



## Top Rope Climb and Belay Proficiency Checklist

[ \_\_\_\_\_ ]

Applicants Name: {{firstname}} {{lastname}} Date of Birth: {{dateofbirth}}

Tester's Name: {{testername}}

1. Harness secured properly: {{harness}}

- Proper fit, snug around waist
- Doubled back
- Enough tail

### **Climbing**

2. Proper Figure 8 follow-through tie-in: {{figure eight}}

- Correct tie-in point
- Tail able to go across the knot twice

3. Safety Check: {{safetycheck}}

- Belayer's Harness
- Belay set-up
- Carabiner Locked

4. Uses verbal commands appropriately: {{verbalcommands}}

5. use the right technique while being lowered: {{lowering}}

### **Belaying**

Belay Device Type: {{devicetype}}

6. Proper set-up of belay device: {{belaydevice}}

7. Safety Check: {{safety check2}}

- Check climber's harness
- Tie-in point
- Figure Eight

8. Verbal commands: {{commands}}

9. Ability to use the PBUS technique (pull-brake-under-slide) : {{belaytechnique}}

- If the belayer prefers SSS (slip-slap-slide) method, they must perform with correctly without taking their hand off the brake end of the rope

10. Proper tension level throughout the climb: {{ropetension}}

11. Proper belay stance: {{belaystance}}

12. No removal of the brake hand: {{brakehand}}

13. Properly catches a fall: {{fall}}

14. Demonstrated safe lowering technique: {{safelowering}}

Requires retesting: {{retesting}}

Explanation: {{explanation}}

Participant Initials: [ \_\_\_\_\_ ]

Tester's Initials: [ ]

