Belay Checklist

Check your partner for the following:
1. Each leg strap is secured properly (doubled back if appropriate)
2. Waist strap(s) are secured properly (doubled back if appropriate)
3. Butt straps are on
4. The knot is correct (3 sets of parallel lines, the “backup knot” is twice around)
5. The rope goes through both hard points (not the harness but the hard point)
6. The rope is not twisted at the top!

Check yourself for the following:
1. Rope goes through the belay device, and around carabiner
2. Break hand is down, rope to partner is up
3. Carabiner is locked
4. Anchored to wall appropriately (carabiner through bolt hanger is locked)
5. Gate is away from wall anchor and large of carabiner is towards you
6. Each leg strap is secured properly (doubled back if appropriate)
7. Waist strap(s) are secured properly (doubled back if appropriate)
8. Butt straps are on