locked position as consistently as possible.
- Encourage the climber to stay in control and try their best.
- If in doubt, ask the Daradgee instructor.

