



# Supervisors Guidance Notes

As a supervisor you are responsible for the care and safety of those you are supervising at all times during their visit. You must be in a position to give direct assistance whenever appropriate.

In addition when supervising under 18s you must be sure that the instructions you give as a supervisor are fully understood.

The issues you are looking at are:-

## 1. Harness

Fitting:

Is it above the hips & will it fall down?

*Youngsters* do they need full body harness?

Buckle:

Understand the difference between standard buckle that needs threading back & auto lock buckle. Make sure your student knows why and how to thread back.

## 2. Tying In

This must be direct & not with a karabiner *in accordance with harness instructions*

Knot—Bowline or figure of eight?

- **Bowline:**

**MUST** be finished off with a Stopper knot.

- **Figure of eight:**

We recommend a Stopper knot.

Remember the rule of 2s—two parallel strands all the way round.

## 3. Belaying – Supervision must be given whilst stood adjacent on the ground

- When climbing:

At least one hand **MUST** be on the locking rope **at all times**.

- When lowering:

At least one hand **MUST** be on the locking rope **at all times**.

Lower steadily in a controlled way so the rope & belay don't get too hot.

If it gets too hot a natural reaction is to **let go!**

## 4. Stance:

- Don't stand too far out; you will be pulled back in!
- If there is a big weight difference, attach belayer to the floor with a sling and **separate** screw gate karabiner. Belayer to: stand with back to the wall.

## 5. Krab:

- Use a screw gate karabiner when belaying **not** a snap gate.
- Use the belay loop only or clip directly in to the loop formed by the knot in the harness

## 6. Rope damages—AVOID:

- Fast lowers
- Twisted rope
- Standing on the ropes

## 7. Buddy system - Check yourself & each other:

- Buckle - check threading back if applicable
- Knot - check correct, with stopper knot
- Screw gate - locked
- Belay - threaded correctly
- Rope - check for smooth running, no tangles or friction points
- Communicate before climbing and before lowering off.

## 8. Bouldering:

- Monitor continuously, give advice and encouragement
- Demonstrate proper falling & landing technique
- Do not attempt to catch a falling climber (that's what the matting is for) but watch closely eg to guard for other climbers and to ensure a falling climber does not bounce awkwardly.

## 9. If you have any questions or are unsure about anything **PLEASE ASK THE STAFF.**