Climbing Wall Safety Check List for Belaying, Climbing, and Spotting

This check list must be complete, initialed and signed before any of the above listed activities can begin

Harnesses
- Waist belt is above hip bones.
- Waist belt is tight enough to keep climber securely in if he/she takes a fall.
- Leg loops are snug but not restrictive.

I, the undersigned, have demonstrated and take sole responsibility for the ability to correctly use a climbing harness as intended, to prevent any possible accident, injury, loss or damage.

Initials: __________

Figure 8 Follow Through Knot
- Rope is tied to the tie-in point of the harness with a figure 8 follow through knot.
- The knot is dressed. (Flat and cinched tight with no extra twisting of the rope)
- The knot has at least three inches of tail. (about the length of your fist)

I, the undersigned, have demonstrated and take full responsibility to correctly tie into the climbing rope as per the Chapman Climbing Wall specifications, to properly secure myself to the system for my safety and the safety of others, and to prevent any possible accident, injury, loss or damage.

Initials: __________

Belaying
- Locking carabiner is clipped into the belay loop of the harness and the gate is locked.
- Belayer is clipped into the floor anchor as needed.
- Belayer can effectively belay while keeping the brake hand on the rope at all times and in brake position as much as possible.
- Belayer can successfully arrest a climber’s fall.
- Belayer can successfully lower a climber in a slow and controlled manner.
- Belayer understands the importance of commands between climber and belayer.

I, the undersigned, have demonstrated and take full responsibility for the ability to correctly belay an individual, securing the rope and using a belay device and locking carabiner as per the Chapman Climbing Wall specifications to prevent any possible accident, injury, loss or damage.

Initials: __________

Spotting
- Spotter understands the difference between catching and spotting.
- Spotter understands the principles of good spotting positions.
- Spotter is a foot or so behind the likely point of impact.
- Knees and elbows are slightly bent to absorb the shock of a fall.
- Palms are open with the fingers extended.
- Focus is on the area of the climber’s hips or back where the spotter intends to apply the spot.
- Spotter can identify the ‘boulder limit line’

I, the undersigned, have demonstrated and take sole responsibility for the ability to correctly use spotting techniques as per the Chapman Climbing Wall specifications, to prevent any possible accident, injury, loss or damage.

Initials: __________