Safe Indoor Climbing

10 recommendations from the Club Arc Alpin

1 Start with setting up your team

- Clarify the weight difference between partners and take the appropriate measures
- Consider belaying skills and climber's condition
- Agree on rules of communication
- Check climbing equipment

2 Run a partner check before every climb

Reciprocal checks with eyes and hands:

- Tie-in knot and tie-in point
- Belay carabiner
- Belay device - lock-off test
- Harness and harness buckles
- End of rope tied for a backup

3 Only use familiar safety equipment

- Semi-automatics offer additional safety
- Brake hand principle: one hand always holds the brake rope
- Make sure your brake hand is in the correct positioning
- Carabiner, rope and belay device all match

4 Pay full attention when securing

- No slack rope
- Choose the correct location near the wall
- Watch your partner
- Belay glasses improve focus

5 Leave enough room for falls

- Leave ample room to avoid collisions
- Keep your distance to the climber's fall line on the ground
- Leave enough room for other climbers on the same wall
- Take potential pendulum falls into account

6 Clip into all quick draws correctly

- Look for a stable body position for clipping
- Avoid any falls while clipping – risk of falling to the ground!
- Make sure the rope runs correctly through
- the carabiner -Do not move behind the rope

7 Climb top rope at existing anchor points only

- Do not top rope on single carabiners
- Clip into all quick draws when top roping in routes in severe overhangs
- Make sure the rope is inserted correctly into the belay device

8 Be careful when lowering

- Lower your partner slowly and smoothly
- Make sure there is room to touch down
- Never thread two ropes through one anchor point
- Communicate when climber is at the anchor point

9 Warm up before the start

- Gradually increase the intensity
- Cool down at the end of the climb
- Give injuries time to heal

10 Be aware of your responsibilities

- Be self-critical and open to feedback
- Bring up any errors, both yours and other people's
- Keep up to date with the latest developments in belaying and safety issues
- Show consideration for others

Illustrations: Georg Sojer

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