

THE BELAY CHAIN

Each link in the belay chain is as important as the first

Approach: Visualization of a Paper Chain. Verticalness, Jagged landing - e.g. sharp rocks, Fuzzy Teddy as climber, Jolly Green Giant for Mountain.

Alternate Approach: Everyone link Arms to form a chain. "Anchor" one person to the mountain. & etc.

Activity: The Card System, each student holds a card representing a link in the chain.

1. The Immovable Mountain
2. The Attachment to the Immovable Mountain
3. The Carabiner attached to the Attachment
4. The Sling attached to the Carabiner
5. The Knot in the Sling
6. The Second Carabiner attached to the Sling
7. The Rope attached to the Carabiner
8. The Knot in the Rope
9. The Rope
10. The Knot attaching the Rope to the Belayers' Harness
11. The Belayers' Harness
12. The Knot / Buckle of the Harness, Tied / Buckled correctly
13. The Locking Carabiner attached to the -Harness
14. The Gate of the Locking Carabiner - Locked
15. The Rope around the Belayers' body
16. The Belayers' Gloves
17. The Belayers' Braking Hand
18. The Rope to the Climber
19. The Knot in the Rope around the climber's Harness
20. The Climber's Harness
21. The Knot / Buckle of the Climber's Harness, Tied / Buckled correctly

Verification. Oral questions about varying situations.

1. Linking Carabiners? good or not good?
2. Linking slings?
3. How often should you check the knots on your slings?
4. Which knots need to be checked often, Which not so often?
5. Which is better, attaching to the Mountain with slings or attaching to the Mountain with the climbing rope? Why?

Reference:

"How to Rock Climb". John Long, Fourth Edition, pp. 73-90, 117-127.

"Anchors", John Long,