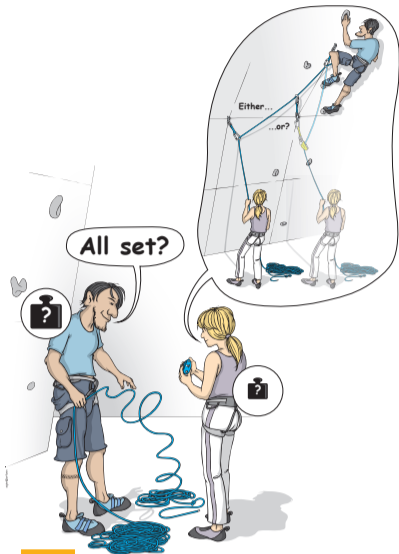


# Safe Indoor Climbing

10 recommendations from the Club Arc Alpin



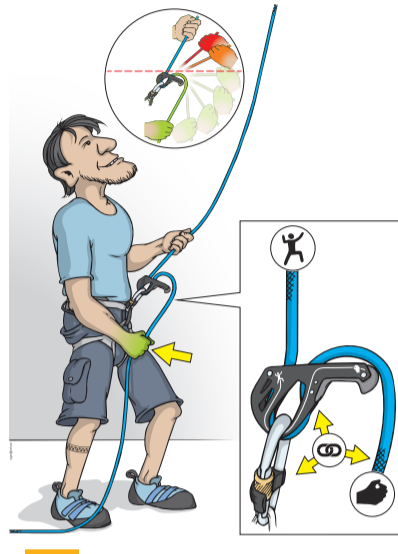
## 1 Start with setting up your team

- ▶ Clarify the weight difference between partners and take the appropriate measures
- ▶ Consider belaying skills and climber's condition
- ▶ Agree on rules of communication
- ▶ Check climbing equipment



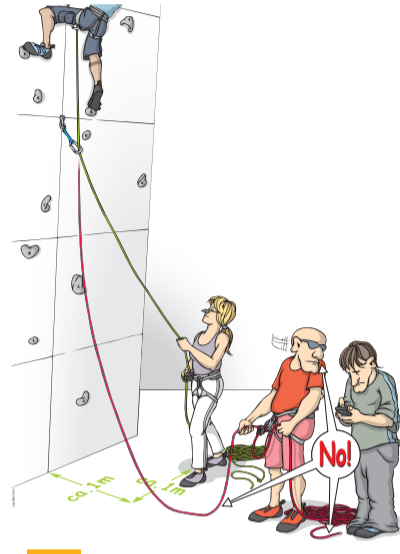
## 2 Run a partner check before every climb

- Reciprocal checks with eyes and hands:
- ▶ Tie-in knot and tie-in point
  - ▶ Belay carabiner
  - ▶ Belay device - lock-off test
  - ▶ Harness and harness buckles
  - ▶ End of rope tied for a backup



## 3 Only use familiar safety equipment

- ▶ Semi-automatics offer additional safety
- ▶ Brake hand principle: one hand always holds the brake rope
- ▶ Make sure your brake hand is in the correct positioning
- ▶ Carabiner, rope and belay device all match



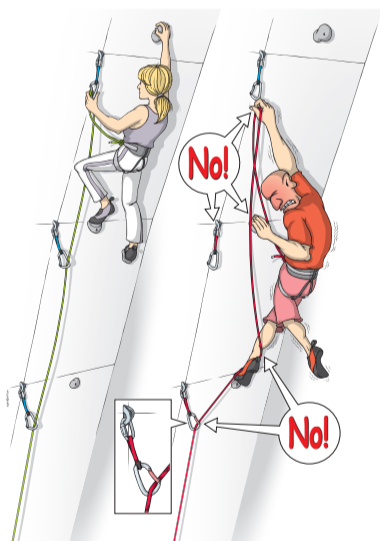
## 4 Pay full attention when securing

- ▶ No slack rope
- ▶ Choose the correct location near the wall
- ▶ Watch your partner
- ▶ Belay glasses improve focus



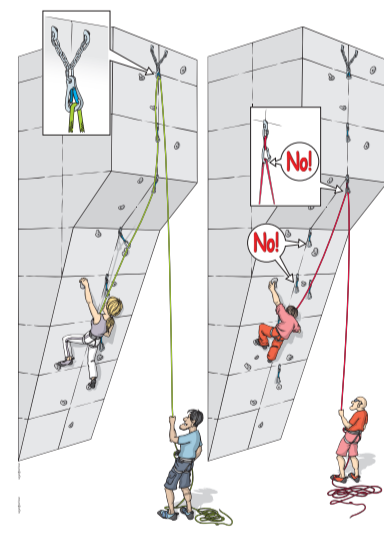
## 5 Leave enough room for falls

- ▶ Leave ample room to avoid collisions
- ▶ Keep your distance to the climber's fall line on the ground
- ▶ Leave enough room for other climbers on the same wall
- ▶ Take potential pendulum falls into account



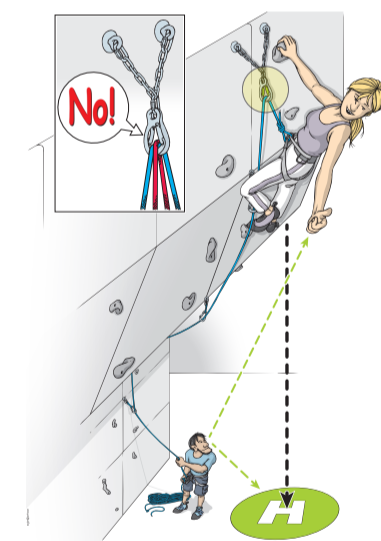
## 6 Clip into all quick draws correctly

- ▶ Look for a stable body position for clipping
- ▶ Avoid any falls while clipping – risk of falling to the ground!
- ▶ Make sure the rope runs correctly through the carabiner - Do not move behind the rope



## 7 Climb top rope at existing anchor points only

- ▶ Do not top rope on single carabiners
- ▶ Clip into all quick draws when top roping in routes in severe overhangs
- ▶ Make sure the rope is inserted correctly into the belay device



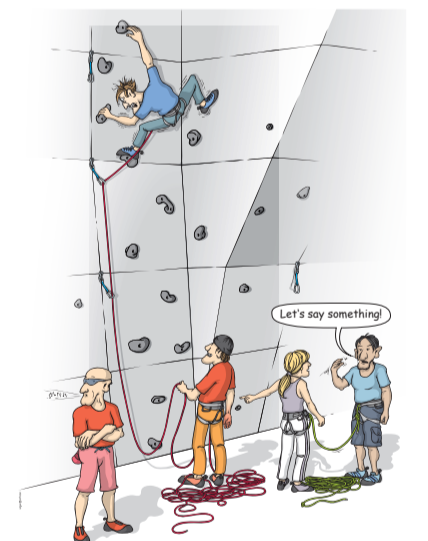
## 8 Be careful when lowering

- ▶ Lower your partner slowly and smoothly
- ▶ Make sure there is room to touch down
- ▶ Never thread two ropes through one anchor point
- ▶ Communicate when climber is at the anchor point



## 9 Warm up before the start

- ▶ Gradually increase the intensity
- ▶ Cool down at the end of the climb
- ▶ Give injuries time to heal



## 10 Be aware of your responsibilities

- ▶ Be self-critical and open to feedback
- ▶ Bring up any errors, both yours and other people's
- ▶ Keep up to date with the latest developments in belaying and safety issues
- ▶ Show consideration for others