

TOP ROPE

Pre-Climb Checklist

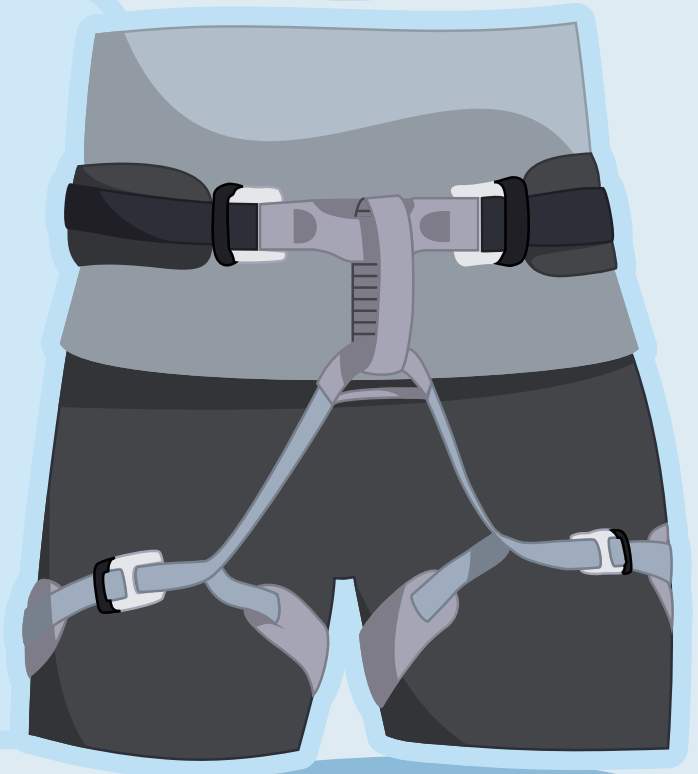
Self Check

CLIMBING HARNESS

No Twists: Check leg loops and belay loop for any twists.
(Remove harness completely to untwist.)

Above Hips: Ensure waist belt is positioned above hips.
(Loosen elastics at the back if too tight.)

Secure Fit: Waistbelt shouldn't fall past hips when pulled down. Leg loops should be comfortably snug.



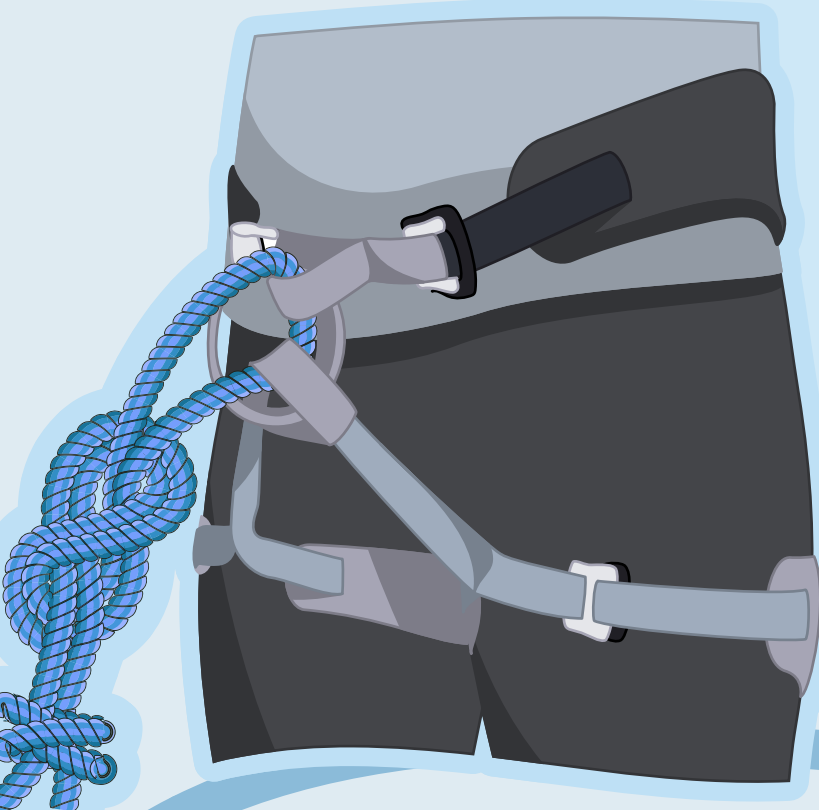
Partner Check

CLIMBER'S KNOT

Tie-In Point: Check if the rope goes through the top and bottom loops.

Figure 8 Knot: Check for 5 pairs of rope on both sides of the figure 8 knot.

Stopper Knot: Check for an "x" on one side and an "=" on the other side the stopper knot.

