



EN - HARNESS INSTRUCTIONS - ROCK

(1)

(2)

46-76 cm
19.3-30 in
36-50 cm
14.2-19.7 in

(3)

(4)

(5)

(6)

(7)

(8)

(9)

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 modified climbing harness can cause serious injuries or death.
- Climbing and mountaineering are inherently dangerous.

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

EN - HARNESS INSTRUCTIONS - ROCK

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 these instructions in full before use. Do not destroy them, keeping them for later use (care, lifespan and product warranty).

PLEASE NOTE: 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 incorrect use of the 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 impossible for us to foresee all improper uses of this harness. 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 Figure 1

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

GENERAL

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 inter-compatibility of all the items in the belay system and that none of the elements in the belaying chain affects the operation and safety features of another element. It is imperative to observe the harness roping-in and closing diagrams. Remember to check the buckles and adjustment elements during use. Always consider how to best organise rescue for yourself or others if necessary.

Fitting the harness

- Pull the harness out of its carrying bag and spread it out before you. - To put on the ROCK harness, hold it in front of you with the roping ring at the front, and verify that the elastics connecting the thigh adjustment straps to the belt do not pass above the belt and/or are not twisted. If they are, untangle them. Pass the legs through the belt and leg loops (Figure 3).

- It is possible to associate the ROCK harness to a chest harness defined by 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. For roping-in in this situation, refer to the body harness manual.

Adjustments

- The adjustment of the belt and thigh adjustment straps is done through straps equipped with self-locking buckles (Figure 4). Always start with the belt adjustment, then the leg loops. When properly fitted at the waist, not the hips, the harness should not slip or be too loose at the thighs. Conversely, it should not impede movement 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 is passed through 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 let you use the full adjustment range.

- Before use in the field, perform suspension tests in a safe place, to ensure the right size, the accuracy of the adjustments and sufficient level of comfort of the harness for its use.

- During Rock harness use, regularly check its adjustment and the tightening of the self-locking buckles. Roping in An image shows you the place where you need to rope up (Figure 7). We recommend using a double figure of eight knot with stop-knot (easy to tie and check visually) for roping in. 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 Figure 8) is forbidden. Their strength is not designed for such stress (risk of serious injury or death). Do not forget to visually check the climber's rope-up knot and that the follower's carabiner is locked 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, wash it with warm, clear 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 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.

CARE AND STORAGE

Store your harness in a dry, cool and 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 not to expose your harness to a temperature below -40°C or above 80°C. You should never leave your harness inside a car in direct sunlight, for example.

MODIFICATIONS AND REPAIRS

Any modification or repair of the product is forbidden. It is strongly discouraged to buy a «used» harness because its history can be falsified.

CHECKS AND LIFE SPAN

Checks

Before and after each use, you should check the condition of your Rock harness:

- Check that there are no abrasions, burns and/or cuts on the straps and seams of the belaying loop, tie-in points or on the harness overall. 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. Please note, if affected by moisture or frost, the harness becomes much more sensitive to abrasion, so take extra precautions.
- Ensure that the self-locking buckles do not show 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 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 meets the control requirements set out above, you can use it. If you have any queries on the state of the product, have a competent, 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. Are excluded from the warranty, normal wear, oxidation, as well as any damage caused by misuse or modification of the product.

MEANING OF MARKINGS

	Refer to the user guide before using this equipment
	SIMOND logo
	DECATHLON logo, group that SIMOND belongs to
	batch manufacturing date (day/month/year)
	this product meets the UIAA 105 safety label
	equipment complies with the prescriptions of Regulation (EU) 2016/425
	recyclable product or packaging
	conforme à la norme EN 12277+A1 : 2018 relative aux harnais
	harnais de type C (harnais cuissard)
	Module D certification body and notified 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 on the website www.supportdecathlon.com