

CLIMBING WALL BELAY TRAINING

Name of Participant _____ Date of Course _____

Inspection Logs and Care of Equipment	C	IC
Knots (Double Figure Eight / Figure Eight -follow-through / Double Keeper (Stopper)	C	IC
Use of Equipment		
Set-up	C	IC
Take-down	C	IC
Care of Personal Protective Equipment (Harness, Carabiners, Gri Gri or ATC)	C	IC
On Belay (Proper attachment of Participant and Self)	C	IC
Commands	C	IC
Climbing Techniques	C	IC
Belay Skills		
Ascending	C	IC
Descending	C	IC
Braking	C	IC
Auto – Belays	C	IC
Safety (Emergency Procedures)	C	IC
Zipline		
Top	C	IC
Bottom	C	IC

Name of Participant _____

Climbing Wall Completed _____ Incomplete _____

Zipline Completed _____ Incomplete _____

Instructor (Print) _____ Signature _____

Date _____



Notes: