



Climbing Wall Instructor - Candidate assessment notes

Course dates		No. of candidates on course		Note set no.	
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Candidate name				
DLog experience <i>Prerequisite requirements:</i> <ul style="list-style-type: none">- 30 visits to at least 3 different climbing walls- 40 indoor wall leads- confident at leading Fr4- 15 instructed sessions on at least 2 different walls (incl. 1 large public facility) At least 5 with personal reflective comments				
Valid first aid certificate (min. 8hr)				
Additional info <i>Inc. reasonable adjustments</i>				

CANDIDATE NAME:

TECHNICAL COMPETENCE

1 Equipment

2 Belaying

3 Personal climbing skills

**4 Background
knowledge**

MANAGEMENT AND DECISION MAKING

**5 Instructor
responsibilities**

**6 Leadership and
decision-making**

**7 Knowledge and
demonstration of
techniques**

8. Hazards and emergency procedures	
9 Managing/supervising other staff	
TEACHING AND LEARNING SKILLS	
10 Teaching and Learning skills	
THE CLIMBING ENVIRONMENT	
11 Etiquette and ethics	
CLIMBING WALL INSTRUCTOR ABSEIL MODULE	
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Climbing Wall Instructor syllabus

TECHNICAL COMPETENCE

1. Equipment

- 1.1 Select and fit suitable climbing equipment for personal and group use.
- 1.2 Demonstrate an ability to evaluate the condition of personal climbing equipment and ensure appropriate use, care and maintenance in line with manufacturers' guidance.
- 1.3 Demonstrate an ability to evaluate the condition of climbing wall equipment and ensure appropriate use of:
 - 1.3.1 In-situ ropes.
 - 1.3.2 Auto-belays.
 - 1.3.3 Fixed matting.
 - 1.3.4 Holds.
 - 1.3.5 Anchors/lower offs and fixed equipment.

2. Belaying

- 2.1 Tie into the rope. Attach group members to the rope.
- 2.2 Demonstrate the use of different belay systems, and choose the most appropriate for a given situation.
- 2.3 Set up bottom rope systems and choose the most appropriate for a given situation.
- 2.4 Demonstrate the skills of a competent belayer including holding falls and controlling lowers.
- 2.5 Supervise others belaying.

3. Personal climbing skills

- 3.1 Choose and lead routes suited to personal ability (minimum French 4).
- 3.2 Demonstrate a basic understanding of the safety chain and fall factors.
- 3.3 Move with confidence on appropriate routes and boulder problems.

4. Background knowledge

- 4.1 Describe an awareness of the history, traditions and ethics of climbing in the UK and Ireland.
- 4.2 Describe the role and philosophy of Mountain Training and its schemes, the mountaineering councils, climbing clubs and the NICAS schemes.
- 4.3 Describe the development of climbing walls in the UK and Ireland.
- 4.4 Describe the structure of competition climbing.
- 4.5 Describe the grading systems used in the UK and Ireland.

MANAGEMENT AND DECISION MAKING

5. Instructor responsibilities

- 5.1 Explain their general responsibilities to the group and, where appropriate, to parents/guardians, the organising authority, committee or manager of the activity, facility users, local residents and the general public.
- 5.2 Explain their specific responsibilities to choose appropriate aims and objectives, to complete detailed preparations and ensure that the group is adequately equipped and briefed for the activity.
- 5.3 Demonstrate an understanding of current legislation and the legal responsibilities that relate to the duty of care to individuals and groups under their charge, including safeguarding issues specific to supervising young people and vulnerable adults.
- 5.4 Demonstrate an awareness of the variety of barriers to participation, including mental and physical disability, ethnicity, fitness/health and be aware of the impact of various medical conditions.
- 5.5 Describe how to access national guidance on instructor responsibilities and good practice.
- 5.6 Be able to evaluate the experience and signpost towards further participation

6. Leadership and decision-making

- 6.1 The leader demonstrates adaptable leadership behaviours and decision-making.
 - 6.1.1 Monitor the group, environmental conditions and activity, and can adapt their behaviours and decisions to meet ongoing safety, group and task requirements.
 - 6.1.2 Be consistent and confident in their decision making to achieve positive outcomes and communicate these clearly to the group.
- 6.2 VISION – The leader is a positive role model and aims to inspire others.
 - 6.2.1 Articulate clear and agreed values for their group; lead by example; and behave how they want the group to behave.
- 6.3 SUPPORT – The leader creates a positive and supportive environment for the group.
 - 6.3.1 Recognise, respect and adapt to individual needs, differences, strengths and abilities.
 - 6.3.2 Encourage independent learning; establish an environment where mistakes are seen as learning opportunities and provide clear and positive feedback to support this.
- 6.4 CHALLENGE – The leader provides relevant and appropriately challenging experiences.
 - 6.4.1 Agree group goals and calibrate the level of challenge to individual abilities and motivations.
 - 6.4.2 Encourage and support the group and individuals to be part of the decision-making process and encourage them to solve their own problems.
- 6.5 The leader understands the Mountain Training ethos of leadership and has developed their own. They should be able to:
 - 6.5.1 Articulate their own leadership ethos and beliefs along with those of Mountain Training.
 - 6.5.2 Acknowledge and describe a range of leadership approaches, models and associated ethos.

