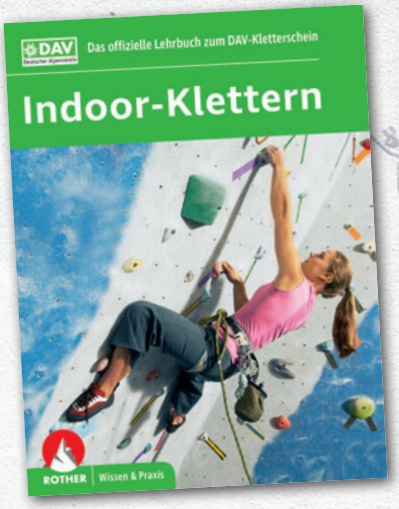
Deutscher Alpenverein

Indoor-Climbing Basics

Climbing certificate (DAV Kletterschein) Course brochure

Sicher Klettern

ENGLISH VERSION



The course book

Everything you need to know for indoor climbing

- *know-how DAV-Kletterschein*
- *content of the training courses*
- *developed by experts from DAV*

Indoor-Klettern, Deutscher Alpenverein, BLV-Verlag, München 2022.
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Indoor-Climbing Basics

Top rope and lead climbing safely with DAV climbing certificates

The DAV top rope and lead climbing certificates have been around for over 15 years! More than 100,000 climbing certificates have been issued since 2005. This number proves that the certificates are a successful offer for all climbers.

The two climbing certificates introduce you to learn the current safety standards in climbing and are approved by experienced trainers. The DAV climbing certificates are not a licence, but a performance certificate in the area of belaying techniques (the climbing performance is secondary).

This brochure summarises the most important contents of the training course and can be used as an accompanying workbook or as a reminder after the course. In the middle of this brochure you will find a detachable examination protocol with information about the examination procedure. The last page contains notes for the participants and trainers.

Information on Para climbing can be found on page 13.

Further products from „Aktion Sicher Klettern“ can be found on the website www.sicher-klettern.de

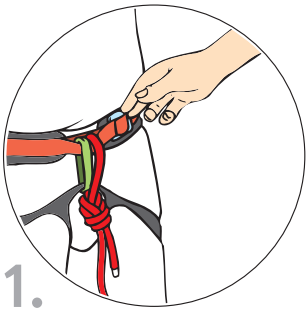
The official DAV textbook for the climbing certificate provides a complete and comprehensive written guide to the training course.

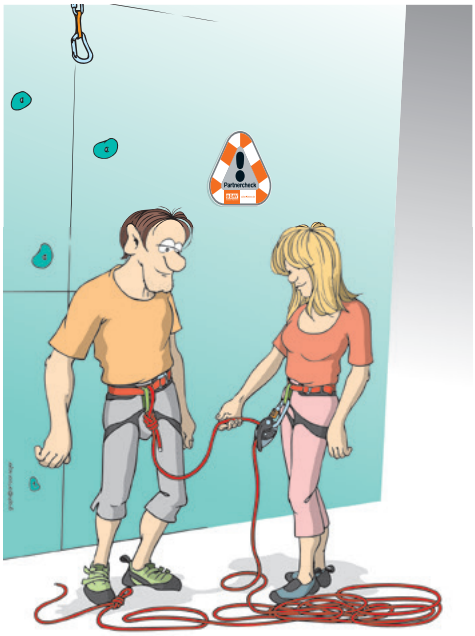
The German Alpine Club (DAV) wishes you eventful and accident-free climbing years!

Partner check before every climb

Self-control and partner check

- Both the belayer and the climber are responsible for safety.
- Both must check the following four points each time before starting to climb, whether top rope or lead climbing.





