

RULES AND REGULATIONS @ GRIP



◀ HARNESS

- 1 Do not attach any gear to your gear loops
- 2 When belaying, your carabiner should be attached to the belay loop only
- 3 Your harness must be retired when worn out or after 10 years. Check the label in your harness!

▶ APPROVED BELAY DEVICES

GRIP recommends using Assisted Braking Devices: such as Mammut Smart, BD ATC Pilot, Edelrid Juul, Petzl Grigri, Beal Birdie, Trango Vergo, et cetera

Tubers without brake assistance are *not* recommended and will *not* be allowed after September 1st 2020



▶ TIE IN WITH FIGURE-EIGHT

- Only Figure 8 knots are allowed for tying in
- Safety first! Stay focused while tying the knot
- #ikklimveiligofikklimniet

