# 7 Anchors

## How to Get a Manager Check-Off

A check off is not currently required.

## Procedure Details

Anchors are used anytime you have a participant that weighs as much as you do, or more, to help keep you grounded while belaying. If you are ever in doubt as to whether or not you need to use an anchor, use one. Always error on the side of caution because it doesn’t hurt to have an anchor if you don’t really need one. Keep in mind that the Challenge Center, while similar in some ways to an indoor climbing gym, it is in fact, constructed different so the size of the person you can belay without an anchor will be bigger in the gym than at the Challenge Center.

There are two types of anchors that can be used at the Challenge Center: Ground Anchors and Participant Anchors.

Ground Anchors

Ground anchors are eyebolts that are cemented into the ground on all sides of the tower. These are the same eyebolts used during team belay. Belayers use a daisy chain and clip one end into the eyebolt using an auto-locking carabiner and clip the other end onto their rodeo/belay loop using a second auto locking carabiner.

When belaying with a ground anchor, it is important to keep the daisy chain very tight. If there is slack in the daisy chain and your climber takes a fall, you will be pulled forward and it will put an uncomfortable amount of force on your body. It is also important to keep the daisy chain off to one side of your body, not between your legs. The side doesn’t matter, as long as it doesn’t impede your belaying.

Participant Anchors

Participant anchors are used by attaching a relatively small loop of webbing with a girth hitch to the back of the belayers harness. A participant (or any other person) holds on to the webbing the entire time the climber is active (climbing, traversing, lowering, etc.).

When choosing an anchor, it is important to be deliberate with your choice. Be sure to choose someone who has demonstrated their ability to pay attention and follow the rules earlier in the program. Also, take size into accountability. If you need an anchor for a 250lb climber, you wouldn’t want choose a 100lb anchor; they wouldn’t be very effective.

You will need to train a participant anchor how to properly support you. Make sure to review the following:

* Two hands on the webbing at all times, faced down, as you hold the handle bars of a bike. Don’t let go.
* One foot in front of the other, knees bent, in an athletic stance.
* If the climber falls, it may pull the belayer forward or up. That is ok for the belayer, but it is important for the anchor to keep feet planted firmly on the ground.
* The belayer may have to move (especially for traverse belay elements) so the anchor is expected to follow the directions and move as the belayer tells them too.

Needing an anchor can be a sensitive topic for participants; recognizing that they might be heavier than other climbers. Treat it with as much care and try to be as nonchalant as you would when sizing a person for a harness.