

The Beginners' Guide for Climbers

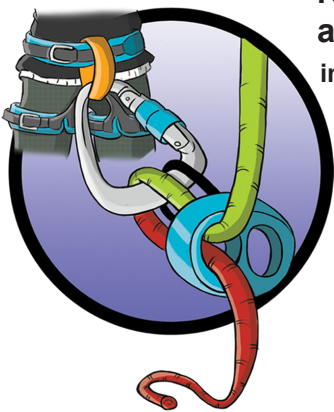


PRE-CLIMB CHECKS

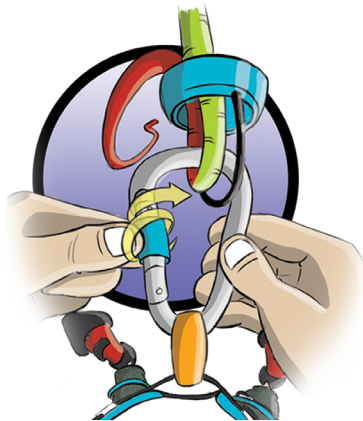


Check the belayer

.. has **attached** the rope, belay device and carabiner clip in the **correct** place.



Check the **'live'** end of the rope is above the **'dead'** end.



and always check the **screw gate** on the **carabiner** has been **locked tight**.

Check the climber

.. has **threaded** the rope through the **correct holes** on their harness



and always check the **knot** has been **tied correctly**.



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Available here for £9.95

Published by Rockfax, endorsed by NICAS and the MCofS
NICAS Levels 1, 2 and 3