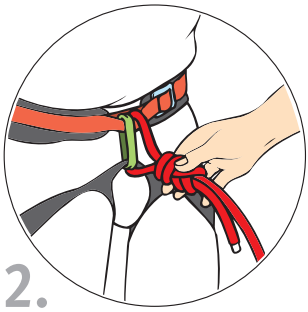
1. Harness buckles

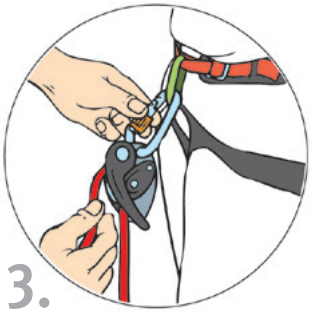
The harness is properly positioned (above the iliac crest) and properly fastened. Follow the instructions for use!

General information on belay devices:

- We recommend belay devices with assisted-breaking (semi-automatic belay devices).
- The carabiner must be suitable for the belay device – follow the manufacturer's recommendation!

- **alpenverein.de/sicherungsgeraeteempfehlung**
- **alpenverein.de/halbautomatentest**





2. Tie-in knots and tie-in points

- The rope is tied directly to the harness, either into the belay loop or into the two tie-in points of the waist belt and leg loop (read the manufacturer's manual for instructions). The tie-in knot (figure of eight knot or double Bowline) is tied correctly and tightened. Rope protrusion (tail) of at least 10 cm.
- Under certain circumstances only in top rope (e.g. fixed top rope station without open rope ends) tying-in at the belay loop with a Safe-Lock carabiner or two opposite-facing carabiners is possible.

3. Carabiner and belay device

- The rope must be correctly inserted into the belay device.
- The belay device must be attached correctly to the harness.
- The carabiner must be locked.

4. Knot at the end of the rope

- There is a knot at the end of the rope or it's fixed to the rope bag (caution: a simple overhand knot on the rope bag can loosen!) Pay attention to the rope length! Is the rope long enough for lowering?

Top rope belaying

Correct use of the belay device

- Only belay with certified devices you are familiar with.
- One hand always holding on to the brake side of the rope.
- Braking hand in correct position.

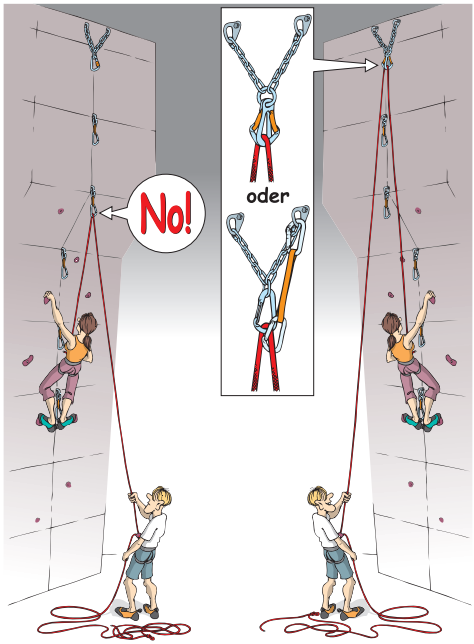
To see the correct handling of the belay devides watch the videos (QR-Code) or read in the accompanying course book.

Caution when belaying

- Weight difference: the climber must not weigh more than 1.5 times the weight of the belayer, i.e. no more than half the weight of the belayer (e.g. belayer 60 kg, climber 90 kg). When close to the ground, belay without slack and tighter, as there is a risk of touching the ground due to rope stretching.

Do not top rope using only a single carabiner or bolt

- There shall be two independent attachment points with the rope running through two carabiners.
- If necessary, additionally clip the rope into the last quickdraw or add an additional quickdraw to the anchor.



Top rope climbing

Never rope on rope

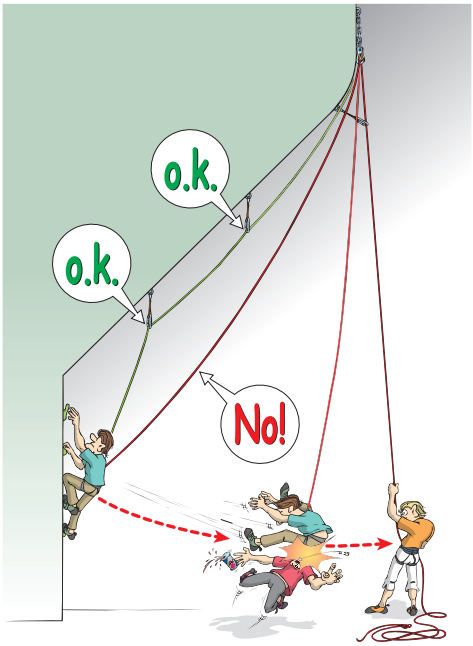
- Only one rope at a time in the top anchor or any other carabiner (visual inspection before starting to climb).
- "Check" preinstalled top rope stations and their anchor (visual inspection before starting to climb).
- Never belay or lower directly over textile material (slings).

