Physical Education
Cherokee High School

Adventure Education Study Guide #3

CLIMBING UNIT:

GLOSSARY OF TERMS

Carabiner: An aluminum ring equipped with a spring-loaded snap gate.

Belay: The procedure of providing for the safety of a climber.

Back-up Belay: The person who assists the belayer in stopping a climber's fall.

Coiler: The person who assists the belayer by being responsible for the excess climbing rope.

Fisherman's Knot: A safety knot used after retracing the figure eight

Gri-Gri-: A mechanical brake used by the belayer to stop a fall and to control the descent of the climber.

Harness: Equipment worn by the climber, flier (squirrel) and belayer. We use the *Headwall* brand. *Common mistakes when putting on the harness are twisted straps, improper seat attachment, and incomplete buckle application*. (Each strap should pass through its' buckle three times)

Helmet: Equipment used by the climber and flier to protect their head.

Rappel: To descend a rope by means of a mechanical brake.

(Retraceable) Figure Eight Knot: The primary knot used to secure the climber to their harness.

Climber: The person who ascends the wall using a harness and rope.

COS Climb: The name of the Cherokee climbing wall consisting of a beginner, intermediate, and expert courses. Problem-solving skills are needed to reach the top of each wall.

Climbing Teams: A group of high school students consisting of a climber, belayer, back up belayer, coiler and two ladder assistants, used during the COS climb.

Group Belay: A group of students (usually 10-12) that work together to belay the participant. One student is the principle belayer (in a harness & using a Gri-Gri) while the rest of the students hold onto the rope to safely raise and lower the student during the Flying Squirrel activity.

Overlap: When the ropes do not lie next to each other when retracing the figure eight knot.

Over-Under-Through: Three-word step for beginning the first figure eight knot.

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Flying Squirrel Activity:

The "Flying Squirrel" activity has different progressions or levels. A student "squirrel/flier" must trust classmates to belay them safely by pulling them up in the air. The activity progresses with the "squirrel/flier" taking steps forward before being lifted. The final progression involves the "squirrel/flier" being clipped in the back and taking steps forward before being lifted. Lines are taped on the floor so the belay team knows when to stop pulling, so the squirrel does not hit the ceiling. The "squirrel/flier" also wears a helmet for additional safety. This activity involves a large number of students belaying. The "Flying Squirrel" activity is the **least challenging** which makes it the first **of our high elements activities**.

Safety of Outside High Elements: Postman's Walk & Tension Lunge

1. The ladder people should be to the side and behind the ladder while holding it steady.
2. There is a belayer and back-up belay responsible for the high element participant.
3. The climber should wear a helmet.
4. The climber should keep the rope between their arms while ascending the pole.
5. The climber should be in the middle of the wire before descending.

Climbing Wall Commands:

1. Climber: "Ready to climb"
2. Belayer: "On belay"
3. Climber: "Climbing"
4. Belayer: "Climb away"

Commands are initiated by the climber.

Flying Squirrel Commands:

1. Flier: "Ready to fly"
2. Belay Team: "On belay
3. Flier: "Flying"
4. Belay Team: "Fly away"

Commands are initiated by the flier.

Climbing Techniques:

1. Both feet should be pointing out.
2. Belly and hips should be against the wall.
3. Rope needs to be in between both arms.
4. To descend, the climber should get in a sitting position with feet flat on the wall.

Key Aspects of Belaying

Principles of Belaying:

The belayer is at all times responsible for the safety of the person climbing. The belayer is also always in control of the pace of the climb (commands made by the belayer to stop or slow must be obeyed by the climber)

An effective belayer:

1. Focuses on the climber
2. Feeds out or takes in rope as needed
3. Keeps excess slack out of the rope
4. Locks off the rope (using the GRI-GRI) if the climber falls
5. Communicates clearly with the climber
6. Lowers the climber in a series of smooth controlled drops