

A3 - PREPARING TO CLIMB

Two people are needed to sport climb, one who climbs (**A**) and the other who belays (**B**). Before starting climbing, a series of actions ensure safety:

- **A** and **B** choose the route to climb, making sure their rope is of adequate length. It must be at least twice the length of the route;
- **A** feeds the rope into an orderly pile on the rope bag, making sure there are no knots. She ties a knot in the end of the rope;
- **A** and **B** put on their harnesses and helmets correctly;
- **A** ties the rope into her harness with a figure of eight knot while **B** connects the belay device to his harness and passes the rope into it;
- **A** and **B** carry out a Buddy Check.

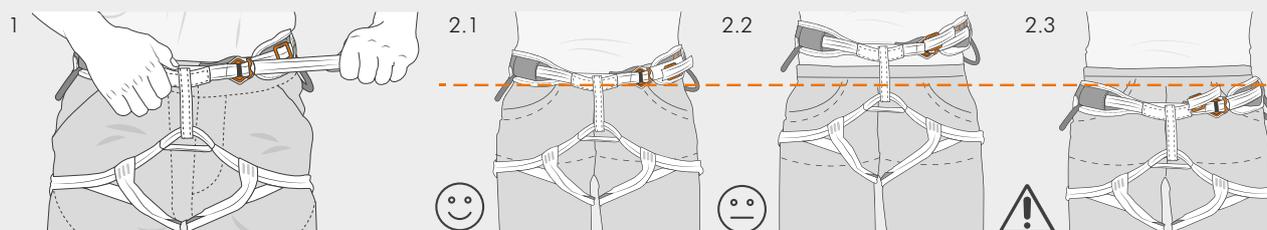
Buddy check.

The Buddy Check is the last and very important part of preparing to climb, and the safety of the team depends on it:

- **B** checks the belay device is functioning correctly and **A** makes sure he does this correctly;
- **B** checks **A** has tied the rope correctly to her harness with her figure of eight knot;
- **B** makes sure **A** has enough quickdraws, krabs and slings for the climb;
- **A** starts to climb, and **B** belays her.



A3.1 - ADJUSTING THE ON-SIGHT HARNESS



Sport climbing harnesses have only one buckle at the waist, have non-adjustable legs loops and are comfortable to wear. It is important when buying a harness to choose the right size for your body.

Before climbing:

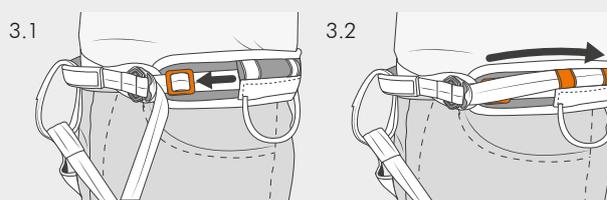
- make sure you put on correctly the leg loops and waistband;
- tighten the waistband by pulling on the free end of the belt to pull the

belt through the buckle (Fig. 1);

- move the SRS buckle to fix the free end of the waistband (Fig. 3.1 ÷ 3.2);
- make sure the harness is snug without being over-tight and that the waistband and leg loops are at the right height (Fig. 2.1 ÷ 2.3).

SRS (Size Regulation System).

The On-sight harness features the innovative SRS (Size Regulation System) which allows optimal adjustment of the harness. Move the SRS buckle (Fig. 3.1) to fix the free end of the waistband and improve fitting to body shape. Tuck the free end of the belt into the loops provided on the waistband for this purpose (Fig. 3.2).



B3 - BELAYING ON MULTI-PITCH SPORT ROUTES

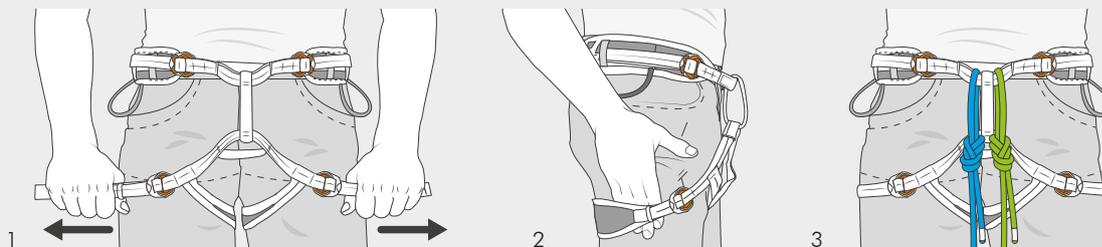
“Modern” multi-pitch sport climbing routes tackle a face’s most compact areas (slabs, overhangs, etc) and often present hard moves and higher grades. Such routes can be found at low-level or in high-mountain settings (“Big Walls”). Such routes are have fixed bolts for protection and stances equipped for abseiling off. The leader on such routes is traditionally belayed using a belay plate or commonly in Continental Europe using an “Italian” or “Munster Hitch”; in order for such belaying to work, the dead ends of the ropes must always be firmly held downwards. The belayer must pay constant attention to the leader and always be ready to hold the ropes firmly downwards in case of a fall. e in contatto visivo