Avoid swinging

- Top rope in overhanging routes only with climber rope end clipped into quickdraws.
- Do not climb far to the side of the top anchor.

Never climb above the anchor

- When top rope climbing, the climber's belay loop always remains below the anchor.



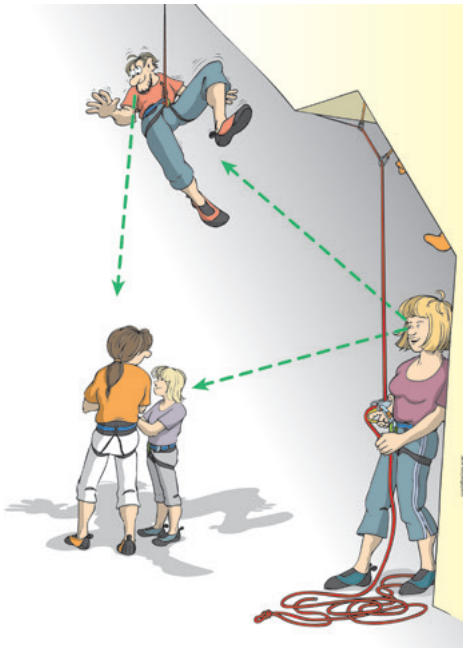
Communication and lowering

Communication at the top

- At the anchor, give the command "Take" (German: "ZU"). When the rope is tightened, give the command "Lower" (German: "AB"). Maintain eye contact! Call out your names if necessary. The belayer waits with lowering until full weight of the climber is in the rope (fully sitting) and command from climber is given (lower, AB).

Lower slowly and evenly

- Know the breaking mechanism of your belay device and use it correctly.
- Be aware of other climbers on the wall.



Careful when lowering

- Be aware of a free landing zone and of other people on the ground.
- Lower your partner smoothly to the ground.

COURSE EXERCISE

Fall practice

- *Falling should already be practiced as a part of the "toprope" certificate, to gain initial experience in falling and catching falls.*
- *Organisation: Rope in top rope anchor. No large ledges or volumes on the wall (risk of collision), vertical to slightly overhanging. Backup belay by a third person or knot in the rope.*
- *Preparation for correct falling: Simulate climbing move at the base of the wall and falls while doing an upward movement.*
- *Exercise 1: At a defined height (between 6th and 7th quickdraw) the climber sits on the slightly tensioned rope (no"take").*
- *Exercise 2: The climber lets go independently on a less tight rope (no slack).*
- *Exercise 3: From an agreed height (quick draw, hold, tape ...). The climber decides how far he/she wants to climb/fall, maximum distance: one quick draw. From an agreed height (quickdraw ...) the belayer stops pulling in rope. The climber simulates an upward move and falls (lets go) "Touch & Go". The slack rope is pulled to the belayer's side by the instructor.*

Examination

DAV
Deutscher Alpenverein

Detach the sheet and use it for the examination

Notes for instructors

- *The exam should be taken with necessary seriousness, but without exam stress.*
- *No assistance may be given during the examination.*
- *The instructor observes the candidate once belaying and once climbing. If there's only one instructor, each candidate must therefore climb twice and belay twice.*
- *The instructor documents the name of the examinee, his/her own name and the qualification on the examination protocol and confirms the correct examination procedure with signature and date.*
- *The protocol is filled out and can be used for feedback.*
- *Notes on Para climbing on page 13*

