

A photograph of an indoor climbing gym. A person in a wheelchair is seated on the floor, belaying a climber who is ascending a red rock wall. The wall is covered in colorful climbing holds. The climber is wearing a black shirt and pants, and is secured with ropes and a harness. The belayer is also wearing a black shirt and is holding a rope that runs up the wall. The gym has a grey floor and a high ceiling with industrial lighting.

Seated Belaying Guidance

Support for Seated Belayers

Guidance assists climbers belaying from seated positions, making climbing accessible for wheelchair users and other people.

Adaptation for Safety and Inclusivity

Instructors and facilities learn to adapt practices, ensuring safe and inclusive climbing experiences for everyone.

Creating Welcoming Environments

The guidance encourages environments where climbers of all abilities participate with confidence and effectiveness.

Audience and Social Context

Diverse Climbing Community

Instructors, staff, and learners together create a vibrant and diverse indoor climbing environment where everyone can contribute.

Collaboration and Inclusivity

Cooperation among participants and providers is crucial for promoting safety, inclusivity, and the development of climbing skills.

Accessibility and Growth

The growing popularity of indoor climbing requires accessible facilities so that everyone has the opportunity to participate and progress.





Inclusive Facility Guidance

Assess Abilities Directly

Observe each person's capabilities firsthand to avoid assumptions, ensuring all participants receive fair opportunities.

Collaborative Understanding

Engage in discussions and demonstrations with individuals to understand their unique abilities and promote mutual respect.

Adapting for Seated Belayers

Modify equipment and facility layout to accommodate the needs of seated belayers, enabling full participation.

Mountain Training Guidance

Supplementary Training Insights

Additional guidance offers practical tips to support trainees beyond official documents, improving mountain safety and skills.

Consult Authoritative Resources

Consult the Mountain Training website regularly for updated and reliable information on best practices and standards.

Align with Recognized Standards

Ensure all mountain training practices meet current recommendations and recognized safety standards for optimal results.



Mountain Training



Training & Belaying Opportunities

specialised Belaying Training

Approved training providers offer specialised instruction in belaying, which is crucial for climbing safety and skill improvement.

Mountain Training Resources

Mountain Training offers comprehensive details on available climbing courses and the requirements to join them.

Certification and Skill Enhancement

Pursuing these training opportunities helps climbers gain recognized certifications and enhance their proficiency in the sport.

Seated Belaying Made Accessible



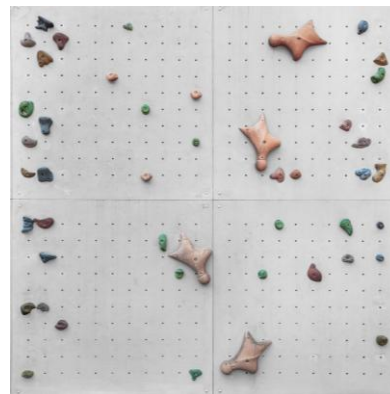
Inclusive Climbing Participation

Seated belaying enables those with mobility or balance challenges to join climbing activities and experience the sport safely.



Adaptive Belaying Techniques

Belaying methods are modified for wheelchair users and others who need to sit, making climbing accessible for everyone.



Safety and Equipment Customization

Equipment and setup are personalized to meet individual needs, ensuring safety and maximizing participation for climbers of all abilities.



Effective Communication Strategies

Adapt Communication Methods

Tailor communication to suit participants' needs, using visual cues, gestures, or assistive devices when necessary.

Establish Clear Signals

Create clear, accessible signals so both belayer and climber confirm mutual understanding and stay safe.

Foster Inclusive Environment

Regularly check in to address barriers, ensuring the environment is safe and welcoming for everyone.

Mobility Aids Overview

Types of Wheelchairs

Self-propelled, assisted, and power-assisted chairs cater to different mobility requirements, providing personalized support for users.

Walking Aids for Stability

Walkers, walking sticks, and poles offer essential stability and balance for those with limited mobility or balance issues.

Multiple Aids Usage

Individuals may use multiple aids together or interchangeably to meet their changing mobility needs and daily activities.





Wheelchair & Seating Essentials

Wheelchair Types

Different wheelchair models include everyday, sport, and power-assisted options, each designed for specific user needs and lifestyles.

Key Safety Features

Important features are reliable brakes, removable arms or footplates, and manual override for maximum safety and convenience.

Stability and Confidence

A stable base, like rotating the front wheels forward, improves wheelchair stability and user confidence during use.



Harness Types for Belayers

Sit Harness Features

Sit harnesses are standard for belayers, offering horizontal or vertical belay loops for secure seated support.

Chest Harness Support

Chest harnesses add upper body support, often used with sit harnesses for greater stability during belaying.

Full Body Harness Safety

Full body harnesses distribute stress and have a higher attachment point, providing enhanced safety for belayers.

