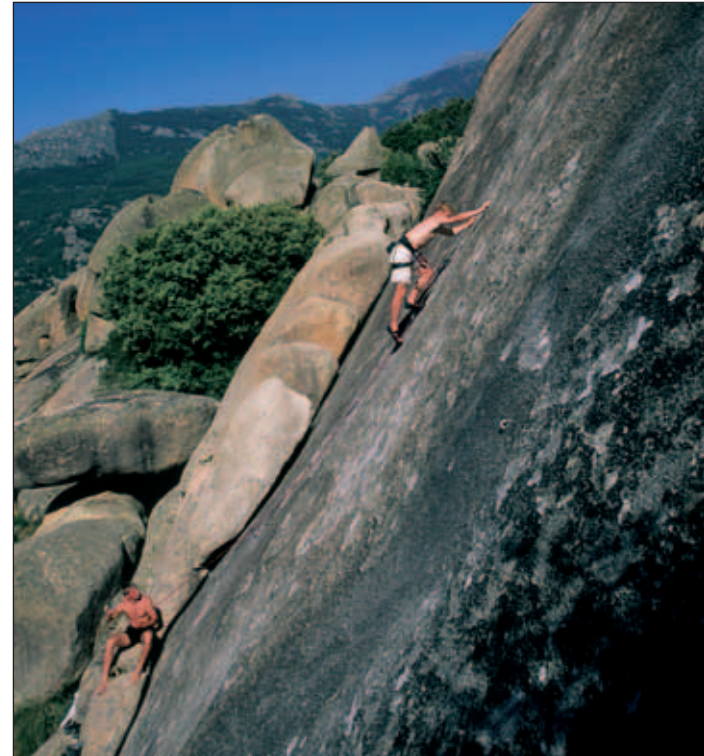


79a-c. Paying out one of the ropes when using double rope technique. (a) You will need to slacken (not remove) your grip on the controlling rope to pull it through. (b) A second method of paying out individual ropes to the leader. This requires some practice and a certain amount of dexterity. (c) Detail of how to grip both ropes when paying out.



80. Make sure that you sit or stand close to the foot of the crag when belaying a leader, particularly if you are not going to tie yourself in to an anchor.

There are a few basic safety principles to consider. Make sure that you have a secure stance. Many climbers don't bother to anchor themselves on the ground at the start of the climb. In normal circumstances this is perfectly acceptable, but if you are standing on terrain that is less than comfortably flat you should consider some sort of anchor to reduce the possibility that you might accidentally stumble backwards and pull the leader off (Photo 80).