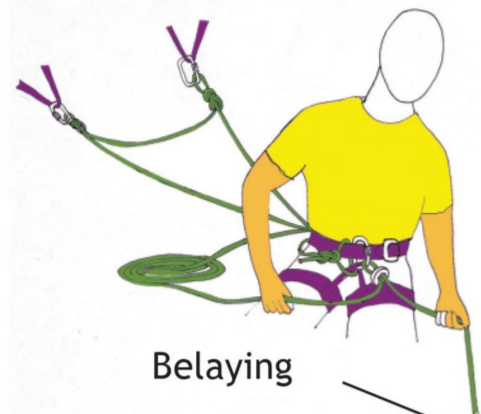
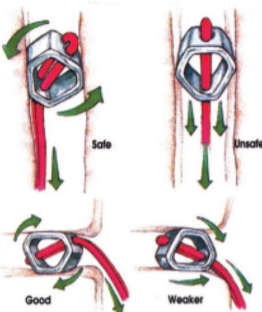
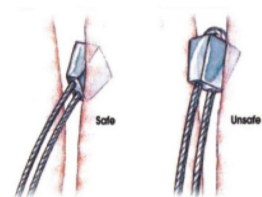
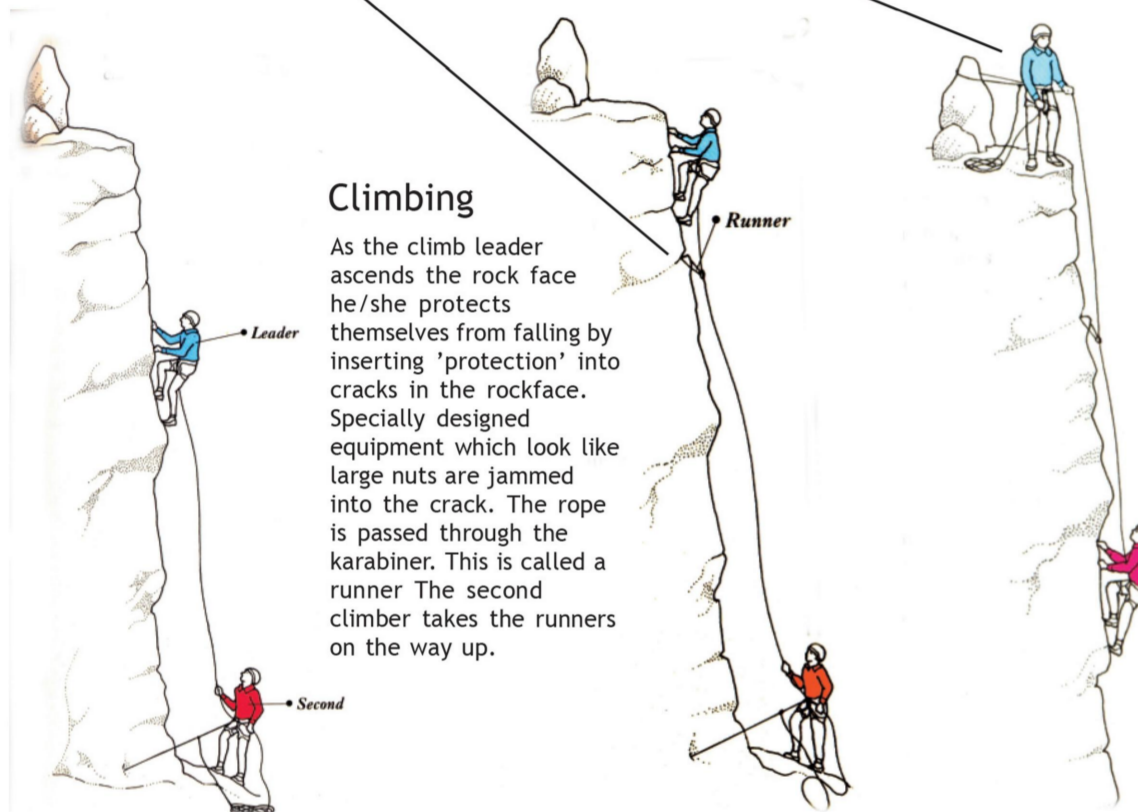


ROCK CLIMBING

Rock climbing can be a safe sport to participate in providing you pay particular attention to the set up of belays. A belay is the method used to tie or secure yourself to the rock face so that you do not fall off. This is done by securing yourself at least by two independent anchors. If a fall occurs then each anchor will prevent you from falling.



