SCSU Climbing Wall
Climbing Wall Skills & Belay Certification Test

Name: ________________________________  Date: ________________

1. List the different parts of the harness.

_____________________________
_____________________________
_____________________________
_____________________________

2. What are full strength tie in points on a harness?
   (a) Purple Loops
   (b) Waist Belt
   (c) Leg Loop Connector
   (d) Leg Loops
   (e) Everything

3. What are two common errors when putting on a harness?
   1.
   2.

4. When inspecting your harness, what areas are most likely to be damaged?

5. What are the three different shapes of carabiners?

   ____  ____  ____

6. Which is stronger, a steel or aluminum carabiner?
7. If accidentally dropped, which carabiner would be more likely to have invisible hairline fractured, steel or aluminum?

8. Name the parts of the carabiner.

______________________________________________
______________________________________________
______________________________________________

9. Where & how is the strength rated on a carabiner?

10. Approximately how many pounds of force is a Kilo Newton (KN)?

11. What can an ATC used for?
   a. belaying
   b. rappelling
   c. ascending
   d. lowering
   e. all of the above
   f. a, b, and c
   g. a, b and d.

12. What are the two different parts to a climbing rope?
    __________ on the outside and __________ on the inside.
13. A ____________ rope stretches and is used for climbing while a ____________ rope stretches little and is used for rappelling.

14. List three things to inspect on a climbing rope before use.

15. About how strong is a climbing rope (pounds)?

16. Why is it important to not step on the climbing rope?

17. What are the belay commands used for the climber and belayer to communicate before climbing?
   - Climber: ______________
   - Belayer: ______________
   - Climber: ______________
   - Belayer: ______________

18. If the climber drops something or sees an object falling what does the climber yell to the belayer?

19. If the climber wants the rope to be held less tight by the belayer, what command does the climber call to the belayer?

20. Where should the group be in relation to the belayer?

21. EXTRA CREDIT – What is the acronym PBS refer to in relation belaying?