

BELAY ESCAPE

GOALS & PROCEDURES

The climber falls with full weight onto the belayer. The belayer must remove him/herself from the system in order to proceed with helping the climber. The following procedure will allow the belayer to escape from being trapped by the load of the hanging climber and then assist that climber. It is imperative that the belay anchor is totally bombproof.

1. Get belayer's hands free.

- a. Place a mule knot w/ back-up on the belay device.

2. "Close the loop" or back-up system.

- a. Tie a figure-8 on a bight on the rope that's on the belayer's side of the belay device.
- b. Clip this bight knot to the anchor.

3. Transfer load of the climber to the anchor. (The belay anchor MUST be bombproof !)

- a. Place a friction knot on the rope that's on the climber's side of the belay device.
- b. Attach this friction knot to the anchor with a munter / mule knot and back-up. A long cordelette works great for this.
- c. Carefully unload the mule knot at the belay device, transferring the load to the anchor.

4. Escape the belay.

- a. A full belay escape usually would include a munter /mule of the climber's rope to the master point.
- b. The belayer may now change to a lowering, raising or belay directly off the anchor. When the belay device is set with mule knot off the anchor, or the climber's rope is anchored via a munter / mule, the belayer may then carefully release the munter / mule attached to the friction knot and remove it from the rope.
- c. *When lowering, the belayer should use a back-up of a autoblock friction knot off of the belayer's harness. Don't forget to remove the back-up bight knot when you implement lowering.*

LOWERING YOUR PARTNER

GOALS & PROCEDURES

You are belaying from above and your partner needs to be lowered to safety. In order for you to proceed, you must already have had completed a belay escape. If you have not read the procedure "Belay Escape," PLEASE do so before continuing. It is imperative that the belay anchor is totally bombproof.

1. Place a Belay Device* onto the belay anchor.

- a. Choose an "ERNEST" and unencumbered point of the anchor to attach a belay device.
- b. Place the rope from the climber into the belay device.
- c. Place a mule knot w/ back-up on the belay device.

2. Back-up the system.

- a. Place an autoblock friction knot from your harness and onto the belay rope near where your break hand would be on the rope.
- b. Give it a test tug from the anchor side of the autoblock to see if it will hold. If the rope slides through the knot, put in more raps into the knot. Test again. You will need this for the final step.

3. Remove the original back-up from the system.

- a. Unclip the figure-8 on a bight from the anchor that is on the rope from the belayer's side of the belay device and untie it. (see Belay Escape, #2a & b)

4. Transfer load of the climber to the belay device.

- a. Once the belay device is set with mule knot off the anchor and you've backed-up the system, the belayer may carefully release the munter / mule attached to the friction knot that is holding the load of the climber and remove it from the rope.
(see Belay Escape, #3a & b)

4. Lower to safety.

- a. The belayer first must back-up the lower of the person by using an autoblock knot off their harness. Yes, this IS step #2, but this is so important that it is repeated here just in case you missed it! The autoblock should be near the same position as the belayer's brake hand. Once the back-up is in place, the belayer may now lower the person directly off the anchor.
- b. Again, alert the person to be lowered that they may experience a slight bump as you unlock the belay device and that you are going to lower them down. Then carefully untie the back-up and mule knots from the belay device, and lower the person to safety with the rope.
- c. While lowering, hold the autoblock in your brake hand, allowing rope to feed through it. In the event that your brake hand comes off the rope if you lose control of the lower, the autoblock will act as a brake hand, stopping the rope.

**Choice of a belay device includes: a munter hitch, Gri-Gri, Gi-Gi and a "redirected plate" (i.e., ATC, Pyramid). The ATC or tube-type devices fall into a particular category since they all require that the brake-side rope be redirected through a separate locking carabiner clipped-in beside the device in order to create any braking force whatsoever. NEVER use a tube-type device for a top belay off of an anchor without redirecting the brake-side rope.*

RAISING YOUR PARTNER

GOALS & PROCEDURES

Your partner needs to be raised a short distance or to your position. In order for you to proceed, you must already have had completed a belay escape. If you have not read the procedure "Belay Escape," PLEASE do so before continuing. It is imperative that the belay anchor is totally bombproof.

1. Create a pulley.

- a. Choose an "ERNEST" and unencumbered point of the anchor to attach the rope from the climber to.
- b. Attach the rope from the climber through a pulley or a locking carabiner.
- c. If necessary, move the back-up figure-8 bight knot to allow room (slack) to accomplish this. (see Belay Escape, #2a, b)

2. Create a rope grab to pull the rope.

- a. Place a friction knot (A) on the anchor side of the friction knot (B) holding the load of the climber and that is attached to the anchor. (see Belay Escape, #3a, b)
- b. Place a carabiner in the loop remaining from friction knot "A." The loop only needs to be a few inches long. If the loop is too long, tie an overhand knot in it close to the friction knot and clip the carabiner in the loop closest to the friction knot.
- c. Slide friction knot "A" down towards the climber as far as you can reach.

3. Raise your partner.

- a. Place the rope that comes from the pulley (the rope opposite the climber) through the carabiner on friction knot "A."
- b. Pull on the rope that comes through this carabiner to raise the climber. (3:1 "Z-Rig")*
- c. The friction knots will move towards the anchor as you pull. You must reset friction knot "B" frequently by sliding it back down towards the climber in order to hold him in place.
- d. Reset friction knot "A" also by sliding it down to regain some pulling distance.

4. Secure the climber after raising.

- a. Make sure that friction knot "B" is reset.
- b. Once finished raising you can tie-off the rope from the climber by removing the rope from the pulley and securing it to the anchor with a locking carabiner using a munter / mule knot and back-up.
- c. One may also secure the rope as in Step #1a, b & c of "Lowering Your Partner" if you are certain that you will eventually need to lower the climber.

**With friction knot "A" in the reset position (pushed as far towards the climber as possible), place a third friction knot (C) on the rope that comes through the carabiner on friction knot "A." Place a carabiner in the loop remaining from friction knot "C." The loop only needs to be a few inches long. If the loop is too long, tie an overhand knot in it close to the friction knot and clip the carabiner in the loop closest to the friction knot. Now, take the rope opposite your own anchor tie-in point from the anchor and place it into the carabiner on friction knot "C." Pull on the rope that comes through this carabiner to raise the climber. The friction knots will move towards the anchor as you pull. You must reset friction knot "B" frequently by sliding it back down towards the climber in order to hold him in place. Reset friction knots "A" and "C" also by sliding them down to regain some pulling distance. (5:1)*