

Rock Climbing Study Guide

Vocabulary

1. **Traverse** – to move sideways across the wall without gaining altitude
2. **Carabiner** – Aluminum alloy ring used to connect the belay device to your harness
3. **Harness** – the link to our lifeline that we wear
4. **Belay** – our means of securing the climber by using a rope
5. **Rappel** - to come down with the use of a mechanical breaking device
6. **Grigi Belay Device** – the automatic breaking device used to stop the climber's fall
7. **Top Roping** – the type of climbing we do here at MacArthur
8. **Floor Anchor** – the means to secure the belayer to the floor

The most important things to remember about your harness are:

It must be above your hips
It must be tight around your waist

A rope has two parts:

The tag end (the end of the rope)
The standing part (anything between the tag ends)

The only knot we will climb with is:

The double figure 8 knot with a stopper

Carabiners should never be loaded so there is:

Pressure on the gate

Climbing signals are used for:

Communication between the climber and the belayer

When setting up your belay the first thing you should do is:

Look at the pictures

Then you check the climber's:

Harness and Knot