Notes for the examinee

- *The basics of safe climbing are described in this brochure. The test protocol includes the points which are required during the exam.*
- *Each candidate must be tested once when climbing and once when belaying.*
- *No assistance may be given during the examination.*
- *The climbing certificates will be issued after passing the test.*
- *In case of forgotten or incorrectly executed protocol points, several repetitions are permitted until correct execution.*

Name of the examinee

Date of birth

Date of the examination

Name of the Instructor

Climbing gym / Section

Place

Test Protocol

	executed correctly	*executed wrongly*
Partner Check before each climb		
Harness fitted and closed correctly	○	○
Tie-in knot and tie-in point chosen correctly	○	○
Carabiner and belay device mounted correctly	○	○
Knot at the end of the rope	○	○
Belaying Top rope		
Belay device used correctly	○	○
Weight difference for top rope considered	○	○
Belayed without slack close to the ground	○	○
Commandos and Lowering		
Used commands "Take" and "Lower" ("Zu", "Ab")	○	○
Only lowered when the command has been given and the person climbing sits in the rope	○	○
Lowered slowly and evenly	○	○
Correct use of the belay device	○	○
Looked out for other people nearby	○	○
Set the climber smoothly on the ground	○	○
Climbing Top rope		
Clipped two carabiners at the top anchor	○	○
Never two ropes in the same carabiner	○	○
Minded risk of swinging	○	○
Did not climb above the anchor	○	○

Test Protocol

	executed correctly	*executed wrongly*
Partner Check before every start		
Harness fitted and closed correctly	○	○
Tie-in knot and tie-in point chosen correctly	○	○
Carabiner and belay device mounted correctly	○	○
Knot in the end of the rope	○	○
Belaying Lead		
Belay device used correctly	○	○
Weight difference for lead climbing considered	○	○
Spot if necessary		
Paid attention to positioning after climber clipped first draw	○	○
Paid attention to the climber	○	○
No slack close to the ground	○	○
Above the risk of ground fall slack of approx. 20–50 cm.	○	○
Rope needed for clipping handed out quickly	○	○
Lead Climbing		
Clipped quickdraws from a stable position	○	○
Clipped quickdraws "in line" and "untwisted"	○	○
Clipped all quickdraws	○	○
No rope behind leg/s	○	○

Terms

Course "3x3 hours"

For beginners is required to have at least three different days of three hours each per course (either top rope or lead certification). Additional practice under supervision is advisable. Only after the instructor recognizes appropriate skills, candidates are qualified for the exam.

The duration of the course could be shortened for advanced students. However, all examination contents must be mastered.

The certificates are based on each other. Advanced climbers who only want to do the "lead certificate" must also take the top rope exam.

Children

Children develop at different rates. Therefore, there are no exact age limits.

- **DAV-Kletterschein Toprope**
  suitable for children aged 10 and above
- **DAV-Kletterschein Lead**
  suitable for children aged 12 and above

Even if children have received a certificate, parents and coaches still have a duty of supervision (at least until they reach the age of 14).

More information at
alpenverein.de/sicherungskompetenzkinder

Who can carry out the climbing certificate

They can be carried out by DAV Sections, schools with appropriate climbing courses, universities, private climbing gyms, mountaineering schools and others. Interested parties should contact the mentioned organisations. Only instructors with appropriate experience in sport climbing and a currently valid licence may carry out the examination. Knowledge of the current DAV doctrine is a prerequisite.

Successful completion of one of the following training programs:

- DAV Kletterbetreuer*in / DAV Climbing Instructor
- DAV climbing Coach (leisure-, competitive-, alpine-climbing)
- IFMGA Mountain guides
- DAV Youth leader only with advanced module Sportklettern 1
- Teachers with a further education (climbing in school sports), acknowledged by the state that reaches the level of DAV Kletterbetreuer / climbing Instructor

Note

The DAV climbing certificates are not a licence, but a performance certificate in the area of belaying techniques (the climbing performance is secondary).

Belaying lead

Partner Check

- before every climb.
  Procedure see page 2 and 3

When lead climbing, always tie-in directly

- Tying-in with a Safelock carabiner (which is accepted under certain circumstances in top roping) is prohibited in lead climbing.

