

EXPLANATION OF TERMS OF THE GRAN PARED SAS CLIMBING SAFETY REGULATION

BELAY: Maneuver whereby a person on the ground holds the person who is climbing with the rope.

BELAYER: Person who performs the belaying maneuver.

INSTRUCTOR: Employee of Gran Pared SAS who belays clients that they have paid for this service, gives recommendations to clients to maintain safety in climbing practice and tests clients.

ROPE: Rope used in climbing to support the climber. Its main feature is that it is dynamic, that is, it has elongation to cushion the descents in the event of a fall.

TOP ROPE: Climbing mode in which the rope is installed on the wall in such a way that one end has a safety carabiner (kind of hook used in climbing) that is installed in the climber's harness and the other end goes through a mechanism so that the belayer holds the climber up or down the wall. If the climber is released, it is suspended in the same place.

LEADING: Climbing mode in which the rope is not installed on the wall but is tied to the harness of the climber and the climber as it goes up, it goes through some carabiners installed on the wall, in such a way that if he/she falls, is supported by the last carabiner through which the rope has passed. There will also always be a belayer holding it through a mechanism.

TAPE: Small special tape that connects a maillon with a carabiner. Used in the leading area.

MAILLÓN: Species of oval ring that connects a plate with a ribbon. Used in the leading area.

PLATE: Kind of ring installed on the wall from which the hook hangs. Used in the leading area.

TRAVERSE: Modality of climbing at low altitude, without rope, which is done horizontally.

BOULDER: Modality of climbing at low altitude, without rope.

KNOT EIGHT: Special knot used in climbing that offers security that it will not unravel when tensioned.

SAFETY SYSTEM: Mechanism used in climbing so that the insurer can hold the climber while climbing or descending.

ATC: Manual braking safety system

GRIGRI: Automatic braking safety system

CLIPPING: Action of passing the climber's rope through a carabiner.

BRAKE HAND: It is the hand with which the belayer is doing the braking action through the belay mechanism, to prevent the climber from falling to the ground in case he/she is released from the wall or during descents.

BRAKING ACTION: It is the action that the belayer executes to hold the climber with the rope through a security system.

COLLECT ROPE: It is the action that the belayer performs so that the rope is more tensioned and less loop is left in the rope.

FLIGHT: It is the fall that happens when a climber is climbing in the leading mode and is released from the wall.

LOOP: Excess rope left over between the climber and the upper part of the wall in top rope mode climbing or between the belayer and the climber in the case of leading climbing.