

# Safety CHECK

**C**lothing – No baggy clothing or loose jewelry; hair is tied up or tucked in; closed toed shoes that are tied or Velcro'd tightly; nothing loose in pockets or hanging on belt or around the neck

**H**arnesses and Helmets – Harness is on correctly, straps are smooth and flat, not twisted, buckles are properly secured; properly fitted helmets

**E**nvironment – Keep all program areas safe and free from hazards, obstructions and monitor weather conditions

**C**onnections – Check and double check – make sure anchor points are rigged properly, participants are properly connected and carabiners are screwed down and/or locked

**K**nots – Check that knots are properly tied and dressed