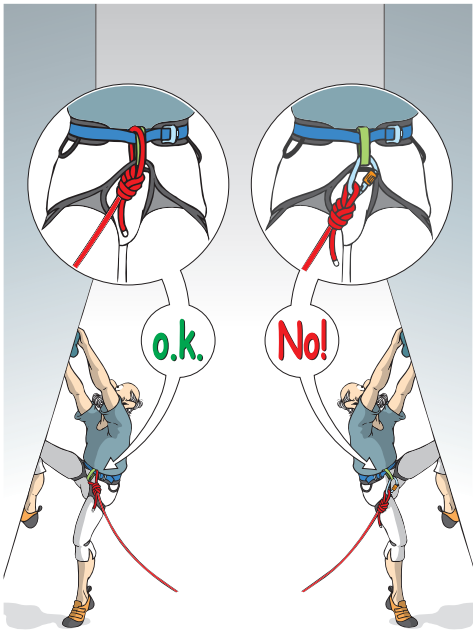
Use belay device correctly

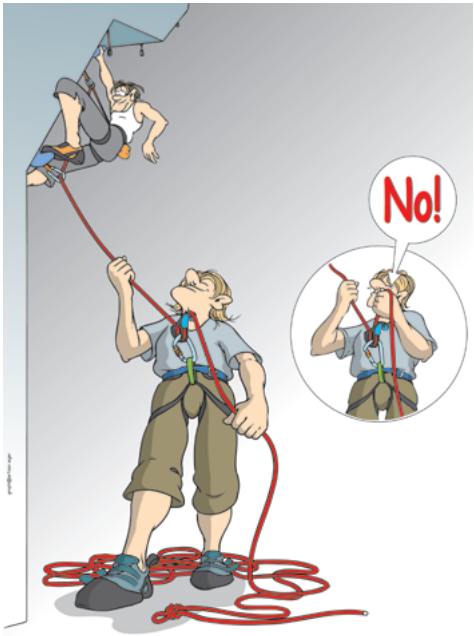
- Only belay with certified devices you are familiar with.
- One hand always holding onto the brake side of the rope.
- Braking hand in correct position.

More on how to belay correctly watch videos (QR-Code) or read the accompanying course book

Attention while belaying

- Ideally, both climbing partners should weigh the same. If the person climbing weighs > 10 kg more, appropriate action should be taken.
- **alpenverein.de/sichernmitgewichtsunterschied**

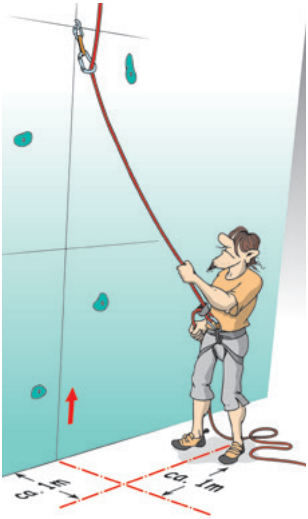




Belaying Lead

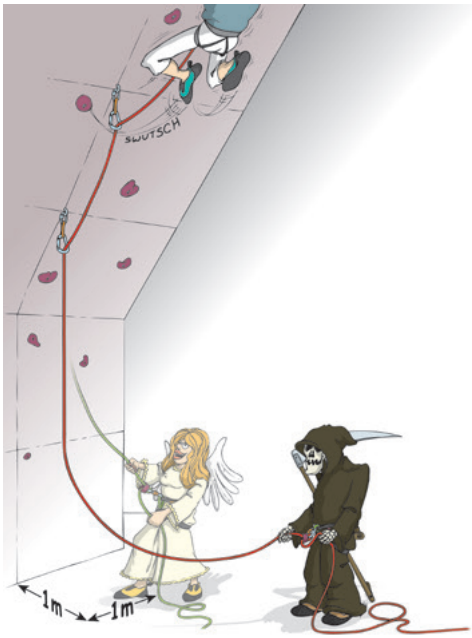
Until the first bolt/quickdraw

- Stay away from the fall area and clear objects out of the way
- Agree on which side to clip and align the position of the belayer accordingly.
- Feed out the required rope until the first quickdraw is clipped.
- When clipping the first quickdraw, stand low and, if necessary, clip overhead from a stable position.
- Use spotting if necessary, depending on the situation (difficult move before first quickdraw/ no fall protection floor).
- The aim of spotting is to prevent the climber from tilting backwards and to direct the fall so that he/she can land on their feet. The correct position for the belayer is to stand close by and extend both arms towards the climber's hips or shoulders, ready to direct the fall.



