1. **Buddy check:**
- Harness worn correctly and appropriately tight
- Double back harness buckle
- Figure 8 tied through both loops
- Leash tied to rings with a Figure 8
- Rings rigged correctly and no sign of damage

2. **Leash management:**
- Keep it either between your legs or off to the side & don’t let it get twisted from falls; untwist before mounting if it does.
  *(note: this is where we see a lot of highline injuries, getting caught in a twisted leash)*

3. **Use solid rings:**
- (aluminum or steel are fine, min breaking strength ≥20kN, generally double rings) not carabiners or other removable attachment methods

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Recommend figure 8 knot because it maintains rope strength and is easy to check.

**Use a fall rated rope as a leash** (climbing rope is ideal), not slings or cords.

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