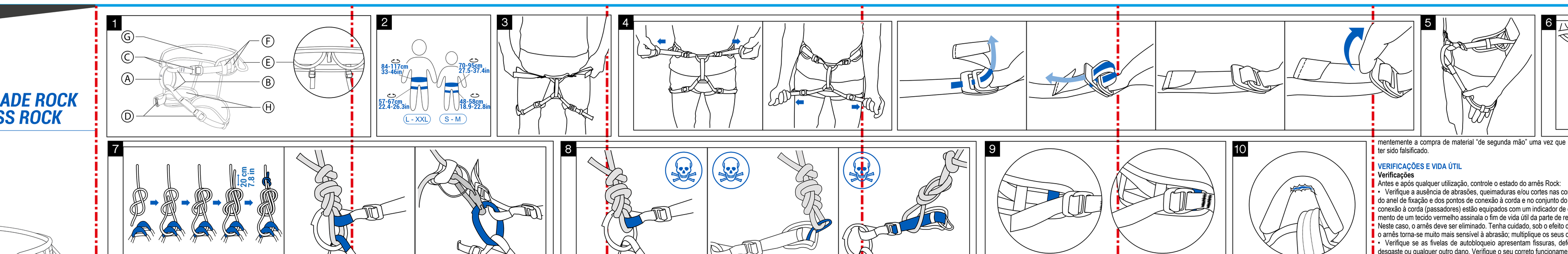
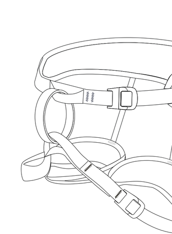
DECATHLON | simond

HARNAIS D'ESCALADE ROCK
CLIMBING HARNESS ROCK





CE 0082
EN 12277 : 2015
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www.simond.com
Pack ref : 2930588

WARNING
- Before use, read and understand all english instructions.
- Any misuse of this protective equipment can cause serious injuries or death.
- Using a damaged or modificated climbing harness can cause serious injuries or death.
- Climbing and mountaineering are inherently dangerous.

EN - US

For US market
SIMOND / Decathlon 4 bd de Mons 59650 Villeneuve d'ascq (FRANCE) / Harness Easy
- Decathlon is not liable for accidents or injuries due to improper use of the product, failure to adhere to the instructions given in this guide, or modifications to the product.
- To avoid serious injury or death, follow the safety information in this document.
- Keep these instructions.
- While every effort has been made to ensure that the information contained in the guide is accurate and complete, Decathlon is not liable for any errors or omissions.

customer.service@decathlon.com

Thank you for choosing this ROCK SIMOND harness and putting your trust in us. The ROCK harness is available in two sizes:
- S-M for users with a waist circumference of 70 to 95 cm and a thigh circumference between 48 and 58 cm
- L-XXL for users who have a waist circumference between 84 and 117 cm and a thigh circumference between 57 and 67 cm.
This harness is a personal protective equipment (PPE) guarding against falls from a height, designed for climbing and mountaineering. For your safety, read and understand this instruction manual fully before use. Do not destroy them and keep them for future reference (maintenance, service life and product warranty).

WARNING: TRAINING IS ESSENTIAL

Mountaineering and climbing are hazardous sports.
You are responsible for learning the techniques required for undertaking these activities, as well as the correct use of the equipment Only individuals trained for activities at height, or under the direct and permanent visual control of people trained for activities at height are permitted to use this material. If you have not received such training, do not use this product. Ignorance and/or a wrong use of the respective techniques can result in serious injury or death. This user manual has been drawn up in accordance with the standard EN 12277: 2015 Type C standard concerning sit harnesses. It is not possible to list all possible incorrect uses of this product. Generally speaking, uses which differ from those described herein are prohibited. Failure to follow any of these warnings could result in serious injury or death.

PARTS

Image 1

A. Belaying ring
B. Tie-in loop
C. Waist belt adjustment buckles
D. Leg loop adjustment buckles
E. Gear strap (x 4)
F. Elastic loops
G. Belt
H. Legs

GENERAL

This product is a sit harness, designed for climbing or mountaineering. The ROCK harness is not suitable for children with a weight of less or equal to 40 kg and/or with a crotch to shoulder length below 50 cm. Risk of injury in case of a rollover. In this case, a full body harness (type B harness defined by the EN 12277: 2015) standard is more appropriate. The ROCK harness has been designed to be used with personal protective equipment meeting current standards. Ensure the compatibility of all the belay system items with each other and that none of the items in the safety system affects the operation and safety features of another item. Always follow the rope-up and harness fastening instructions. Remember to check all buckles and adjustment parts during use. Always consider how to best organise rescue for you or others if necessary.

Fitting the harness

• Remove the harness from its carrying bag and spread it out before you.
• To put on the ROCK harness, hold it in front of you with the tie-in loop at the front, and check that the elastics connecting the leg loops to the belt do not pass over the belt and/or are not twisted. If they do, untangle them. Pass the legs through the belt and the leg loops (Image 3).
• You can combine the ROCK harness with a chest harness as described in the EN 12277: 2015 standard, for Type D (harness surrounding the upper part of the body, passing around the chest and under the arms), to ensure proper position of the body. To rope up in such a situation, refer to the instructions of the chest harness.