Full attention while belaying

- After clipping the first quickdraw, the belayer's position is usually close to the wall and slightly offset to the side under the first quickdraw.
- Observe climbing partner. Act responsive.
- Belay without slack and precise close to the ground (min. until the 5th quickdraw).
- Above the risk of a ground fall use approx. 20–50 cm of slack.
- Feed out enough rope for climber to clip quickly.



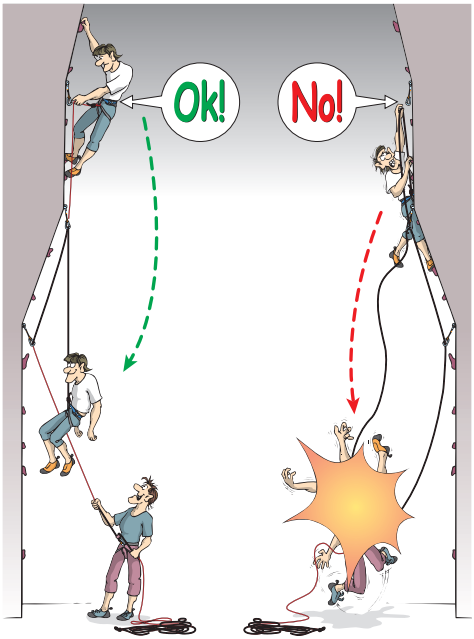
Lead Climbing

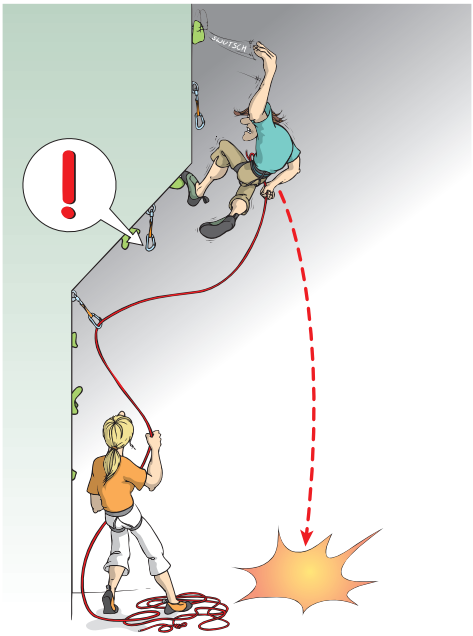
Clipping quickdraws correctly

- Always clip from a stable position
- "Clipping window": quickdraw between hip and forehead
- Avoid overstretched clipping.
  Risk of slipping due to loss of friction on the footholds.
- While clipping, a fall must be avoided at all costs (up to the fifth quickdraw there is a risk of falling to the ground if clipping fails).
- Clip quickdraws "untwisted" and "in line". The rope runs from the wall through the carabiner to the climber.
- While clipping command if necessary "Seil"/"Rope"

Clip all quickdraws

- Attention: Falls are always possible! (e.g. loose holds)
- Do not have the rope behind your leg/s. In the event of a fall, there is a risk of being flipped upside down and hitting your head, as well as rope-burns.



