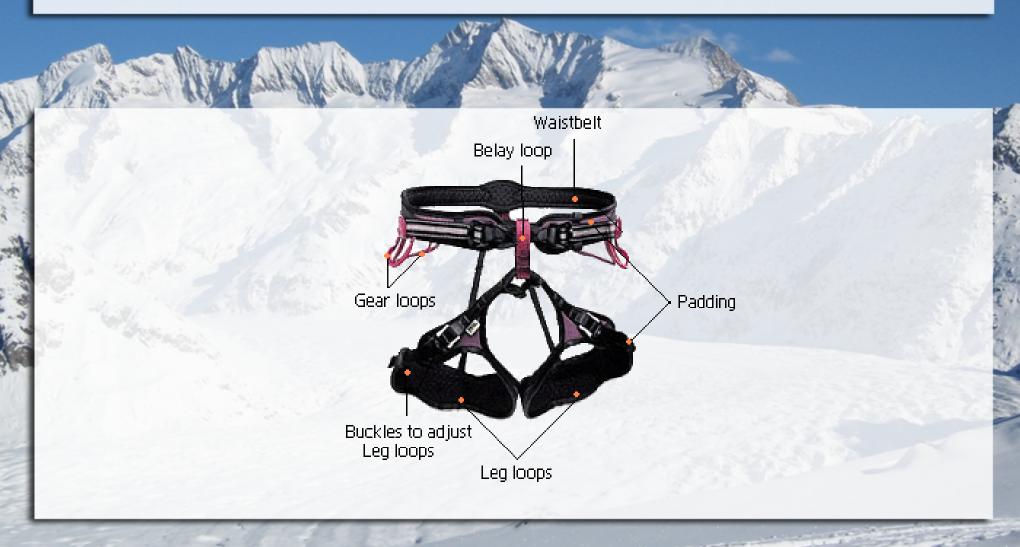# Welcome to Introduction to Climbing

- What you will be learning
  - Belaying
    - Managing the rope for a climber.
  - How to put on a climbing harness.
    - And check it
  - How to tie a figure eight retrace
    - And again check it.

Parts of a Harness

Putting On a Harness

- Step One
  - Locate the brand patch.

- Step Two
  - Step into the harness, or put on waist belt then leg loops.
  - Belay loop should always be in front.
  - Check for twist

Buckles

- Double Back
  - Must be "Double Backed"
  - Turn "O's" into

- Speed Adjust
  - Auto Locks
  - Check to make sure it is

Doubling Back

- Simply Thread through the buckle

- Then take what was threaded through and run it back through the further side.

- O for open C for Closed (upside down in picture)

- *Note if you thread it back through the closer side it will come undone.*

Harness Check

- Harness Orientation
    - Brand Patch
- Check Buckles
    - 3 C's or check the speed adjust
- No Twist

The Figure Eight Knot

- The first part of tying in as a climber is making a figure eight knot in the rope.

Make sure to leave 4 to five feet of slack on the climber side of the knot for retracing the knot and for the back up knot.

Threading the Rope through Your Harness

- Once the figure eight is in the rope, thread the climber end through **two points** of contact on your harness.

- Should be the same two points that your belay loop goes through.

Retracing the Knot

- Starting at the point closest to your harness follow the existing knot exactly as is.

- Make sure that two lines come out both ends of the knot.

Double Fisherman's Back Up

- Loop rope twice around your thumb and the line going to the top of the climb.

- Make sure to form an X overtop your thumb.

- Thread rope through the x and in the direction that would be away from your harness.

Complete Knot Check

- Two Points of contact

  - The same ones your belay loop passes through.

- Fives sets of parallel line on both sides of knot.

- X and equals on the back up knot .