

The present invention relates to a self belay arrangement (1) for fall arrest systems, in particular for climbing applications, comprising a locking device (10), to which a rope (11) is attachable, and a connector element (12), which is performed to be attached to a safety harness of a user and to which the locking device (10) is coupled when the user intends to climb up a climbing wall (13), a ladder or other extending structures. According to the invention a retainer element (14) is provided, whereas the retainer element (14) is performed to hold the locking device (10) when the connector element (12) is detached from the locking device (10), and whereas the retainer element (14) interacts with the locking device (10) in such a manner that the connector element (12) must be coupled to the locking device (10) in order to disconnect the locking device (10) from the retainer element (14), Further the invention is directed to a method for connecting and disconnecting a locking device (10) to and from a connector element (12).