

# INSTRUCTIONS FOR VOLUNTEER BELAYERS WORKING WITH PEAK CENTRE INSTRUCTORS

First of all thank you for considering the task of belaying (controlling the safety rope upon which a climber depends for safety in the event of a fall).

This is a straightforward task, but an important one, but before you go any further, please answer the question in the box:

Are you suffering from any medical condition that might affect your ability to do this task safely?	No	If yes, please explain -
	Yes	

## WHAT YOU WILL HAVE TO DO:-

- 1 Be shown how to protect a climber by controlling the rope whilst using the Peak Centre climbing wall / climbing outdoors.
- 2 You will be supervised until you and the instructor are both sure you can operate safely.

*If at either stage you or the Instructor are not confident that you can operate safely you may be invited to do a different job.*

**N.B. Either indoors or outdoors, the instructor must always connect you to the belay (anchor) so DO NOT swap over without the Instructor!**

In order to plan the climbing/abseiling session The Peak Centre needs to know that you have read and understood this paper and that you are willing to be trained for this job, so will you please sign below:

NAME: \_\_\_\_\_

DECLARATION      I am over 18. I have read and understood this paper and am willing to operate as a belayer after appropriate training

Signed \_\_\_\_\_ Date \_\_\_\_\_