

## UGA OUTDOOR RECREATION – CLIMBING WALL – BELAY CLINICS

**Purpose:** The purpose of this document is to outline the procedure for scheduling and facilitating belay clinics at the climbing wall.

**Scope:** The UGA climbing walls serve several thousand climbers every year. The climbing wall staff members are primarily responsible for teaching belay clinics. The Outdoor Recreation professional staff (GA, Coordinator, Assistant Director) are responsible for scheduling belay clinics in Fusion.

### Climbing Wall Belay Clinics:

#### I. SETTING UP CLINICS IN FUSION

- a. After launching Fusion, click on “system preferences.”
- b. Click on “Courses.”
- c. Under “Outdoor Recreation,” click on “Climbing Wall”, “Belay Clinic.”
- d. Click on the far-right tab labeled “Offerings.”
- e. Find a previous course listing and click “Duplicate.”
  - i. The course listing title should be “XX-XX-XX [date] Belay Clinic [time]”
  - ii. Click on the appropriate semester (i.e. “Spring 2016”)
  - iii. “Max size” is 10; “Go size” is 3
  - iv. “Go date” is the date of the course
  - v. Registration should open on the first day of the semester; registration should close at 2PM on the day before the clinic
  - vi. For “Point of Sale,” click “allow in person registration” and “accept phone registrations”
  - vii. On the next tab, “Web,” click “allow online registrations”
  - viii. On the last tab, “Receipt/Confirmation Info,” under “Confirmation Text,” please list:  
*Thank-you for registering for a UGA Outdoor Rec Belay Clinic. Please be at the climbing wall at least 5 minutes before your class starts so that we can sign you in. Be sure to wear closed-toed shoes and comfortable non-restrictive clothing. If you have any questions before the day of your clinic, don't hesitate to email us at outdoors@uga.edu, call us at 706-542-4677, or just stop by the Outdoor Recreation Center (ORC)*
  - ix. Click “Save”

#### II. RUNNING A CLINIC

- a. Belay clinics are currently scheduled for 2 hours each, with a 10 person maximum limit. Participants who arrive later than 15 minutes to a scheduled belay clinic will be unable to participate in the clinic.
- b. 2 staff members are required to run a belay clinic.
- c. The staff should follow the “belay clinic outline” (see Appendix A).  
After the clinic ends, the wall staff must enter each participant’s 810/811 into Fusion and add a “Belay Certified” membership distinction

**Belay Clinic Outline:** The point of this clinic is to teach you about safety considerations and proper behavior while participating at the Climbing Wall. We are going to cover:

1. Climber check-in when arriving at the Climbing Wall
2. Basic tips for participation
3. Types of climbing you can do here
4. Features of our climbing wall
  - Test Out (see note)
5. Specific pieces of gear used and their proper use and care
6. Tying in
7. Belaying process

*This clinic certifies you and only you.*

*Wall hours are posted here at the wall and on our website.*

*Facebook group for partners, trips, etc.*

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## 1. CLIMBER CHECK-IN

- a. Upon arriving to the Climbing Wall, please wait for a staff member to look you up in our computer system and check you in before you start climbing. We keep track of belay status and member notes within our system – so if you tend to be an unruly participant for any reason, we can make a note of it and revoke your climbing privileges.

## 2. BASIC TIPS

- a. Attire – wear comfortable clothing; avoid short shorts (chaffing from harness)
  - i. Do not wear rings/bracelets/dangly earrings as they can get caught on holds
  - ii. Shoes must be worn at all times (no bare feet); rent climbing shoes for \$2 at the Equipment Checkout desk
  - iii. Women – make sure your hair tied back and away from the belay device
  - iv. Remove jewelry to avoid damage and personal injury
- b. Use cubbies for storing your personal items or valuables can be kept at the desk if you are worried
- c. Return all Climbing Wall gear to proper place (harness bins, belay devices, etc.)

## 3. TYPES OF CLIMBING AT UGA CLIMBING WALL

- a. Top-Rope Climbing:
  - i. A form of roped climbing in which the rope is anchored at the top of the pitch or route
  - ii. Point out rope being anchored at the top of the wall with the belay bars
- b. Bouldering (go out to the Boulder Wall to talk about this):
  - i. A form of low-level climbing in which no ropes or harness are used
  - ii. Crash pads are the main form of protection
  - iii. Teach proper spotting technique
  - iv. Have one instructor demonstrate a fall and show proper spotting
  - v. You can mention how bouldering movement differs from roped climbing (mostly) by being more dynamic in nature

#### 4. FEATURES OF OUR CLIMBING WALL

##### a. Holds – show them examples of the following:

- i. Jug
- ii. Crimp
- iii. Sloper
- iv. Pocket
- v. Beware of spinners
- vi. Volumes

##### b. Yosemite Decimal System (YDS)/V-grades

- i. Explain ratings and how a new climber can choose the grades right for them
- ii. Route tape, following routes

##### c. Belay Bars

- i. Lateral range (left/right movement)
- ii. Be cautious of other climbers nearby
- iii. Which bar does your selected route finish on?

