# 8 Toe to Toe Check

## How to Get a Manager Check-Off

A check off is not currently required.

## Procedure Details

After introducing yourself and learning your climber’s name, start your “toe to toe” check. Starts at the participant’s toes and ends at your toes (the belayer).

* + - * Ensure the participant’s shoes are tied or otherwise secured.
			* Ensure the participant’s harness is properly adjusted (not too loose, shouldn’t slide side to side), worn above the hips with the rodeo loop at or above the belly button. Leg straps should be snug, and butt strap should be attached to the waist loop and both leg loops. All three buckles must be doubled back.
			* Ensure that two locking carabiners are placed in the rodeo loop screw gate down (locked) and both gates are away from the participant (and through the bowline on a bite).
			* Ensure the bowline on a bite is properly dressed, set and backed up with a double barrel stopper knot.
			* Ensure participant’s helmet fits properly and secured with the chin strap.
			* Ensure the rope goes from the climber through the shear reduction device and back to the belayer with no twists, knots or snags.
			* Ensure the rope goes through the belay device properly and is secured to the belayer’s rodeo loop with a carabiner screw gate down (locked) away from the belayer.
			* Ensure the belayers harness is on correctly.
			* Ensure your shoes are tied or otherwise secured. (Note: you should also take care to be in the proper place and belay-ready stance, with gloves on, before announcing to the climber you are ready for him/her to climb).