

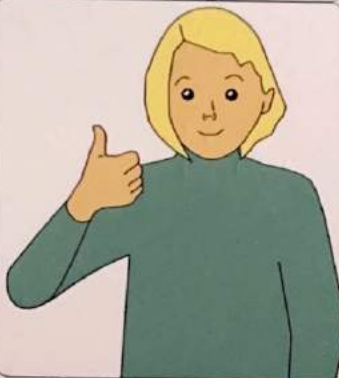
iDID

I'm ready to climb



Thumb tips of open
into the upper ch
Indicates to bel
climber is r

OK to go



Response to indicate that the
belayer is happy for the
climber to begin.

Move your right arm

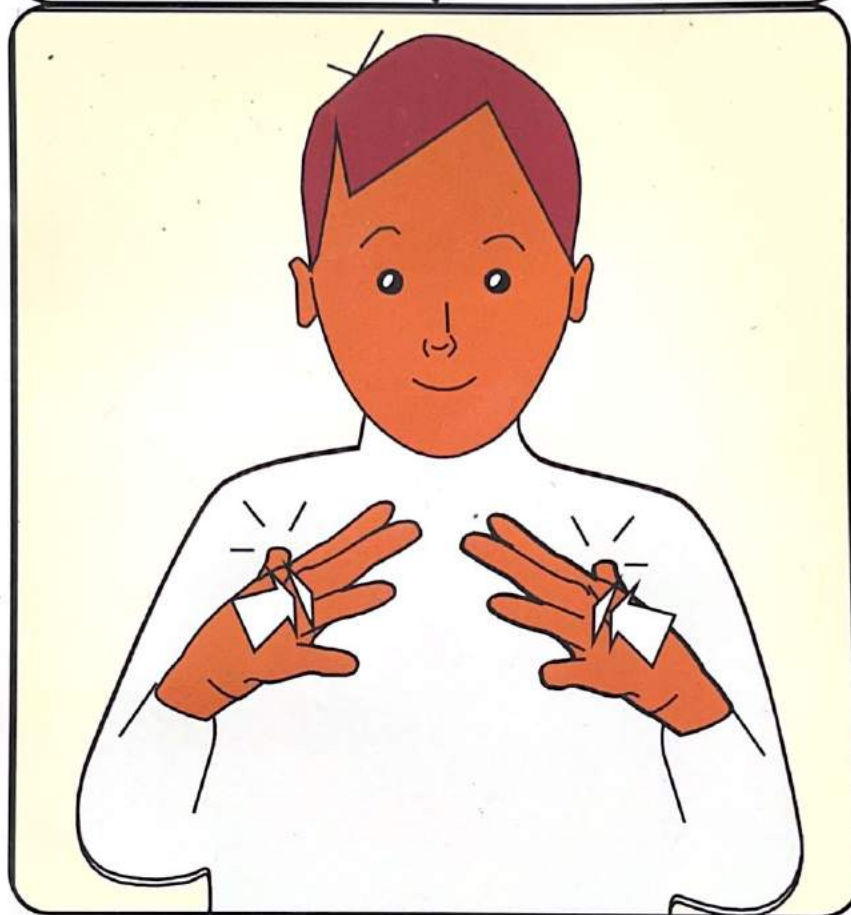


sign used by belayer
nber should use their
and to find the next
available hold.

