

Movement Belay Certification Practice Test Questions and Answers

1. What is the primary purpose of a belay device in rock climbing?

- A) To increase climbing speed
- B) To control the rope and arrest falls
- C) To measure climbing distances
- D) To improve grip strength

2. Which hand should maintain the brake position when belaying?

- A) The dominant hand only
- B) The non-dominant hand only
- C) The brake hand should never leave the rope
- D) Either hand depending on comfort

3. What does the command "ON BELAY" mean?

- A) The climber is ready to descend
- B) The belayer is ready and the climber is secured
- C) The climb is finished
- D) Equipment needs to be checked

4. What is the most critical safety rule in belaying?

- A) Always wear a helmet
- B) Use only expensive equipment
- C) Never take your brake hand off the rope
- D) Climb only during daylight

Answers: 1-B 2-C 3-B 4-C

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