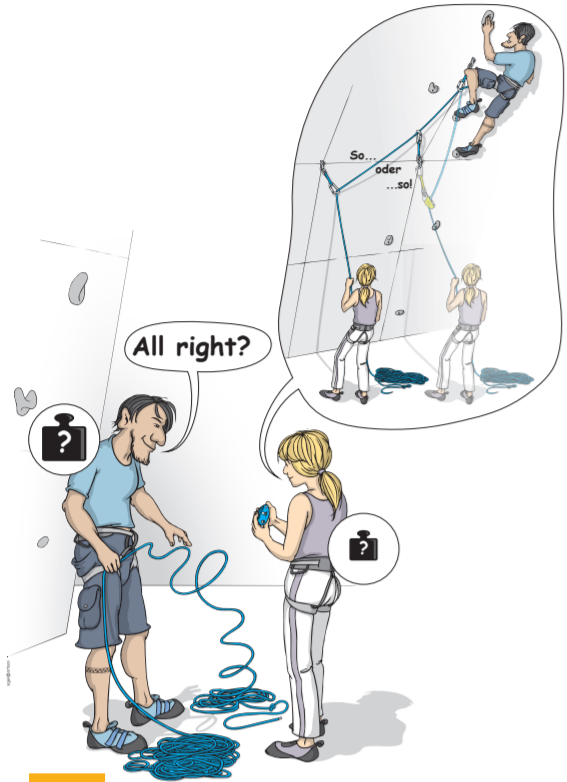


Safe Climbing Indoors

The 10 rules of the Swiss Alpine Club SAC and IG Kletteranlagen



1 Team setup at the beginning!

- ▶ Clarify weight difference, take appropriate measures
- ▶ Take into account belaying competence and daily form
- ▶ Agree on communication rules
- ▶ Check climbing material



2 Partner check before every start!

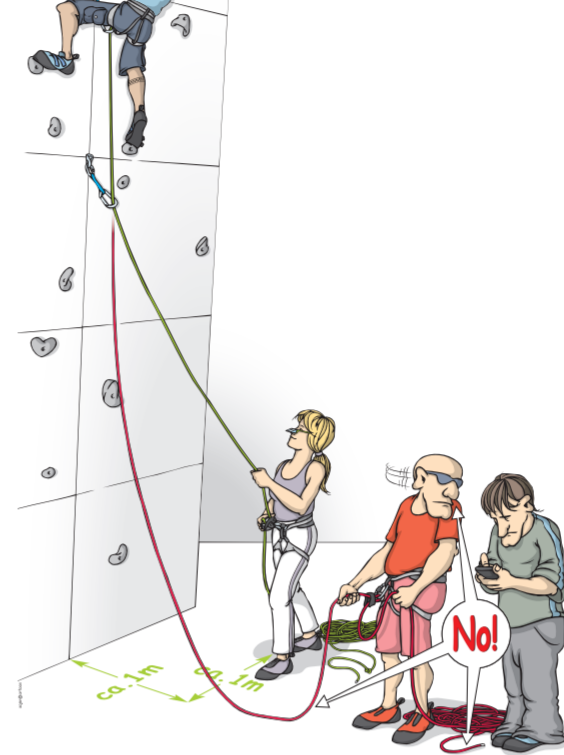
Mutual control with eyes and hands:

- ▶ Rope knot and anchor point
- ▶ Harness and harness buckles
- ▶ Belay carabiner
- ▶ Belay blocking test
- ▶ Rope end tied off