Sign Climb
System ©

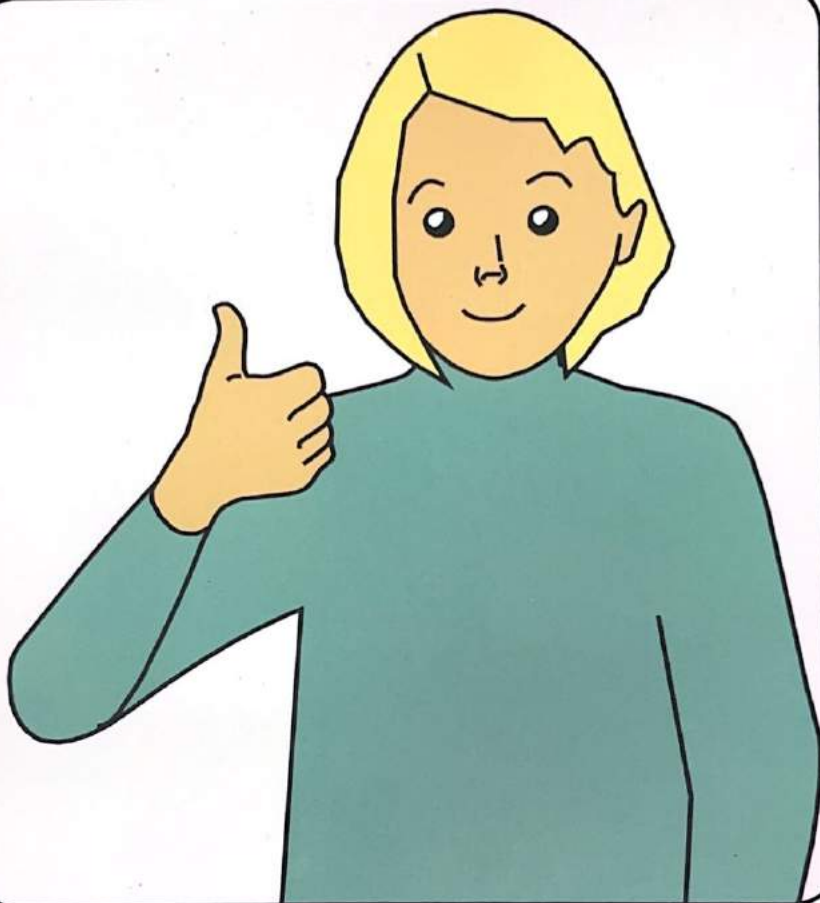
FLASHCARDS

I'm ready to climb



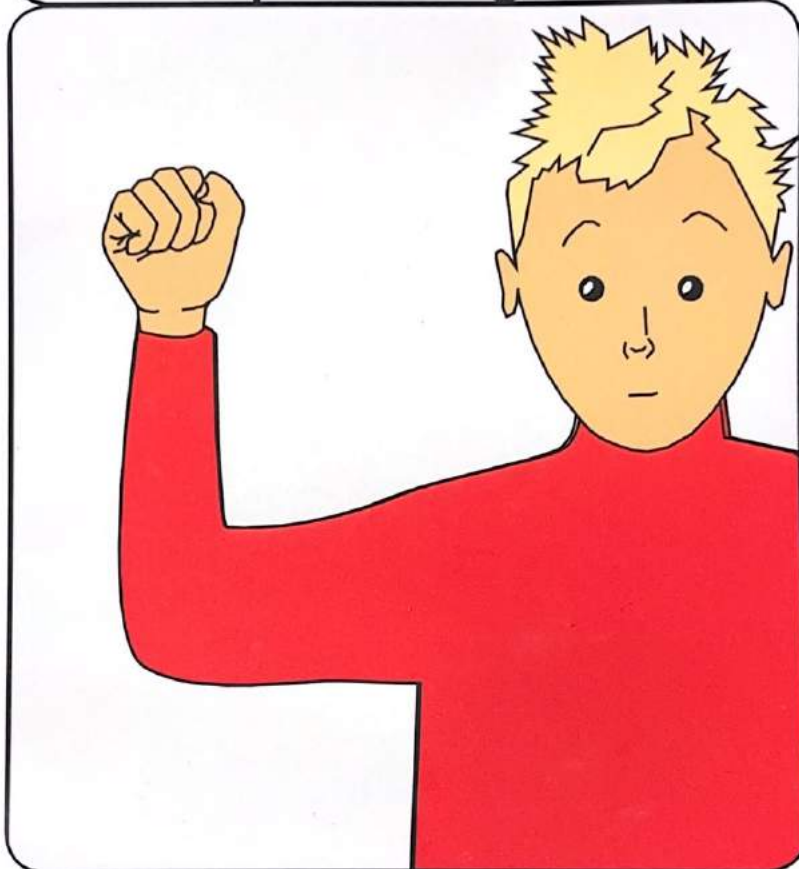
Thumb tips of open hands tap
into the upper chest twice.
Indicates to belayer that
climber is ready.

