



extreme engineering.com

Auto-belay Prime Before You Climb



READ BEFORE PROCEEDING

Installation of an Extreme Engineering (or any manufacturer's) Auto-belay system requires a level of mechanical ability. If you do not feel that you have the appropriate mechanical ability and understanding, Extreme Engineering highly recommends that you seek professional help prior to and during any Auto-belay installation.

Always check local building codes and requirements prior to the installation of Auto-belays to ensure compliance with local governing codes.

PRIME BEFORE YOU CLIMB

The air pressure in the auto-belay system is what causes the cable to retract when climbing up the climbing wall with the cable attached to the climbing harness. This air pressure does not provide the controlled slow descent when being lowered back down to the floor by the Auto-belay.

It is only the oil in the Auto-belay that provides the controlled slow descent down the climbing wall when being lowered by the Auto-belay device.

The "oil restricted" movement of the cable when it is pulled out is caused by oil flowing through one-way hydraulic check valves in the Auto-belay. If air is introduced into the check valves of the Auto-belay during an installation, cable swap, maintenance or any other means, the Auto-belay will not provide the oil restricted and controlled slow descent back down to the floor after climbing the wall. Air in the check valves will allow a free and unrestricted descent which may result in injury or death as well as damage to the Auto-belay device.

There is a significant difference in resistance when pulling the cable out with oil in the check valves versus air in the check valves.



WARNING: NEVER CLIMB a wall with an auto-belay that does not exhibit the proper oil restricted cable movement when pulling the cable out for the full length of the climbing wall from top to bottom.



WARNING: TO ENSURE THE AUTO-BELAY OPERATES PROPERLY, FOLLOW THESE INSTRUCTIONS TO “PRIME BEFORE YOU CLIMB”.

If you are performing the Prime Before You Climb on a mobile climbing wall, the wall must be fully raised to the upright operating position before performing the test.

STEP 1

- Release the Auto-belay cable from its eye-bolt holding point on the outside of the climbing wall.
- Pull the cable completely out until it stops.
- Perform a pumping action with the cable by allowing it to retract three to four feet and then pull it completely back out.
- Perform this pumping motion until the proper oil restricted resistance is felt when pulling on the cable.



WARNING: If the proper oil restricted resistance is not achieved, do not use the Auto-belay and do not perform Step 2. Contact Extreme Engineering for help in resolving the lack of oil restricted resistance when pulling on the cable.

STEP 2



WARNING: Do Not perform Step 2 if Step 1 has not been completed and resulted in the Auto-belay demonstrating proper oil restricted resistance when pulling on the cable.

- Put on a climbing harness and connect the cable to the harness with the carabiner.
- Climb up the wall no more than three to four feet off of the ground.
- Let go and ensure the Auto-belay safely and slowly lowers you to the ground. You should not free fall drop to the floor. If the descent from this height does not achieve the oil restricted normal slow and controlled descent, repeat Step 1.



WARNING: If the proper oil restricted resistance is not achieved, do not use the Auto-belay and do not perform Step 3. Contact Extreme Engineering for help in resolving the lack of oil restricted resistance when pulling on the cable.

STEP 3



WARNING: Do Not perform Step 3 if Step 1 and Step 2 have not been completed and both steps resulted in the Auto-belay demonstrating proper oil restricted resistance when the cable is pulled.

- Climb to the top of the climbing wall. Do Not let go of the climbing wall yet.
- Perform several complete body up and down motions with your hands and feet still holding you on the climbing wall. You should feel the same oil restricted resistance through the climbing harness that was achieved in Step 1 and Step 2.



WARNING: If the proper oil restricted resistance is not achieved while at the top of the climbing wall, do not use the Auto-belay for lowering you back down to the floor. You must climb down the wall using your hands and feet. If after repeating Steps 1, 2 and up to this point of Step 3, Contact Extreme Engineering for help in resolving the lack of oil restricted resistance when pulling on the cable.

- **Only if you are absolutely sure that the proper oil restricted resistance is felt through the climbing harness will you let go of the climbing wall and allow the Auto-belay to slowly and safely lower you down to the floor.**



WARNING: Do Not allow anyone to climb the wall with an Auto-belay that has not successfully completed the Prime Before You Climb test in its entirety.