7. Knowledge and demonstration of techniques

- 7.1 Deliver technical instruction to individuals and the group including:
 - 7.1.1 Choice and fitting of suitable harnesses.
 - 7.1.2 Attaching the rope to the harness.
 - 7.1.3 Effective belaying.
- 7.2 Demonstrate the use of bouldering activities with groups, using appropriate games and activities, including setting simple boulder problems.
- 7.3 Teach and demonstrate fundamental climbing movement skills.
- 7.4 Supervise a group of novice climbers in the following activities:
 - 7.4.1 Belaying and tying-in.
 - 7.4.2 Climbing
 - 7.4.3 Bouldering

8. Hazards and emergency procedures

- 8.1 Identify appropriate and inappropriate areas of a wall for group use.
- 8.2 Describe the hazards presented to other wall users by the actions of a group, and act in such a way that these are minimised.
- 8.3 Demonstrate an understanding of warming up and injury avoidance techniques.
- 8.4 Avoid common roped climbing problems.
- 8.5 Solve common problems if they occur.
- 8.6 In the case of an incident describe how to call for relevant assistance.

9. Managing/supervising other staff

- 9.1 Explain the role and scope of an assistant. Describe the opportunities and liabilities presented by using an assistant in a session.
- 9.2 Manage an assistant.

TEACHING AND LEARNING SKILLS

10. Teaching and Learning

10.1 Demonstrate an ability to adapt the teaching style to meet group needs.

10.2 Identify and use appropriate tasks to develop safe group activity.

10.3 Demonstrate an understanding of the reasons for evaluating a session and success of the outcome.

THE CLIMBING ENVIRONMENT

11. Etiquette and Ethics

11.1 Operate a flexible programme of activities to accommodate other site or facility users.

11.2 Describe the site-specific requirements and agreements relating to different climbing walls and artificial structures.

CLIMBING WALL INSTRUCTOR ABSEIL MODULE

1. Equipment

- 1.1 Select and fit suitable climbing equipment for top-roping and abseiling.
- 1.2 Demonstrate an ability to evaluate the condition of personal abseiling equipment and ensure appropriate use, care and maintenance in line with manufacturers' guidance.
- 1.3 Demonstrate an ability to evaluate the condition of climbing wall equipment and ensure appropriate use of:
 - 1.3.1 In-situ ropes.
 - 1.3.2 Anchors/lower offs and fixed equipment.

2. Personal safety

- 2.1 Demonstrate appropriate methods of protecting themselves while operating at height during all activities.

3. Belaying

- 3.1 Tie into the rope. Attach group members to the rope with and without a karabiner.
- 3.2 Demonstrate the use of direct and indirect belay systems at the top of a climbing wall, and choose the most appropriate for a given situation.
- 3.3 Set up top-rope systems and choose the most appropriate for a given situation.
- 3.4 Hold falls and control lowers.
- 3.5 Supervise others belaying.
- 3.6 Attach self and others to the belay system and abseil ropes.

4. Abseiling

- 4.1 Abseil without requiring a back-up safety rope.
- 4.2 Demonstrate methods of safeguarding a novice abseiling.
- 4.3 Utilise belay points for both abseil and safety ropes.
- 4.4 Use common devices for abseiling competently and choose the most appropriate for a given situation.
- 4.5 Demonstrate techniques for managing the safety of participants at the top of walls.

5. Leadership and decision-making

- 5.1 Demonstrate adaptable leadership behaviours and decision-making.

6. Managing/supervising other staff

- 6.1 Describe the role and scope of an assistant. Describe the opportunities and liabilities presented by using an assistant in a session.
- 6.2 Manage an assistant.

7. Knowledge and Demonstration of Techniques

- 7.1 Deliver technical abseiling instruction to individuals and the group.

8. Hazards and emergency procedures

- 8.1 Manage the safety of those arriving at the top of a wall.
- 8.2 Avoid common abseiling and top-roping problems.
- 8.3 Deal with common abseiling and top-roping problems if they occur

9. Teaching and Learning Skills

- 9.1 Demonstrate an ability to adapt the teaching style to meet group needs.
- 9.2 Identify and use appropriate tasks to develop safe group activity.
- 9.3 Demonstrate an understanding of the reasons for evaluating a session and success of the outcome.