

DO'S and DON'T'S for a Climber

DO'S

- Follow & obey your leader.
- Practice sincerely to climb up and down a pitch.
- Grip each holds properly, as instructed.
- Before climb a pitch, watch it from all angles.
- Prepare a list & check your personal and team items.
- During climbing plan your next move slowly and steadily.
- Climb one at a time.
- Always keep all type of safety & know your equipment and its use.
- Help your weak team member.
- Develop your fellow feeling.

DON'T'S

- Never climb alone.
- Don't climb when you feel any physical problem
- Don't use bushes, grass or loose stones as hold.
- If not necessary, don't climb on a wet rock. It's better to avoid that route.
- Don't climb any pitch without a rope.
- Don't drop pebbles or stones from the up.
- Never crowd near the climbing rock.
- During climbing never gossip or loud enough.
- Don't misbehave with co-climber.
- Don't disobey camp discipline.
- Never hide your physical problems. (When occur)

NOTES