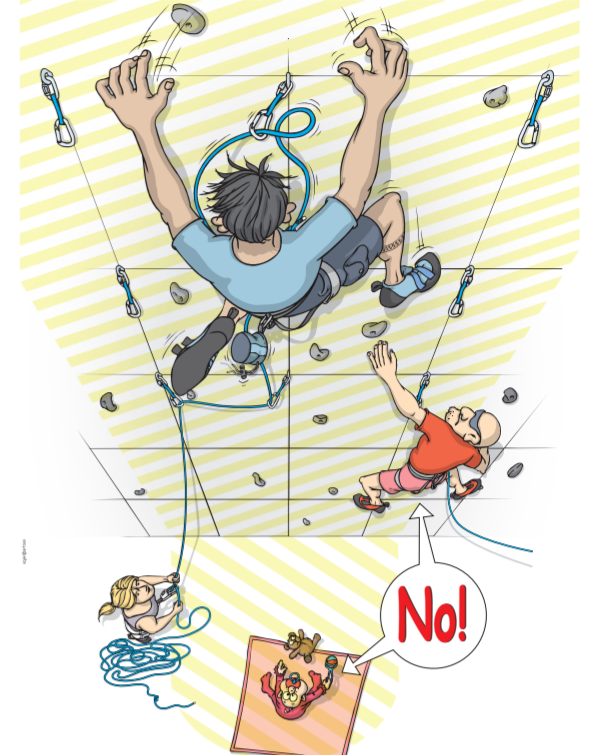
3 Belay only with familiar devices

- ▶ Brake hand principle: one hand always encloses the brake rope
- ▶ Carabiner, rope and belay device fit together
- ▶ Observe the correct position of the braking hand
- ▶ Semi-automatic devices offer additional safety



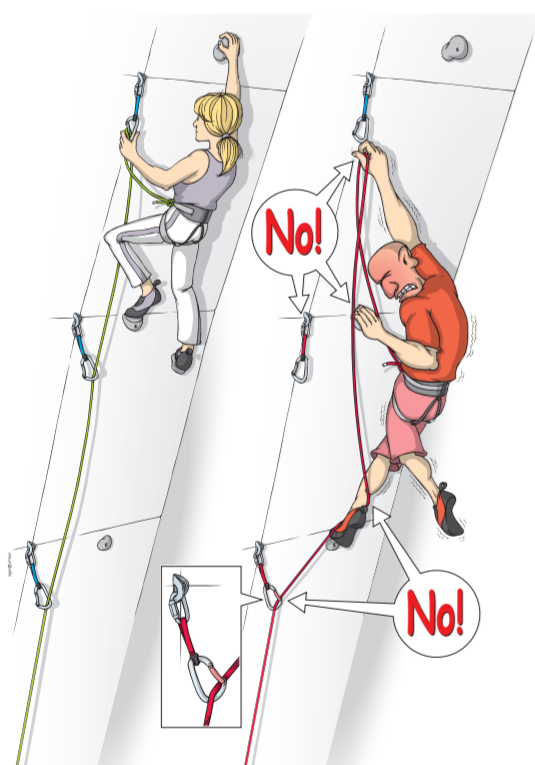
4 Full attention when belaying!

- ▶ no slack rope
- ▶ choose the right location near the wall
- ▶ watch your partner
- ▶ belay glasses support attention



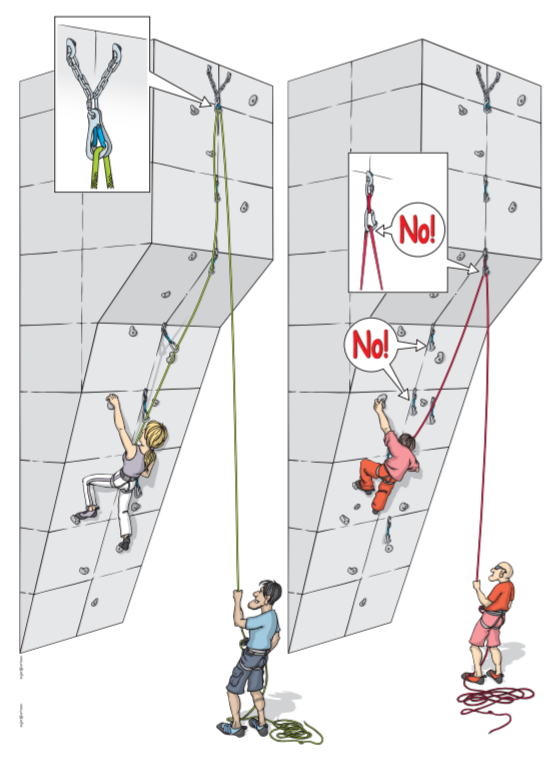
5 Keep the fall area clear!

