

## How to belay with a "magic plate" type device

Belaying is the term given to holding the climbing rope for your partner through a high friction (belay) device. This means you can hold a fall easily and safely so long as you follow the basic procedure.

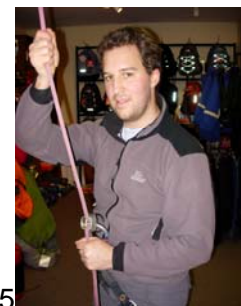
The climber ties into one end of the rope and you ensure the rope is not twisted. You take a bite (180° bend) of rope and push it through either hole in the belay device. Ensure that the live rope (the one going to the climber) is coming out of the top of the device and the dead rope (the one coming out other side of the belay device) is coming out of the bottom of the device. Now clip the rope and the retaining loop of the belay device into an HMS karabiner (screw or twistlock with large curve top) and clip this to your abseil/belay loop on your harness, ensuring to do up the screwgate.



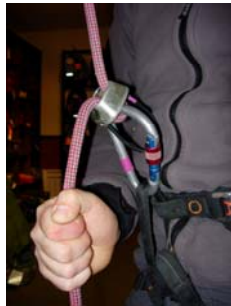
The most important thing to remember is never let go of the dead rope, and the device is only properly safe when the dead rope is being held below the device.

The way we pull rope through the device is shown in the following 5 images, each is a clear step as described below. In this example we start with the right hand on the live rope.

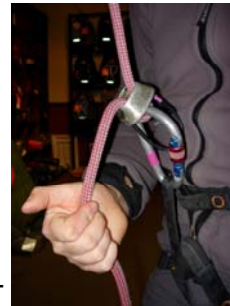
- 1) One hand (generally your writing hand) starts high on the live rope, the other 5cm from the belay device on the dead rope. When your climber has moved you pull rope through the device by pulling up on the dead rope then pull down on the live rope at the same time.
- 2) When you have pulled through no more than 40cm of rope lock off the device by pulling the hand on the dead rope down (left hand).
- 3) Take your right hand off the live rope and place it just above your left hand on the dead rope.
- 4) Take the left hand off the dead rope and hold the rope again about 5cm below the belay device (this ensure your fingers do not get caught in the device during a fall).
- 5) Finally move your right hand from the dead rope back to its starting position high on the live rope.



This sequence should be followed keeping the live rope tight to your climber at all times, if you can not go quick enough, ask your climber to slow down. Remember every movement should be positive and the rope gripped firmly at all times. Your thumb should always be wrapped around the rope to ensure the rope cannot “whip” out of your hand. If your climber is half way through a move and stops, lock off the dead rope and reset rather than waiting for them to complete the move with the dead rope high. A climber can fall at any time during the sequence and practise is needed to ensure you can hold these falls. As soon as they fall, no matter where you are in the sequence, lock of the belay device and put both hands on the dead rope.



CORRECT



INCORRECT

To lower your climber feed the rope from one hand to the other keeping hold of the dead rope with both hands at all times. You should not let the rope slide through your hands. You must look at your partner all the time whilst lowering them. Lower slowly ensuring you have complete control and are ready to stop at any time.

There are many types of belay device on the market, some of which work differently to the way we have described them. Some devices follow the same principles we have followed above, some of them can be used either way up, changing the friction obtained.

Petzl Gri-Gri and a Wild Country SRC (single rope controller) are devices that either self lock or assist in locking the rope. There are other similar options available, however all these device work slightly differently from the rest and should only be used when you fully understand how they work.

As with everything in climbing, there is nothing can compare to professional instruction, this info sheet is useful, however advice should be sought if you are unsure about anything. Climbing is a potentially dangerous sport and you climb at your own risk. The information contained in this leaflet is designed to assist learning alongside professional instruction, we cannot be held responsible for any accidents resulting from the use of this information sheet.



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