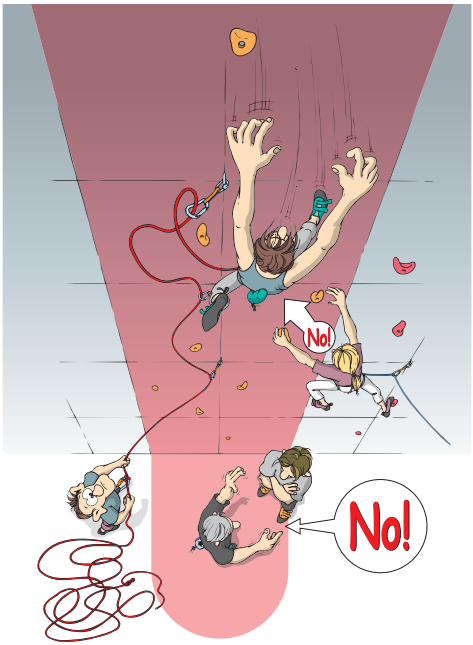


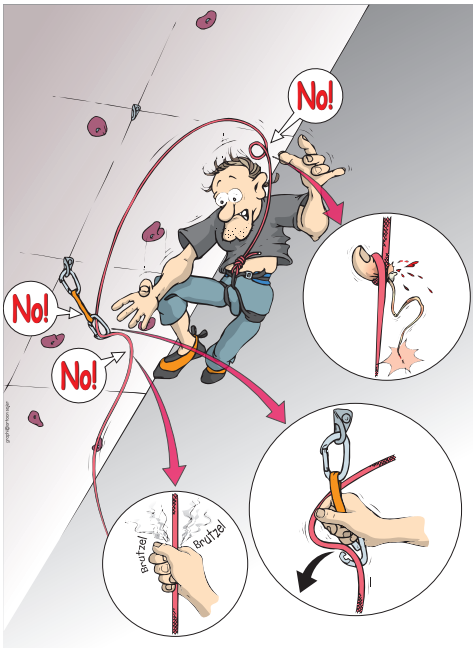
Clear fall zone

- At the ground and on the wall
- Do not climb too close to other neighbouring climbers.
- Be aware of fall zone

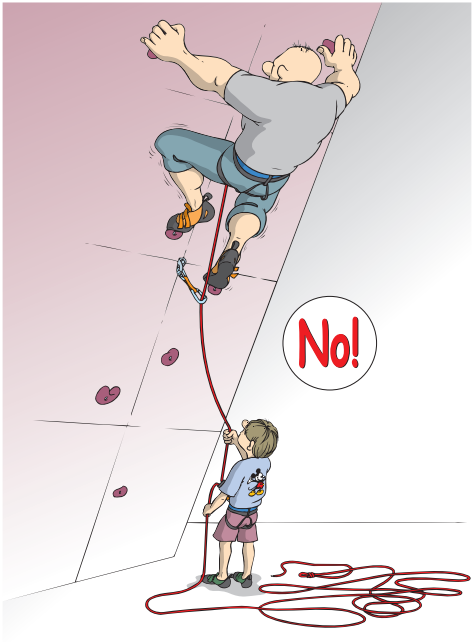
Behaviour during a fall

- If possible, announce fall
- Do not grab the rope
- Do not grab any quickdraws
- Push off lightly – fall "flat"
- Upright position, tension your torso
- Arms sideways during fall
- Bring your feet and hands forward just before hitting the wall.





Tips & Recommendations



Do not overwhelm children

- Children have lower hand strength.
- Children are only able to concentrate to a limited extent.
- Children can only take limited respon-sibility for belaying.
- Pay attention to weight differences!

Positive Feedback Culture

- It helps to avoid accidents if mistakes are recognised and reported at an early stage. Tell others when they make safety-related mistakes.
  Try to understand when someone points out mistakes to you.

Respect

- Friendly interaction with each other creates a relaxed and pleasant atmosphere.
- Wait until your route is available.
- Avoid climbing into neighbouring lines at the same time (risk of collision).
- Clear your route after climbing as soon as possible, if others are waiting.

Warm up

Warming up before climbing minimises the risk of physical overload.