OK to go



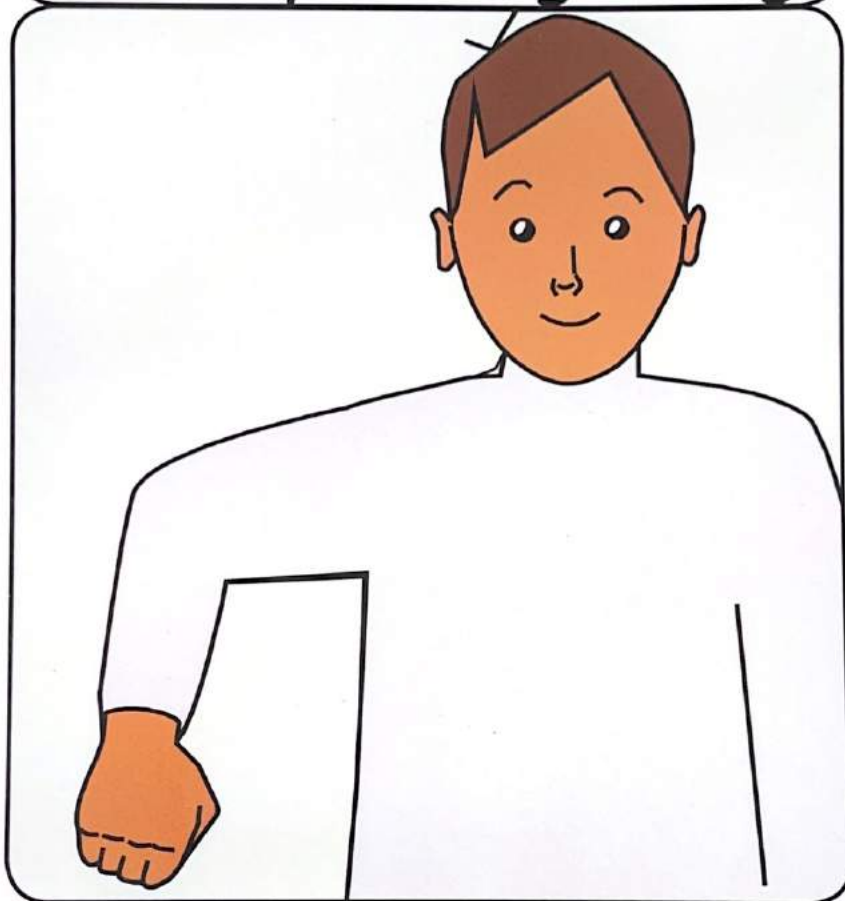
Response to indicate that the belayer is happy for the climber to begin.

Move your right arm



Guiding sign used by belayer
that climber should use their
right hand to find the next
available hold.

Move your right leg



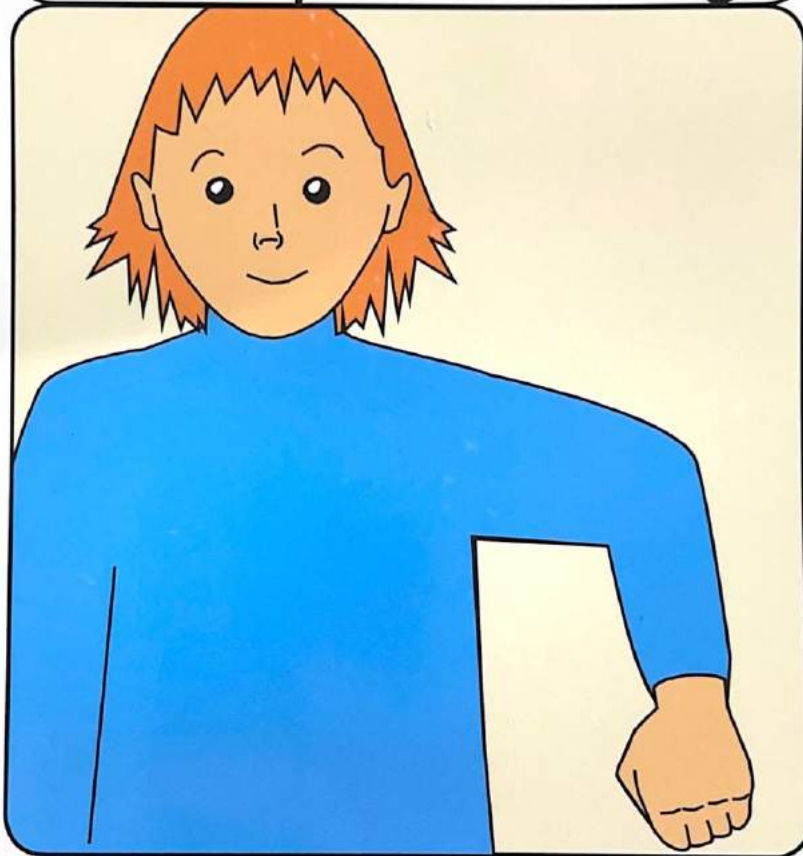
Guiding sign used by belayer
that climber should use their
right foot to find the next
available hold.

