Belaying in a climbing gym
Access the inaccessible. You have aspirations and our job is to help you realize them to the fullest extent possible.

Petzl’s ACCESS BOOK booklets are designed to go with you as you prepare for and achieve your goals as a mountaineer, climber, skier... Each ACCESS BOOK covers one particular activity. It is a collection of selected technical tips from Petzl.com.

This first booklet is dedicated to indoor climbing, for learning and/or reviewing the basics of top-rope or lead climbing.

Put on your shoes, and good climbing!

Contents

PREPARATION
Tying in with a figure 8 knot ......................................................... 2

PREPARATION
Partner check ............................................................................. 3

BASICS OF BELAYING
Belaying a climber on top rope .................................................. 4

BASICS OF BELAYING
Belaying a climber on lead ......................................................... 8

BASICS OF BELAYING
Lowering ..................................................................................... 12

LEAD CLIMBING
Clipping ....................................................................................... 14

LEAD CLIMBING
Errors to avoid ........................................................................... 16
**PREPARATION**

**Tying in with a figure 8 knot**

1. 
2. 
3. 
4. 
5. 
6. 

**Partner check**

- Harness waistbelt above the hips
- Harness adjusted to fit snugly
- Rope installed in the proper direction (belay device function check)
- Carabiner connected to the correct place on the harness
- Carabiner is locked
- Tied-in to the correct place on the harness
- The correct knot
- Knot finished and tightened
- Knot tied in the end of the rope
BASICS OF BELAYING

Belaying a climber on top rope

Top rope with rope in place

Installing a top rope at the belay anchor

Primary belaying position

Overhangs: climb on the rope clipped to the quickdraws

Always hold the brake-side rope

Pay attention

Always keep an eye on the climber’s safety.
BASICS OF BELAYING

Belaying a climber on top rope

Technique: taking up slack

Technique 1

Step 1

Step 2

Step 3

Step 4

Step 5

Alternative technique available at Petzl.com.

Technique 2
BASICS OF BELAYING

Belaying a climber on lead

Spotting the climber at the start of the route

Be alert and mobile for the first points

Spot until the first point is clipped

Always hold the brake-side rope

Pay attention

Primary belaying position

2 m MAX!
BASICS OF BELAYING

Belaying a climber on lead

Technique: giving slack

Technique: taking up slack

BASICS OF BELAYING

Belaying a climber on lead

Technique: holding a fall

For a dynamic belay, do a small jump or take a step forward to reduce the impact force on the climber.
BASICS OF BELAYING

Lowering

Communication before lowering

Be alert when nearing the ground

Technique: lowering

With GRIGRI type belay device

With REVERSO / VERSO type belay device

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LEAD CLIMBING

Clipping

Clipping at waist level

The most common clipping techniques (other techniques exist)

Rope properly clipped to the quickdraw

or
LEAD CLIMBING

Errors to avoid

Rope behind leg

Do not grab a quickdraw when falling

Do not skip a quickdraw

Do not Z-clip: take the rope on the correct side of the quickdraw
Find more technical advice and videos on climbing at www.petzl.com