



Top rope test contents:

Harness

- Worn correctly, fastened tight

Knot (figure eight)

- Has to be well tightened and shaped
- At least 10 cm of tail required
- The bight loop has to be relatively small to prevent it from getting stuck on holds

Belay device (ATC)

- Correctly connected to the belay loop

Cross checking

Both climber and belayer have to check the following before climbing:

- Harnesses and their buckles
- Figure-eight knot and it's connection to harness
- Correct clipping of belay device and locking of it's carabiner. Verify locking by "clicking" the carabiner. Has to be seen by both climbers.

Communication

- Permission to climb from belayer
- Communication has to be clear

Belaying

- Taking in the slack is done correctly. Atleast one hand grips the braking side of the rope firmly at all times. Braking hand isn't held above the belay device for too long when taking in slack.
- Correct positioning of belayer (not directly under the the climber but not too far from the wall).



Lead test contents:

Harness

- Worn correctly, fastened tight

Knot (figure eight)

- Has to be well tightened and shaped
- At least 10 cm of tail required
- The bight loop has to be relatively small to prevent it from getting stuck on holds

Belay device (ATC)

- Correctly connected to the belay loop

Cross checking

Both climber and belayer have to check the following before climbing:

- Harnesses and their buckles
- Figure-eight knot and it's connection to harness
- Correct clipping of belay device and locking of it's carabiner. Verify locking by "clicking" the carabiner. Has to be seen by both climbers.

Communication

- Permission to climb from belayer
- Communication has to be clear

Belaying

Correct positioning of belayer (not directly under the the climber but not too far from the wall).

- **Taking in the slack** is done correctly. Atleast one hand grips the braking side of the rope firmly at all times. Braking hand isn't held above the belay device for too long when taking in slack.
- **Paying out the slack** is done correctly. Braking hand stays below the belay device.
- Has to **hold a fall**

Climbing

- All quickdraws have to be clipped in the correct order. Rope runs in the right direction.
- Feet should never be behind the rope when climbing
- Climber has to fall on the rope above the quickdraw (min. 5 quickdraws clipped)