

SHARK

Purpose: A Checklist for Ropes Course Participant or Start of a Top Roped Climber. **Memorized** for application so physical list not in place. SHARK: staff are trained in 'inspection' skills; a brief summary of those skills is listed below as well as in your training manual.

- ☐ S - Stuff (No loose stuff)
 - Does the climber have stuff in pockets that could fall out (cell phones, unclipped gear)?
 - Does the climber have stuff that could create entanglement (hair, jewelry, extra cord)?
- ☐ H₂ - Helmet & Harness (Proper fit)
 - Is the helmet in place and snugly fit? Is the chin strap clipped?
 - Is the 'seat harness' belt above the hips and sufficiently tight?
 - Are the buckles in safe position? Are leg loops properly fit?
 - If a full body harness – are all torso and leg adjustments per specs?
- ☐ A – Attitude (Are you ready?)
 - Perhaps: "My name is _____ and I'm ready to accept this challenge?"
- ☐ R₂ – Rope(s) (Check from end to end)
 - Follow the rope line from climber to belayer and check for rope twists, pinch points, appropriate dressed knots in place.
 - With static style ropes course this includes checking the 'lobster claws' are also in place on the climber as they start the vertical climb.
- ☐ K – Karabiner (Squeeze Test)
 - Test that carabiners are in locked position for the system (may vary depending on system). Participant & Belayer Device