1. Warm up the cardiovascular system and mobilise the joints.
2. Start with easy routes.

Use of Chalk

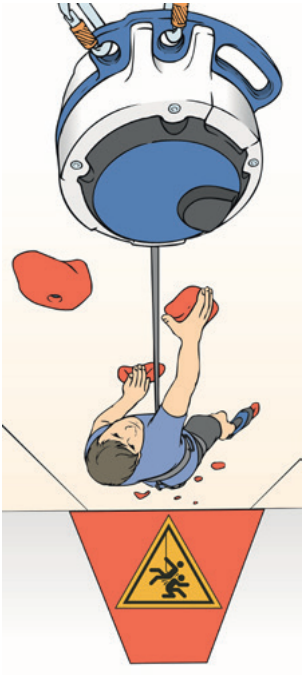
- Sparing use of magnesia (chalk) leads to a more pleasant air climate in the climbing gym.

Climbing on Auto Belays

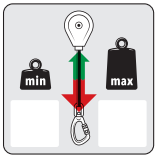
Auto belays are installed above the climbing wall and enable climbing without a human belayer. When climbing, the device automatically pulls in the webbing/rope - you climb up with a slight pull without any slack. In the event of a fall or a "sit-in", the device catches the climber and automatically lowers them to the ground immediately.

Notes

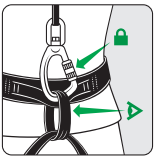
When climbing alone on an auto belay, there is no classic partner-check. Therefore special attention must be paid to the self-check. If there are any anomalies, do not start climbing or stop immediately and inform the gym staff.



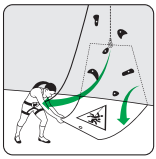
- Stay away from fall zone



- Comply with the specified weight limit.

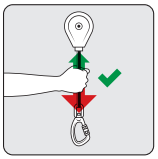


- Harness correctly put on and closed? Attach the carabiner to the belay loop and close it properly.



- Place the belay gate properly on the floor.

- Only climb in the intended line, always below the auto belay.
- Avoid swinging and excessive pushing off the wall.



- Before starting to climb, check the function of the retraction by hand.
- If the webbing is not pulled in correctly during climbing, stop immediately to avoid slack. The lowering process works independently of the webbing retraction.

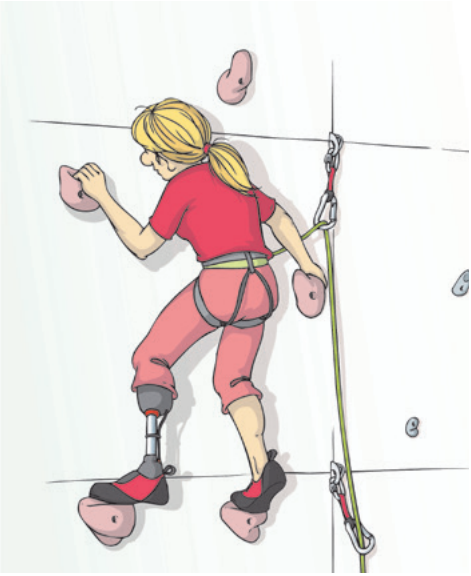
More information at **alpenverein.de/39040**

Paraclimbing

Climbers with physical disabilities can take the examination for the top rope and lead climbing certificate (Kletterschein). The aim is to demonstrate the independent and responsible ability to climb and belay.

- Candidates must successfully complete the belaying part.
- Assistance in belaying is not permitted.
- Assistance with climbing is permitted (framework conditions can be adapted to the type and degree of disability)

Climbing certificate Instructors are only permitted to carry out examinations with a licence (see page IV). If required, consult qualified personnel.



Notes

In principle, all climbing rules in this brochure apply, in particular:

- Stability is absolutely essential (wheelchair or equivalent seat if necessary, when belaying while seated, if necessary secure the person belaying to the wheelchair).
- Difference in weight between belayer and climber as small as possible (weight bag on belayer if necessary)
- Specific disabilities may require back up belaying (does not count as assistance in the context of the exam).
- Coordinate climbing behaviour (speed, risk of falling, etc.) with the belayer.
- Address the candidate individually with regard to their current state of mind and performance; appropriate feedback.

Partnercheck statt Partner Weg

sicher-klettern.de

Partnercheck
DAV