

Requirements for lead climbing and belaying

1. A 35m climbing rope is required for lead climbing.
2. Know and adhere to the **VSBK climbing rules**.
3. Take **weight-compensating measures** in case of weight difference between climber and belayer.
4. Correct and safe use of **belay glasses**.

BELAYING A LEAD CLIMBER

1. Proper handling of the belay device (installation, brakehand-principle, position of belay device, taking rope, giving rope).
2. Proper conduct while belaying (position, giving rope whilst ready to take, avoiding collisions, managing slack, adjusting belay technique to height of climber).
3. Proper conduct in the event of a fall (dynamic belaying, adapted to height of climber using sensor-technique).
4. Safe and controlled lowering (brakehand-principle, slow, no grasping above the brake rope).

LEAD CLIMBING

Lead climbing is permitted only for those who fully meet the following requirements!

1. Proper rope management (avoid rope behind the leg).
2. Knowing clipping strategies (recognizing the ideal clipping position).
3. Clipping from a stable position (in balance and with sufficient energy).
4. Avoiding overreaching while clipping.
5. Ensuring the rope runs through the quickdraw correctly (no back-clipping).
6. Knowing abandonment strategies (safe falling, controlled downclimbing, etc.).

If you cannot confidently answer "yes" to all of the above points, you are not permitted to lead climb. We recommend basic or further education.

Training for lead climbing takes time and, in our facility, may only be conducted by certified VSBK instructors.