

Stevens Outdoor Adventure – Rock Climbing

Essential Knots

Figure eight



With short end of rope on right, twist bend to left.



Twist a second time in same direction.



Maintaining twist, take short end and place thru loop.



Pull snug to form the symbol of an eight.

Figure eight follow-through



Thread short end of rope thru harness.



Enter the knot where the short end exited.



Re-trace the original knot exiting on the long end to the Belayer.



Tie off the short end with a stopper knot.

Stopper or Fisherman's knot



Loop and wrap the short end of the rope around itself twice.



Send the short end through the Loops.



Tighten the stopper knot evenly.

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Climbing Terminology

Belay - The process of feeding out the rope to the lead climber, or taking in rope for a follower or a climber on top rope, while he/she climbs, and of preventing rope from being pulled out if the climber falls.

Belay Commands:

“**On Belay?**” – Asked by the climber to the Belayer to determine the status of the belay.

“**Belay is on.**” – Told to the climber by the Belayer is slack is out of the rope (top roping) and Belayers brake hand is on the rope.

“**Climbing**” – Told to the belayer by the climber to signify the start of a climb.

“**Climb on**” – Said to the climber by the belayer that it is ok to start the climb.

Belay Device - A device that attaches to the Belayer’s harness or an anchor, through which the rope is threaded for belaying. Its primary purpose is to create friction quickly in the event of a fall so the belayer can stop the rope, which stops the climber’s fall, simply by pulling against the device.

Brake Hand - The hand that holds the rope on the opposite side of the belay device to the climber.

Carabiner - A metal ring with a spring-loaded gate used to attach the rope to protection, and many other things.

Locking Carabiner - A carabiner with either a screw gate or twist lock, locking mechanism.

Rappel - The act of self belaying down the length of a rope to descend.

Runner - A sewn or tied loop of webbing or rope used to connect protection elements.

Rating System –

Class 1 - Denotes walking where no special footwear is required.

Class 2 - Denotes trail walking where it is advisable to have boots or other sturdy footwear.

Class 3 - Denotes scrambling involving the use of the hands as well as the feet, but where a rope is not needed.

Class 4 – Requires the use of hands as well as feet, sometimes referred to as scrambling, but where a rope is advisable because a fall would likely result in serious injury or death. Class 4 is a step below technical rock climbing.

Class 5 - Technical rock climbing requiring the use of rope and protection where only one climber moves at a time while belayed by another climber. This is why the Yosemite Decimal System starts at 5.0.

Smear - The act of placing a large surface area of shoe rubber on a hold to create maximum friction.

Top rope - A climb that has the rope anchors preset at the top of the climb.

Undercling - A hold that requires fingers to face upward rather than downward.

Yosemite Decimal System (YDS) - The most common system used to rate difficulty in the U.S. Most technical rock climbing is rated on a scale of 5.0 to 5.14c/d with higher numbers representing harder climbs.