We have introduced a new belay device for modern multi-pitch sports routes, the **belay/abseil device Alpine Up**, which when used in the **Click Up mode**, removes this need for always having to hold the ropes firmly. In the case of sudden falls and/or the belayer not paying

full attention, the Alpine Up will still arrest the fall immediately provided the belayer is holding the free ends of the rope. The fall is arrested semi-statically and this requires that the anchors are able to withstand heavy loads, and for this reason the Click Up mode is advised only on sport routes with fixed bolt protection. The **Alpine Up**, when used to belay the leader in the Click Up mode, lets you pay out rope easily and fluidly and to hold the leader during resting on the rope without getting tired.

The Alpine Up can be used with two twin-/half-ropes (Ø 7.3÷9 mm) or with a single rope (Ø 8.6÷10.5 mm), thus covering the entire range of possibilities present and permitting the climbing team to chose the best solution.

B3.1 - ADJUSTING THE ASCENT HARNESS



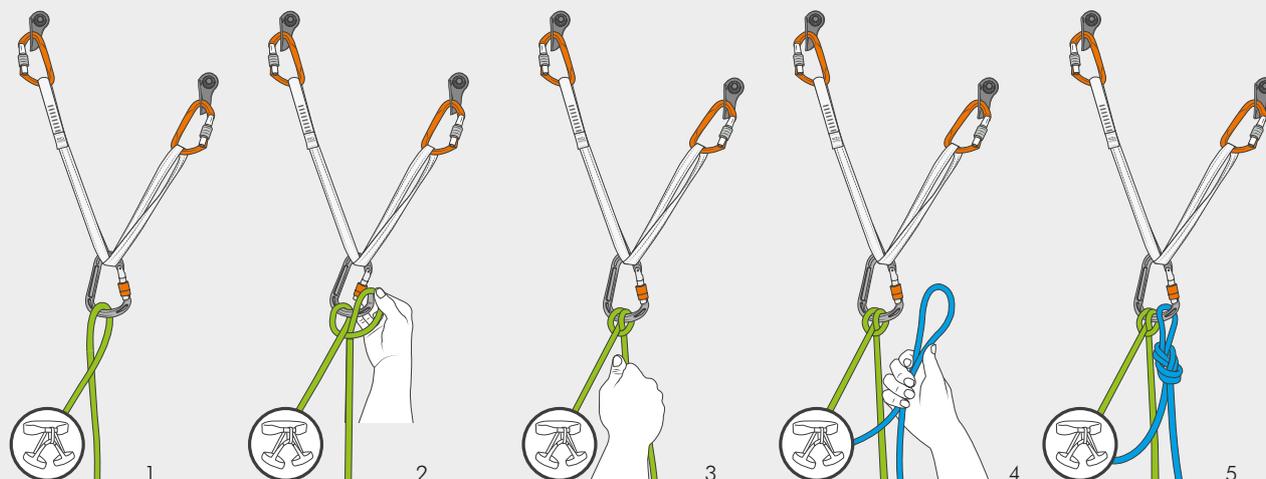
Harnesses for multi-pitch routes have four fastening buckles, so that they are completely adjustable and can be adapted to the climber wearing more or less clothing, according to the time of year and the route. They also provide good lumbar support which is important for long stints belaying.

Before climbing you should:

- put on correctly the waistband and leg loops;

- pull the straps through the buckles to adjust the sizes of the waistband and leg loops (Fig. 1);
- check that the harness fits snugly without being over-tight. You should be able to slide a hand between the leg loop and your thigh (Fig. 2) and the harness should sit at the correct height;
- tie both ropes to the harness with a figure of eight knot (Fig. 3).

B3.2 - BELAYING AT THE STANCE.



The climbing ropes are normally used to attached yourself to the belay. With one rope make a clove hitch in the karabiner at the central point of the belay (Fig. 1 ÷ 3). This knot allows easy adjustment of the distance between you and the stance.

For increased safety it is advisable to tie a figure of eight into the other rope (Fig. 4 ÷ 5, see pag. 12 for how to tie the knot) and clip this into the belay, to create a second belay point.