

Requirements for TopRope belaying and climbing

1. Know and adhere to the **VSBK climbing rules**.
2. Use the correct carabiner when tying in.
3. Take weight-compensation measures in case of weight difference between climber and belayer.

BELAYING

4. Proper handling of the belay device (installation, brakehand-principle, position of belay device, taking rope).
5. Proper conduct while belaying (position, managing rope stretch, avoiding slack).
6. Proper conduct in the event of a fall.
7. Safe and controlled lowering (brakehand-principle, slow, no grasping above the brake rope).

If you cannot confidently answer "yes" to all of the above points, we recommend basic or further education.

CLIMBING

For top rope climbing, the following rules must be adhered to.
A formal education is not required.

1. Agree on commands for "take" and "lower".
2. Always climb along the designated line. Avoid swinging when falling.
3. Do not grab into bolt hangers and carabiners.
4. Adjust your climbing pace to the belayers ability.
5. Do not unclip the top anchor.