

## M Rock Belay Test/Check 08-09

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

UM ID \_\_\_\_\_ Email \_\_\_\_\_ Date \_\_\_\_\_

\_\_\_\_\_  
(initial)

Before climbing at the M Rock, you must successfully pass this belay test/check by demonstrating proficiency in all sections. If you do not pass this test, you will be required to take the Belay Class. As you belay, a climbing wall staff member will use this checklist to verify that you properly perform all safety procedures. The manner in which you belay and climb during this test is the way that all climbers are expected to act whenever they climb at this facility. Neglecting basic safety practices causes most accidents in the indoor setting; for your safety and the safety of others we require that you maintain this level of safety consciousness.

### To be completed by M Rock Staff:

Check One:  Belay Test  Belay Check

#### Skills Checklist – Critical

*Difficulty with any of these skills means immediate failure. Stop the test. No latitude on these skills.*

- Ability to correctly set up belay equipment: anchor, attachment point to harness, ATC, locked carabiner
- Ability to correctly tie in to rope: attachment point to harness, figure-eight follow through, no safety knot
- Correct belay technique: brake hand never leaves rope, proper hand motion, rest in brake position; B.U.S. System only
- Easily and comfortable arrests falls taken by the climber
- Climber and belayer check each others equipment

#### Skills Checklist – Important

*Some latitude on these skills; correct mistakes immediately. Significant or repeated departure from correct technique means failure.*

- Proper communication throughout climb; correct commands
- Belayer's attention is on climber throughout climb
- Belayer maintains taut rope throughout climb
- Belayer lowers climber smoothly and break hand does not leave rope

Circle One: **PASS** **FAIL** Staff Name: \_\_\_\_\_

As a climber, I realize that failure to follow proper safety procedures can result in loss of climbing and belay privileges. By signing this form, I, the climber, state that I have read, understand, and agree to abide by the safety practices described herein.

Signature: \_\_\_\_\_