Belaying



Climbing

As the climb leader ascends the rock face he/she protects themselves from falling by inserting 'protection' into cracks in the rockface. Specially designed equipment which look like large nuts are jammed into the crack. The rope is passed through the karabiner. This is called a runner. The second climber takes the runners on the way up.

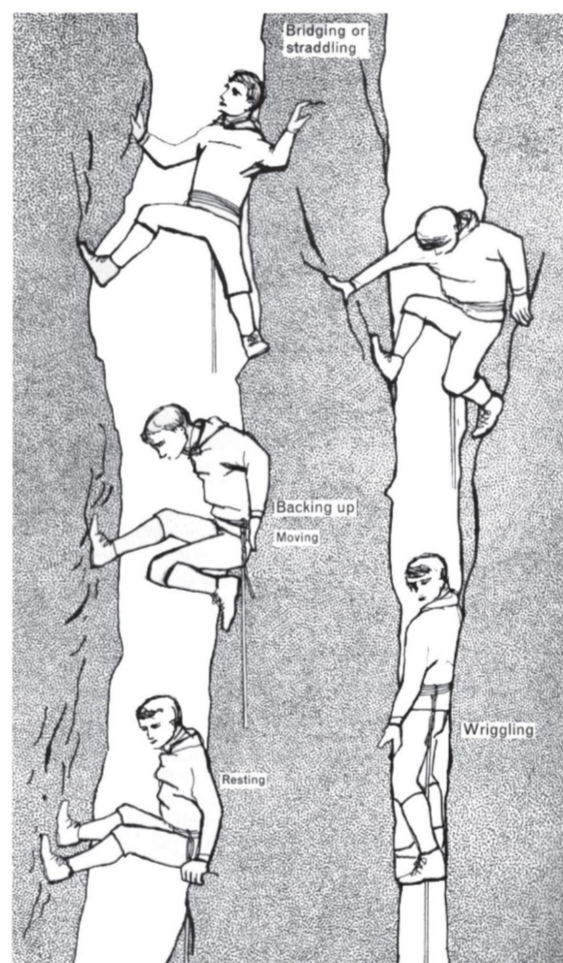
Most rock climbs are short routes up a rock face that encounter one or two difficult moves. The climb is broken up into 'pitches'. In longer climbs a number of pitches will be climbed. A pitch is the distance between belay points. The leader climbs the first pitch, brings up the second and then the second climber protects the leader as he/she climbs the next pitch and so on until the top of the climb is reached.



When climbing move one limb at a time. Keep three points of contact at all time. Climb with your legs rather than pulling yourself up with your hand.

Climbing a chimney

Climbing a chimney employs wedging and pushing techniques to climb upwards



A wide variety and combination of hand holds are used to enable the climber to ascend the rock, fingers and fists are twisted and turned to make a hold



You will also find big chunky hold but there are also sideways and counter balance type holds which can be used.

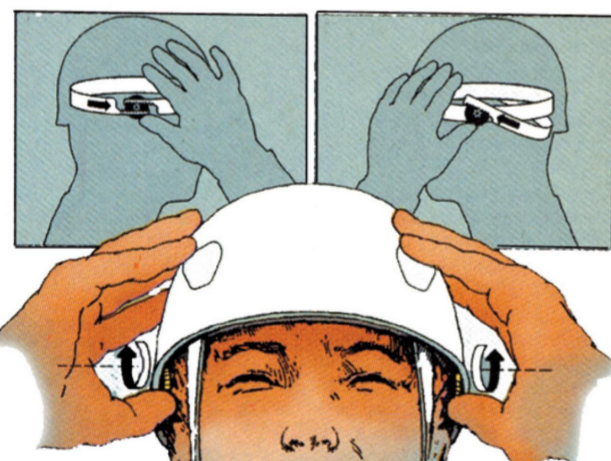
Karabiners

Karabiners are strong metal clip locks used to attach the rope to runners, climbing belts and belays. They come in various shapes and sizes



