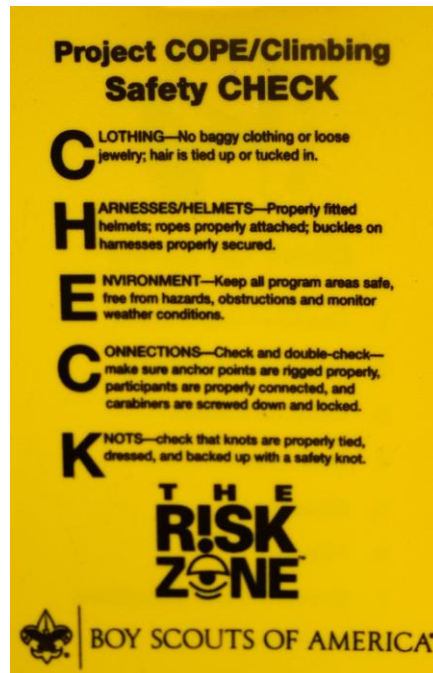


Clothing  
Harnesses/Helmets  
Environment  
Connections  
Knots



### CLOTHING

Check for baggy shirts and jackets that could get snagged in the friction device. Check that jewelry is removed or secured to prevent interference with equipment. Check that hair is tied up or tucked inside the back of the shirt.

### HARNESSES/HELMETS

Check the harnesses for the following:

1. Properly fitted to the participant
2. Belay rope attached as recommended by the manufacturer
3. Buckles secured per the manufacturer's recommendation. Many designs require that buckle straps be doubled back.

Check that helmets are properly fitted with chinstraps secured.

### ENVIRONMENT

Check that all program areas are safe, free from obstructions, hazards, etc. Has the ladder been moved from the end of the zip? Are people on the ground in a safe location? Does the platform or ledge have room to accept another participant?

### CONNECTIONS

Perform a safety check on the connection between the participant and the belay system. Check and have another staff member re-check all rigging (e.g. releasable rappels, anchors systems). Recheck often, and double check when belays are changed. Perform a physical, visual and audible check with the participant to make sure that carabiners are:

1. Attached to the proper locations.
2. Locked and lock screwed down. (Remember "screw down so you don't screw up").

### KNOTS

Check that knots are properly tied, dressed and backed up with a safety knot.