- ▶ generously assess the danger zone for collisions
- ▶ on the ground, sufficient distance from the climber's fall line
- ▶ in the route, sufficient distance from other climbers
- ▶ take pendulum falls into account



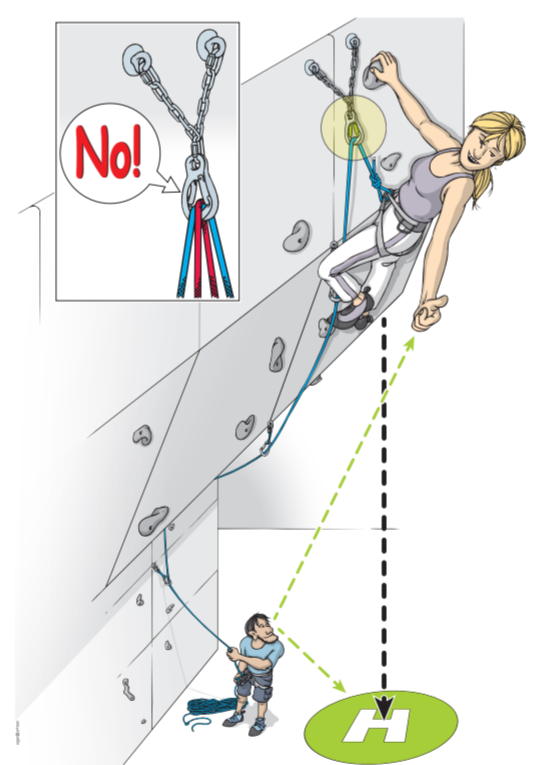
6 Attach all quickdraws correctly!

- ▶ Clipping from a stable position
- ▶ Avoid falls when clipping - danger of falling to the ground!
- ▶ Observe the correct course of the rope in the quickdraw
- ▶ Do not place your foot behind the rope



7 Toprope only at designated anchors!

- ▶ No Top Rope on single carabiners / anchors
- ▶ Top Rope in heavily overhanging routes only with all quickdraws clipped
- ▶ Check whether the correct rope strand is inserted in the belay device



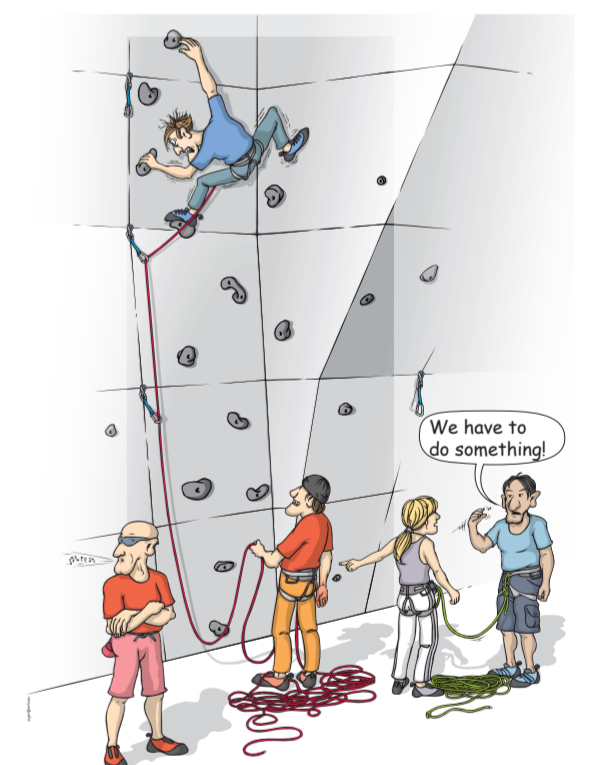
8 Be careful when lowering!

- ▶ Lower your partner slowly and evenly
- ▶ Ensure the landing area is clear
- ▶ Never hook two ropes into the same anchor
- ▶ Communication at the top anchor



9 Warm-up before the start!

- ▶ Slowly increase intensity
- ▶ Climb out loosely, warm down
- ▶ Heal injuries



10 Be aware of your responsibility!

- ▶ Be self-critical and open to feedback
- ▶ address mistakes, including those of others
- ▶ keep up to date with the latest developments
- ▶ be considerate of others

Climbing involves risks - get trained!