Move your left arm



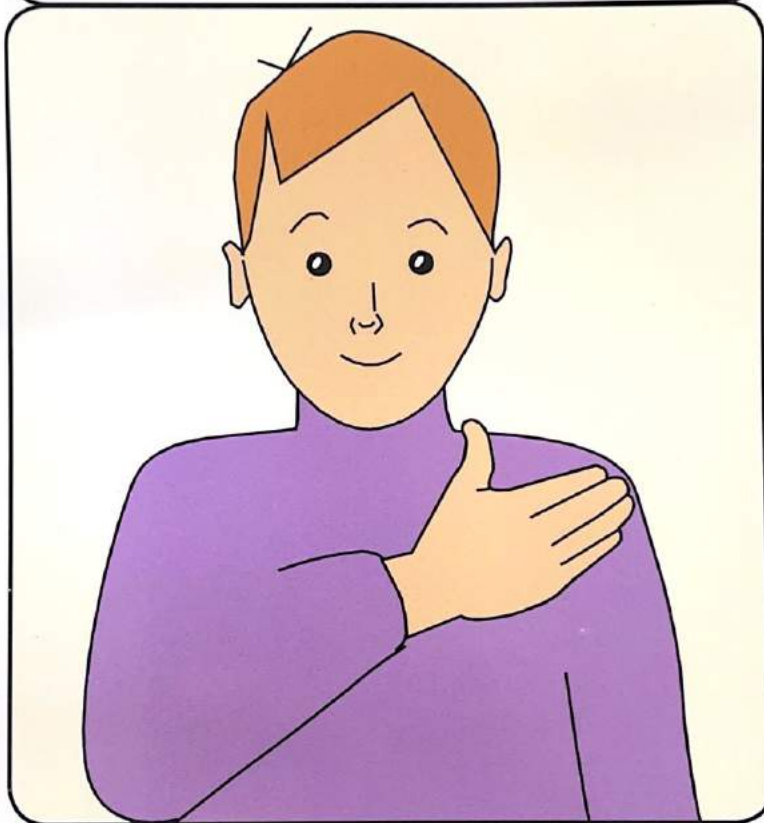
Guiding sign used by belayer
that climber should use their
left hand to find the next
available hold.

Move your left leg



Guiding sign used by belayer that climber should use their left foot to find the next available hold.

Take a rest



R. hand rests on left upper chest. Climber or belayer can indicate need for a rest.

Swap hands



Belayer raises arm with hand clenched into a fist rotating from the wrist to indicate climber needs to change hands.

Swap feet



Palm down hand moves side to side - used by belayer to indicate climber should swap feet to continue.

Ready to come down



Hand makes short repeated movement down when climber is ready to abseil down. Belayer then uses "ready to come down" sign.

Warning/Safety Signs



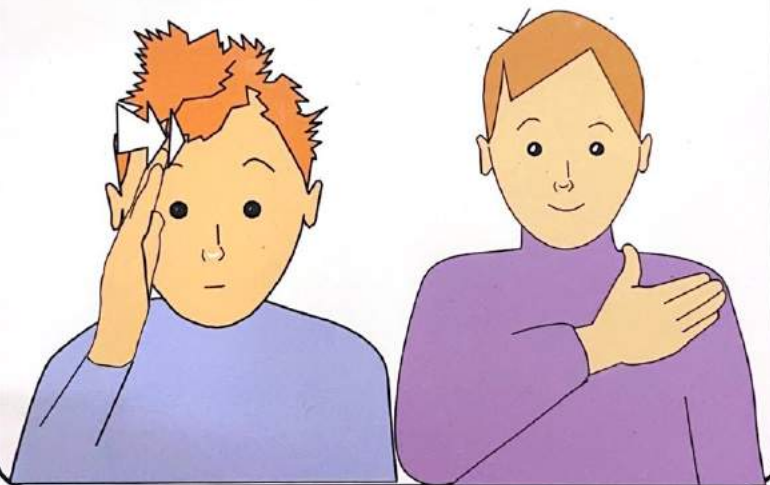
The following three flashcards are only to be used in the event of a serious incident. This may include fire alarms, other climbers causing danger or problems with equipment.

Warning 1



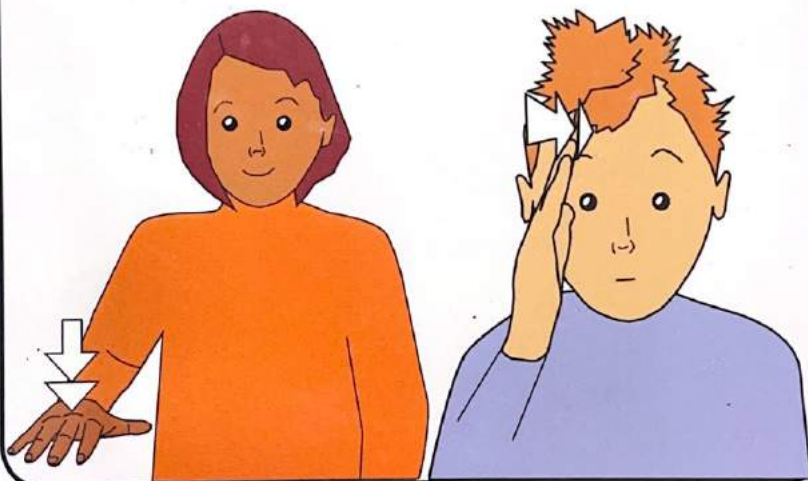
Index edge of R. flat hand taps twice against the side of the forehead to indicate a serious problem where an instructor is required on the wall

Warning 2



Combine both "warning" and "take a rest" signs to indicate to the climber that there is a serious problem and that they need to stay where they are.

Warning 3



Combine both "warning" and
"ready to come down" signs
to indicate to the climber they
must come back down
For example: Fire Alarm