



# CRAG CHECK

Welcome to the crag! Before climbing, please spend a couple of minutes to read this text:

## **MAIN RULE**

Everyone climbs at his or her own risk, but we have a common responsibility for each other's safety. React if you see anything you think is unsafe. Do not complain unless you also take action. The next climber will appreciate your action, and the next climber may be yourself.

## **CHILDREN**

Children should always wear a helmet when they are at the crag, and should avoid drop zones. Avoid bringing children to crags with high risk of loose rock.

## **LOOSE ROCK**

Warn your belayer at once. Use a top rope or hang from the nearest bolt to remove loose rock in a controlled fashion.

## **BE PREPARED**

A steel brush, hammer and spanner are simple tools that help immediately. These can be stored at the crag or in your pack.

## **ROCK QUALITY**

Talk to local climbers. Check for fresh rocks on the ground. Knock suspicious holds before using them.

## **DUTY TO REPORT**

Danger of rock fall? Rust? Missing hangers? Report to the caretaker of the crag! In a serious case, consider 'closing' the route by blocking the first hanger with tape before reporting.

## **THE LINE OF BOLTS**

Is it complete? Do not clip any bolt blindly without assessing it. Are any bolts in need of replacement? Do any nuts need tightening?

## **CRAG DEVELOPMENT**

Read the handbook of the Norwegian Climbing Federation. Remember to make a deal with the landowner, use acid-resistant, stainless steel bolts and perform regular maintenance.

## **SEASONS AND WEATHER**

Be especially aware after heavy showers and in the early spring after freeze-thaw during the winter.

## **WATCH WHERE YOU STAND**

The belayer must stand on a safe spot. Be aware of falling objects and wear a helmet, also on well-established crags.

This crag's local climbing club / caretaker: