

Highlining – The 10 most important points

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The following 10 points have been formulated to help prevent accidents caused by the most common mistakes when rigging and walking a highline.

1. The first highlines should always be **rigged with experienced highline riggers** in order to learn the basics. Everyone should check the rigging and question it critically.
2. **Solid slackline skills** are recommended. Standard techniques like the “Chongo-mount”, climbing up the leash, and swinging back onto the line have to be mastered. We recommend sending a 50 meter line on the ground as a minimal preparation.
3. All safety relevant components of the highline must be **secured twice (redundantly)**. The slackline itself is backed up with a rope. The rope must be anchored a way that it would still hold if the anchors of the slackline itself failed.
4. The highline system needs to be **protected against abrasion and sharp edges**. Tensioned webbing is especially susceptible to abrasion and can cut through quickly.
5. The highline should be rigged **at least 1/3 of the line length + 3 meters above the ground**. Otherwise a fall held by only the backup rope might lead to a ground fall. A beginner highline should be a minimum of 10 meters long to prevent abrupt forces on material and body when taking a leashfall.
6. **Aluminum carabiners are not appropriate for anchoring a highline**. They are not designed for permanent loads which occur in slacklines and therefore tend to break. Careful: Previously weakened carabiners can break during a climbing fall.
7. **Do not connect the leash to the line with any kind of carabiner**. These can open or damage the webbing. Forged steel or aluminum rings are suitable for this purpose.
8. **Partner check** before getting on the line: Is the highliner correctly tied in with a double figure eight knot? Is the harness properly adjusted? Is the rigging safe?
9. **Do not start walking from the anchor or edge**. Always mount the line a few meters away from edges and sit down before reaching the far anchor. Falling near the anchor is dangerous and has a strong potential to damage the highline.
10. **Shoes**, long trousers, gloves, and sleeves protect against injuries when highlining. **Sharp edged objects** (fly buttons, watches, jewelry, etc.) should not be worn on the highline as they can damage the webbing.

We advise every highliner to invest in some gear suitable for highlining, since **common slackline sets are not designed for use in highlines** in almost every case. Knowledge concerning highline rigging, the handling of highline- and climbing gear, the self-securing in steep terrain, as well as highline rescue techniques and first aid skills are important requirements to safely practice the sport.

The drilling of bolt anchors for a highline into rock is reserved for professionals and should only happen in accord with local highline ethics.

More information concerning the mentioned topics is linked under www.slacklineinternational.org and www.swiss-slackline.ch. This document was originally created by Swiss Slackline.



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