Access Harness Comfort

Access harnesses reduce pressure points and deliver superior core support, increasing comfort for belayers.

Harness Options for Seated Belayers

Sit Harnesses

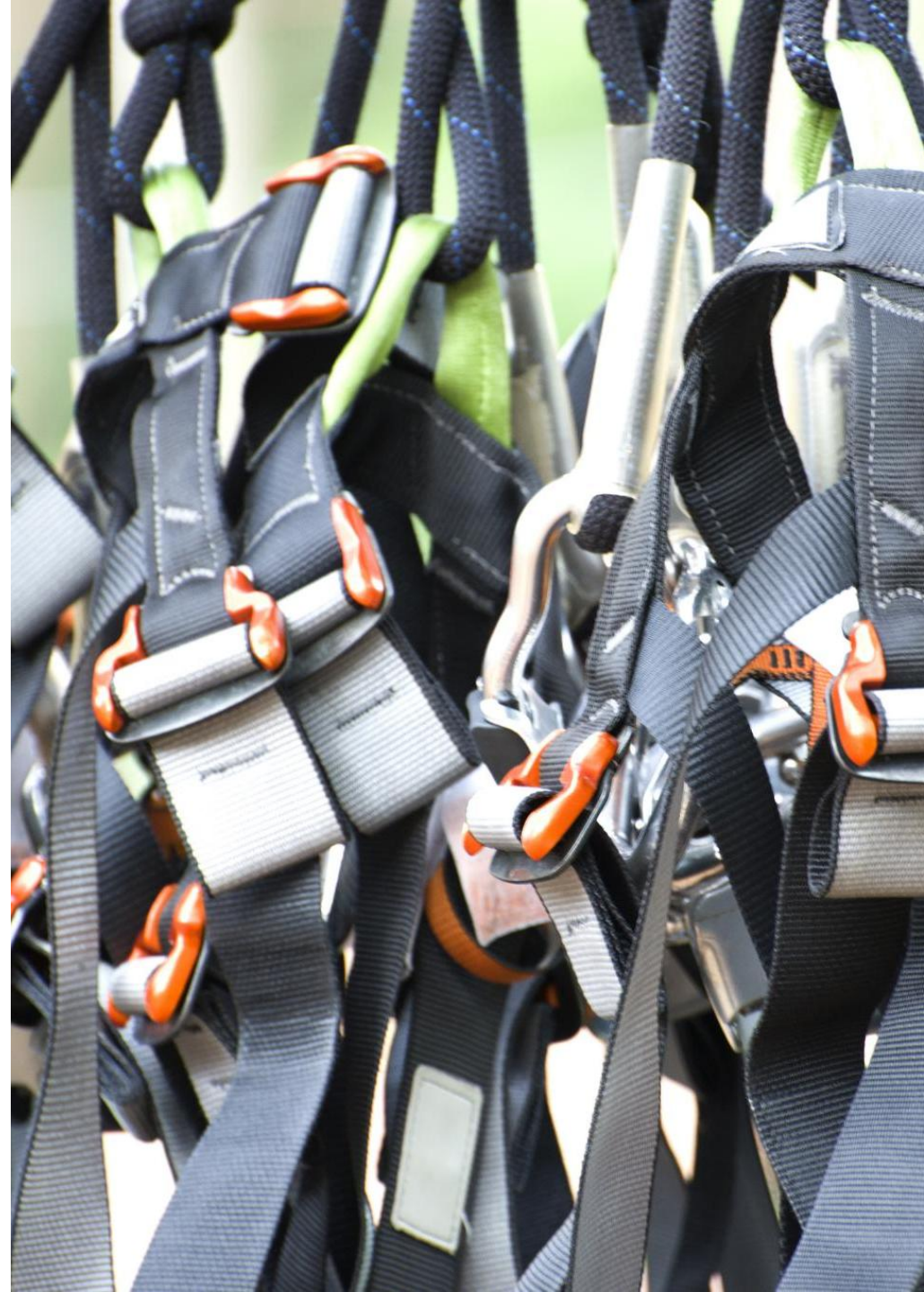
Sit harnesses provide standard support and comfort for seated belayers with horizontal or vertical belay loops.

Chest and Full Body Harnesses

Chest harnesses add upper body stability, while full body harnesses distribute stress and raise the attachment point for increased safety.

Access Harnesses

Access harnesses reduce pressure points and provide excellent core support, making them suitable for long belaying sessions.



Manual Braking Devices Explained



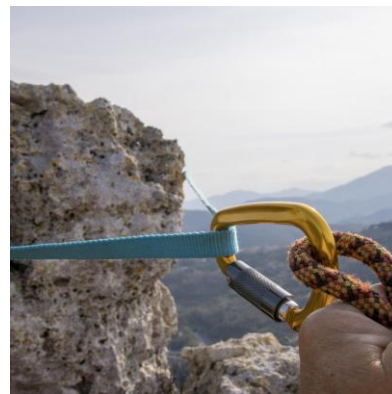
Friction-Based Rope Control

Manual braking devices generate friction to slow and stop climbing ropes, ensuring safety during descents or falls.