Adjustments

• The waist belt and leg loops are adjusted using straps equipped with self-locking buckles (Image 4). Always start by adjusting the belt, then the thigh adjustment straps. When properly adjusted at the waist, and not at hip level, the harness should not slip or be too loose around the thighs. Conversely, it should not impede moving nor prevent breathing. When tightened optimally, you can pass a hand between the thigh and the leg loop (Image 5).
• Originally, the strap of the harness belt passes as shown in the first diagram of Image 9 (below the two elastic bands). At the lowest part of the waist, you will have to dismantle the buckle in order to pass the strap only below one elastic band. (2nd image). This will allow you to use the entire adjustment range.
• Before use in the field, carry out suspension tests in a safe place, to ensure the harness is the right size, the fit is correct and the harness is comfortable enough for use.
• When using the Rock harness, check the adjustments and the self-locking straps regularly.

Roping up

An image shows you the place where you need to rope up (Figure 7). We recommend the use of a double-eight knot with stopper knot (easy to tie and to visually check) to rope up. Be careful, roping up should only be done at the tie-in points (B). Any other rope-up option, directly on the strap or on a gear strap (as shown in Image 8) is forbidden. Their strength is not designed for such stress (risk of serious injury or death). Do not forget to perform a visual check of the rope-up knot of the climber and the locking of the carabiner before climbing.

Belaying

To belay another climber, connect a belaying device to a carabiner set up on the belaying ring (Image 7). Be careful, no straps or gear straps of the harness should be used to belay another climber or for self-belaying. Their strength is not designed for such stress (risk of serious injury or death).

CARE AND STORAGE

Care

To clean your harness, wipe it with lukewarm water (30°C) and mild soap. Be sure to rinse thoroughly to remove all traces of soap. Allow it to dry in the open air, away from light and heat. If you need to use your harness in salt air, be sure to rinse it with clear water after use and allow it to dry in the open air.

Storage

Store your equipment in a dry, cool and well-ventilated place away from light. Avoid any contact with chemicals or corrosive substances, whatever they are, as their effects on the strap would be harmful. The set must be transported in its original packaging case. Take care to not expose your harness to a temperature below -40°C or above 80° C. Never leave your harness inside a car in direct sunlight, for example.

MODIFICATIONS AND REPAIRS

Any modification or repair of the product is forbidden. Purchase of «used» equipment is strongly discouraged because its history could be falsified.

CHECKS AND LIFE SPAN

Checks

Before and after each use, you should check the condition of your Rock harness:
• Check for abrasions, burns and/or cuts on the straps and seams of the belaying loop, tie-in loops and on the harness as a whole. The tie-in loops are equipped with a wear indicator. The appearance of a red textile will signal the end of the service life of the reinforcing part (Image 10). In this case the harness must be discarded. Be careful, as under the effect of water or ice the harness becomes much more sensitive to abrasion: increase precautions in this case.
• Check that the self-locking buckles do not have any cracks, deformation, corrosion, wear or other damage. Make sure they work well.
A more detailed inspection should be carried out at least once a year by a qualified person. Following the checks set out above, if you notice that the harness has any fault on any straps or self-locking buckles, stop using it and destroy it. If in doubt about the condition of the harness or its resistance, have it checked by a competent and trained person or destroy it.

Lifespan

The maximum service life of SIMOND products, considered from the date of manufacture indicated on the product, is as follows:
• 10 years for harnesses.
• lifetime for metal products.
This service life is defined from the date of manufacture of the product, stamped on the harness label in a day/month/year format. This 10-year service life may be reduced depending on the type and frequency of use. It may be reduced to a single use in case of intensive use with friction or in the case of high stress (stopping a high fall, exposure to chemicals, extreme temperatures, etc.). As long as your Rock harness passes the checks described above, you can use it. If you have any queries on the state of the product, have a competent and trained person check it or destroy it

WARRANTY

SIMOND harnesses are guaranteed against defects in workmanship for a period of 2 years from the date of purchase of this product. Normal wear and tear as well as any damage resulting from improper use or modifications to the product are not covered by the warranty.

MEANING OF MARKINGS

- Refer to the user guide before using this equipment
- SIMOND logo
- DECATHLON DECATHLON logo, group that SIMOND belongs to
- DD/MM/YY batch manufacturing date (day/month/year)
- UIAA this product meets the UIAA 105 safety label
- CE equipment complies with the prescriptions of Regulation (EU) 2016/425
- Recyclable product or packaging
- 12277 : 2015 complies with standard EN 12277: 2015 concerning harnesses
- Type C type C harness (sit harness)
- 0082 Module D certification body and laboratory that carried out the EU type examination: APAVE SUDEUROPE SAS – CS60193 – 13322 Marseille Cedex – France. Laboratory no.: 0082

The EU Declaration of Conformity for your product is available at www.supportdecathlon.com

FR

Nous vous remercions d'avoir choisi ce harnais Easy SIMOND et de nous accorder votre confiance. Le harnais ROCK est décliné en deux tailles :
- S-M pour les utilisateurs ayant un tour de taille compris entre 70 et 95 cm et un tour de cuisse compris entre 48 et 58 cm
- L-XXL pour les utilisateurs ayant un tour de taille compris entre 84 et 117 cm et un tour de cuisse compris entre 57 et 67 cm.
Ce harnais est un équipement de protection individuelle (EPI) contre les chutes de hauteur, il est conçu pour la pratique de l'escalade et de l'alpinisme. Pour votre sécurité, lisez entièrement et comprenez cette notice avant utilisation. Ne la détruisez pas et conservez-la pour référence ultérieure (entretien, durée de vie et garantie du produit).

ATTENTION : FORMATION INDISPENSABLE

La pratique de l'escalade et de l'alpinisme est dangereuse. L'apprentissage des techniques inhérentes à ces activités, ainsi qu'une utilisation correcte du matériel sont de votre respon-