PLUS Belay Method

Brake hand: This is your dominant hand. You will NEVER let go of the rope with this hand.


When your brake hand is underneath the belay device the rope is locked off and will not move. This should be the default position for your brake hand.

**Taking Up Rope**

1. Begin with your brake hand underneath the belay device in the locked position, and the guide hand above the belay device, no higher than eye level.

2. Move the brake hand to the unlocked position. Then pull up with the brake hand to take in rope. You may use the guide hand to help move the rope.

3. Immediately move the brake hand to the locked position; remember that the locked position is the safest position.

4. Grasp the rope with your guide hand, underneath the brake hand.

5. Slide your brake hand back to its starting position underneath the belay device.

6. Repeat as necessary.

An easy way to remember this process is with the acronym **PLUS**:

1. Pull the rope up
2. Lock your hand down
3. Grab the rope Under your brake hand
4. Slide your brake hand up

**Catching a Fall**

To catch a fall, simply move your brake hand to the locked position, underneath the belay device. Grasp the rope with your guide hand, underneath the brake hand.

**Lowering**

Take up the Rope until it is tight. Holding the rope firmly with both hands directly underneath the belay device slowly shuffle your hands to allow the rope through. Once your partner is safely on the ground, you can inform them that they are "Off Belay." Don't forget to provide them with some "Courtesy Slack".