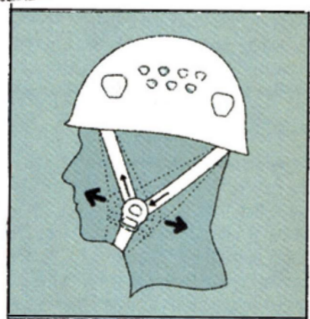
Helmet

A helmet is a must from two points of view - protecting your head in case of a fall and more importantly protecting your head from rocks and stones that can become dislodged from the activity of the climber above. Some climbs can lead you into tight corners and again your helmet will protect you from small knocks and bangs which you might receive as you work your way out of difficulties



Correct fitting

Always make sure that your helmet is correctly adjusted to suit your head size. Tighten all straps before you start to climb



Climbing belts

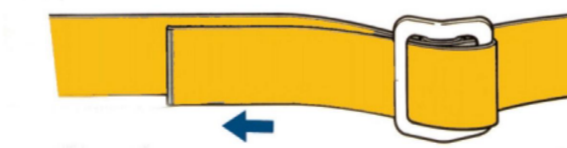
The climbing rope is attached to the climbing belt via a karabiner. The climbing belt distributes your weight in the case of a fall so that it acts like a seat. This enables the climber to recover easily and continue the climb. Without a belt - if you are connected to the rope directly - the rope has a tendency to move up you body and if you have a fall it can damage your back by the sudden impact on the rope as you come to a stop. A climbing belt minimises the impact of a fall



Pass the webbing through the buckle



Return the webbing through the buckle



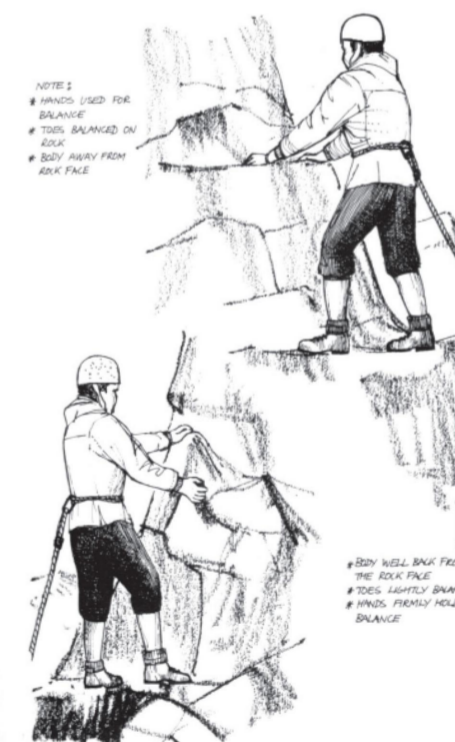
Pull webbing tightly

Warning

Never rely on the webbing on a belt - make sure your karabiner passes through the belt loops and leg section of your belt

Lean out

When climbing you should use a technique that enable you to see the rock face in front of you. Lean away rather than 'hug' the rock. In that way you can see the holds and work out the best and easiest way to climb the route.



NOTE: # HANDS USED FOR BALANCE # TOES BALANCED ON ROCK # BODY AWAY FROM ROCK FACE

BODY WILL SWAY FROM THE ROCK FACE # TOES LIGHTLY SWAYED # HANDS FIRMLY HOLDING BALANCE

Foot holds

Rarely when climbing do you come across nice big steps often the footholds on offer will be small little cracks and large cracks that you jam your foot in. If you are wear rock boots the special friction sole will also allow you to use friction to hold you on the rock.



Scuff or friction hold



Toe hold



Side hold