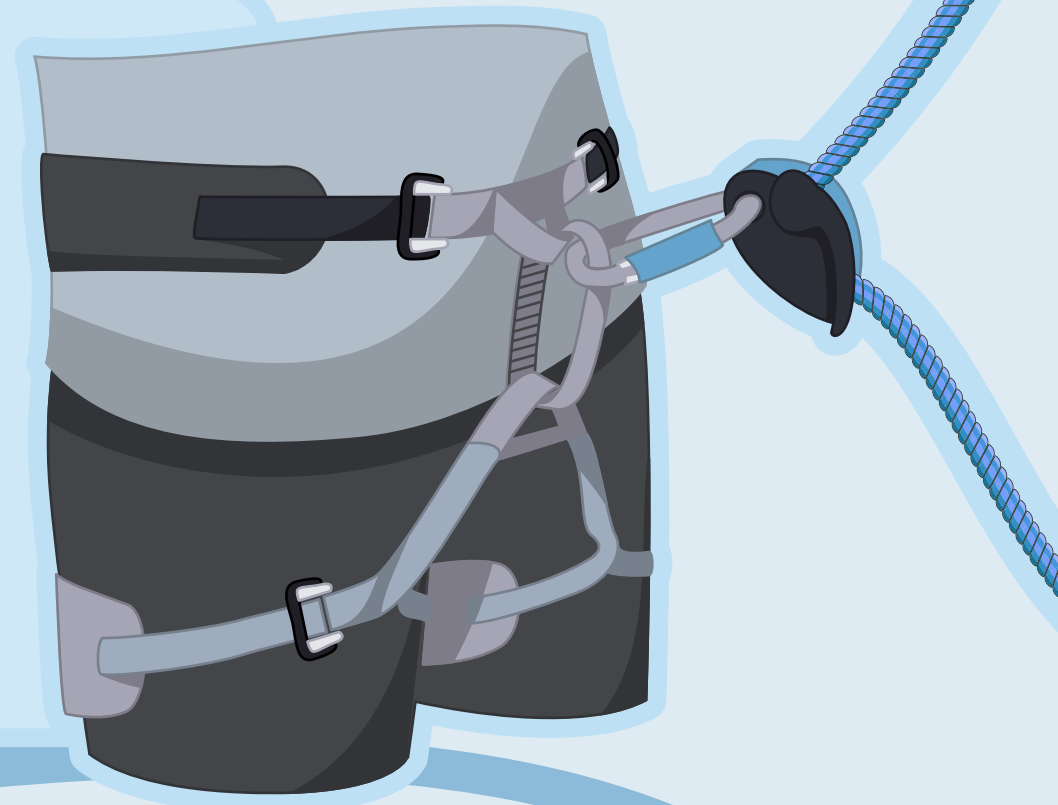


BELAYER'S GRIGRI

Belay Loop: Check if the GriGri is attached to the large loop in the middle.

Locked Carabiner: Check if the carabiner is locked by attempting to press open the gate.

GriGri Handle: Check if the handle is on the belayer's left. (Without twisting the loop.)

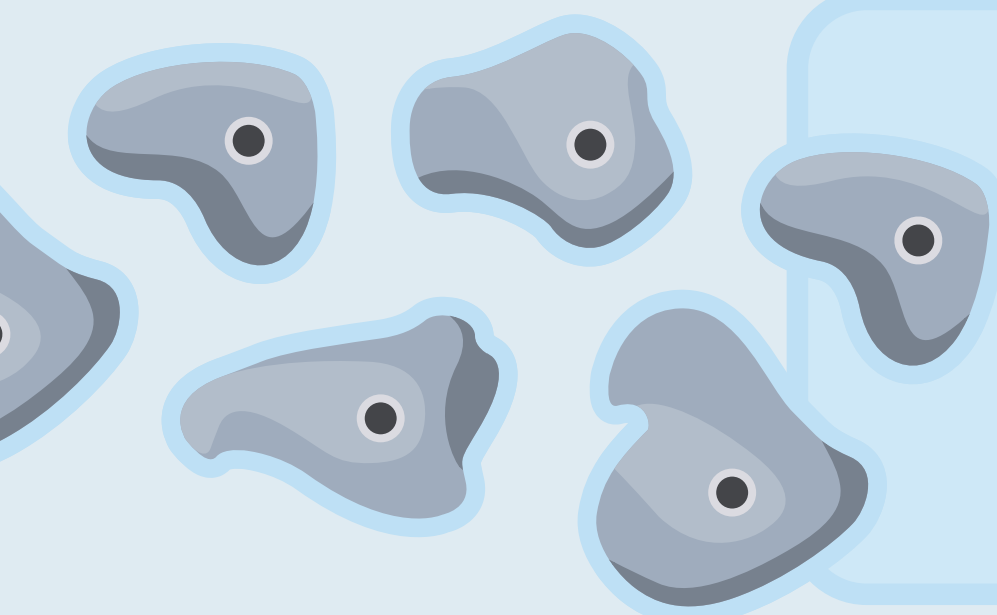


CLIMBING WALL

No Twists: Look up and check rope for any twists.

Correct Line: Check if you're on the climb's intended line.

Communication: Ensure the climber and belayer are both ready before beginning any climbs.



NOT SURE? ASK. DON'T GUESS.

Please ask any staff member for assistance.