##### d. Hangboard

- i. For hanging and pull ups ONLY
- ii. No campus or dynamic movement
- iii. Only one person at a time

#### 5. GEAR USED AT UGA CLIMBING WALL

##### a. Shoes/Chalk

- i. Optional equipment but make climbing a bit easier
- ii. High friction rubber outsole
- iii. Focus power of foot to the toe of the shoe
- iv. Chalk and chalk bags are available for purchase at the ORC; shoes are available for rental for free from the climbing wall

##### b. Harness – have all participants find their size and put on harness together

- i. Point out waist loop and leg loops
- ii. Rule for tightness
- iii. Harnesses have leg loops that are already double-backed, but discuss “double-backed” harnesses for future reference
- iv. Point out parts of harness
  1. Belay loop
  2. Hard points (Tie-in points)
  3. Gear loops

##### c. Rope

- i. Dynamic Rope used in climbing for its ability to absorb a fall (stretch/cushion a climber's fall)
- ii. Dynamic rope stretches approximately 10-40% of its length depending on the force exerted on it
- iii. ALWAYS TIE UP ROPES WHEN FINISHED WITH THEM AND DO NOT STEP ON THEM

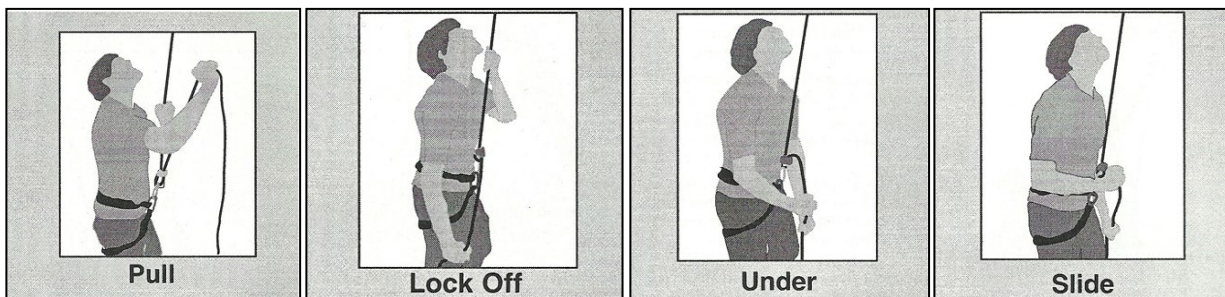
## 6. TYING IN

- a. Which end of rope to tie into?
- b. Figure-8 follow-thru with fisherman's finish
- c. Make sure rope is passing through the two hard points (tie-in points) of the harness
- d. Ensure that figure-8 follow thru and fisherman's are below the climber's chin when rope is pulled taught

## 7. BELAYING – FOUR STEP PROCESS (P.L.U.S.)

- a. Define Belaying – ability or process of applying friction to a climbing rope so that a tied-in climber can be caught in the event of a fall
- b. Locking Carabiner and Gri-Gri
  - i. Used together as a Belay Device
  - ii. Show proper set up of carabiner and Gri-Gri with rope
    - 1. Avoid locking the gate too tight – it can seize up
    - 2. Avoid back loading – look at pictures on device
    - 3. Avoid cross-loading of carabiner (pulling across the gate)
  - iv. DO NOT LEAVE CARABINER/GRI-GRI ATTACHED TO ROPE WHEN DONE – ALWAYS TAKE IT WITH YOU
  - v. DO NOT DROP OR TOSS THE CARABINER/GRI-GRI

1. Pull out slack – pull in with non-brake hand and out with your brake hand
2. Lock off (brake)
3. Under – grab the rope under your brake hand
4. Slide brake hand up



**NEVER TAKE BRAKE HAND OFF OF THE ROPE!**

\*Show proper use of floor anchor if significant weight difference

**MAKE SURE PROPER COMMANDS ARE BEING USED IN THIS PROCESS:**

**Climber:** “On Belay” initiates the safety checks that climber and belayer should be doing  
Climber and Belayer should be checking each other’s:

- Knot (tied in correctly?)
- Harness (double backed?)
- Belay device (set up correctly?/carabiner locked?)

**Belayer:** “Belay On” only when all safety checks have been done

**Climber:** “Climbing”

**Belayer:** “Climb On”

**Climber:** “Take” can be used mid-route if climber needs to rest or when a route is finished and they want to be lowered

**Belayer:** “Got you” or “Okay” basically anything that lets the climber know you have them

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**NOTE:**

After completing modules 1-4, if an experienced climber would like to test out of the rest of the clinic, one of the two instructors may take the climber away from the rest of the group (during the gear overview) and monitor a test out. The climber must demonstrate proper harness fitting, a proper tie-in (figure-8 follow through), climbing commands, and PLUS belay technique with no errors. If the climber makes a single mistake, the climber will not pass the test out but can continue with the rest of the clinic.