Popular Device Examples

Examples include common devices like tubular and assisted-braking models, often used by climbers for controlled descent and belaying.



Importance of Proper Technique

Correct arm positioning and considering range of movement are vital for effective and safe control, especially when seated.

Geometry Assisted Braking Devices



Enhanced Climbing Safety

GABD greatly improve safety by gripping the rope when weighted, preventing uncontrolled descent.



Braking Arm Functionality

A number of these devices have changed belaying techniques for example they will not require moving the braking arm down the side of the body but in front.



Examples of GABD Devices

Several popular devices use geometry-assisted braking, making them common choices for climbers seeking extra security.

Mechanically Assisted Belay Devices

Enhanced Safety and Control

Mechanically assisted belay devices use specialised mechanisms to help stop the rope, improving safety and control during climbing.

Reliable Performance

Devices like the Gri Gri, Pinch, Birdie, and Eddy are known for their dependable operation, providing climbers with peace of mind.

Efficient Movement for Belayers

Direct mounting of these devices improves comfort and movement range, especially for seated belayers.



Adapted Belaying Techniques

Optimal Chair Positioning

Position the chair to closely resemble a standing belayer's stance for the best control and safety.

Dynamic Belaying Methods

Dynamic belaying includes coordinated movement, proper bracing, and delivering soft catches to protect climbers.

Adjusting Range of Movement

Enhance belaying efficiency by removing arm rests and sitting forward, allowing for adaptable and responsive actions.

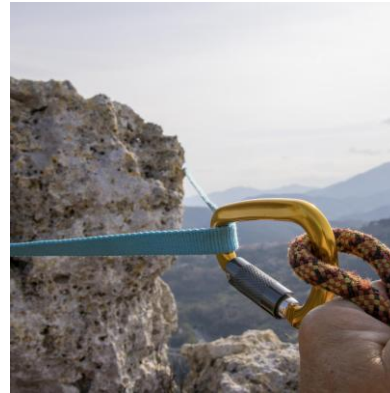


Safety & Special Considerations



Assess Climber Movement

Evaluate the climber's movement and strength to ensure a safe and effective belay system for everyone involved.



Weight Difference Impact

Consider the climber and belayer's weight difference, as it impacts safety, especially risk of belayer being lifted.



Use of Anchors

Use ground anchors or sandbags if necessary, but assess if each belayer actually needs an anchor for safety.

OHM Device & Rope Management

Weight Equalization

The OHM device equalizes weight differences, ensuring safety between climber and belayer during a fall.

Versatile Climbing Application

Suitable for both top rope and lead climbing, the OHM device enhances safety in various climbing scenarios.

Importance of Training

Proper training and guidance are necessary before using the OHM device for effective and safe operation.





Mastering Rope Management

Tailing for Safety

Tailing uses an extra person to help brake the rope, improving belayer control and overall climbing safety.

Rope Redirection

Quick draws are used for rope redirection, increasing friction and making rope handling more secure and manageable.

Independent Belaying Progress

Consistent practice of rope management techniques enables climbers to build confidence and move toward independent belaying.

Fostering Accessibility & Inclusion

Combining Mobility Aids

Different mobility aids can be integrated to assist climbers with varying abilities, increasing accessibility and participation.

Adapting Environment and Equipment

Climbing spaces and gear should be tailored to meet individual needs, ensuring safety and comfort for all participants.

Promoting Inclusive Practices

Supportive climbing practices create opportunities for everyone, building a welcoming and accessible community.



Update

- Mountain Training are going to include Seated Belaying in the CWI syllabus.
- They have asked that this does not include adapted belaying systems but exactly the same systems they would show a standing belayer
- We are in discussions on workshops
- I raised issues around course directors/providers about being too prescriptive in their systems



**Mountain
Training**

Credits & Further Info



Support from Outdoor Centre

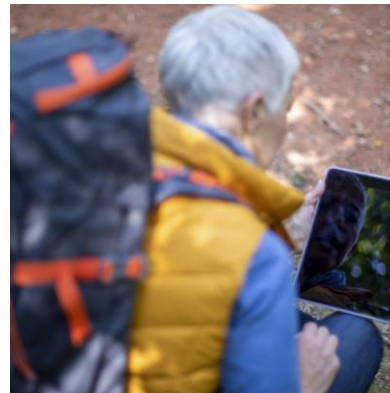
Hilltop Outdoor Centre contributed valuable assistance and resources for this presentation, aiding in content development and safety.



able Adventure

Pictures

Thank you to Paul Kellagher for all his pictures



Guidance and Training Resources

Mountain Training and official facility websites provide comprehensive guidance and expert advice for outdoor activities.