



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> - 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 Planning and structure of sessions	
6 Management of participants	
7 Decision making	

8. knowledge and demonstration of techniques	
9 managing/supervising other staff	
TEACHING AND LEARNING SKILLS	
10 Teaching and Learning skills	
THE CLIMBING ENVIRONMENT	
11 Access	
12 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 direct and indirect 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/NIBAS 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. Planning and structure of sessions

- 5.1 Plan individual sessions and programmes of activities with appropriate aims and objectives.
- 5.2 Demonstrate flexibility when planning activities; respond to changing circumstances.
- 5.3 Demonstrate an awareness of responsibility to any authorising organisation, parents/guardians, individual group members, the group as a whole and other site users.
- 5.4 Demonstrate an understanding of the impact of weather when climbing on artificial structures.
- 5.5 Be aware of Mountain Training's National Guidelines.

6. Management of participants

- 6.1 Select appropriate management techniques to safeguard all participants, irrespective of whether or not they are directly involved in the climbing activity.

- 6.2 Utilise effective communication skills to:
- 6.2.1 Set and review targets.
 - 6.2.2 Identify and react to the needs of the group in relation to involvement, interest, enjoyment and achievement.
- 6.3 Demonstrate an understanding of warming up and injury avoidance techniques.
- 6.4 Brief individuals and the group appropriately.
- 6.5 Manage time appropriately in relation to the plan, activity and conditions.
- 6.6 Avoid common roped climbing problems.
- 6.7 Solve common problems if they occur.
- 6.8 In the case of an incident describe how to call for relevant assistance.
- 6.9 Communicate with the group and individuals to identify whether anyone has an injury or disability that may require reasonable adjustments to be made to enable them to participate in the session.

7. Decision making

- 7.1 Demonstrate dynamic risk assessments throughout a climbing session.
- 7.2 Assess the abilities and objectives of the group participating in the session.

8. Knowledge and demonstration of techniques

- 8.1 Deliver technical instruction to individuals and the group including:
- 8.1.1 Choice and fitting of suitable harnesses.
 - 8.1.2 Attaching the rope to the harness.
 - 8.1.3 Effective belaying.
- 8.2 Demonstrate the use of bouldering activities with groups, using appropriate games and activities, including setting simple boulder problems.
- 8.3 Teach and demonstrate basic climbing movement skills.
- 8.4 Supervise a group of novice climbers in the following activities:
- 8.4.1 Belaying and tying-in.
 - 8.4.2 Climbing (including bouldering).

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 Create and maintain a positive learning environment for all participants.
- 10.2 Communicate effectively and appropriately with a group and individuals, checking for understanding.
- 10.3 Demonstrate an ability to adapt the teaching style to meet group needs.
- 10.4 Help participants develop a positive attitude towards climbing and introduce the idea of lifelong participation.
- 10.5 Identify and use appropriate tasks to develop effective and safe climbers.
- 10.6 Demonstrate an understanding of the reasons for evaluating a session and success of the outcome.

11. Access

- 11.1 Explain an awareness of both general and locally important rules and regulations, and demonstrate an ability to obtain and comply with this information.

12. Etiquette and Ethics

- 12.1 Describe your responsibilities to the general public, other facility users and the wider climbing community.
- 12.2 Operate a flexible programme of activities in order to accommodate other site or facility users.
- 12.3 Describe the hazards presented to other site users by the actions of a group, and act in such a way that these are minimised.

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. Belaying

- 2.1 Tie into the rope. Attach group members to the rope with and without a karabiner.
- 2.2 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.
- 2.3 Set up top-rope systems and choose the most appropriate for a given situation.
- 2.4 Hold falls and control lowers.
- 2.5 Supervise others belaying.
- 2.6 Attach self and others to the belay system and abseil ropes.

3. Abseiling

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

4. Planning and structure of sessions

- 4.1 Demonstrate an understanding of the impact of weather when abseiling on artificial structures.

5. Management of participants

- 5.1 Select appropriate management techniques to safeguard all participants, irrespective of whether or not they are directly involved with the abseiling activity.
- 5.2 Utilise effective communication skills to identify and react to the needs of the group in relation to involvement, interest, enjoyment and achievement.
- 5.3 Manage the safety of those arriving at the top of a wall.
- 5.4 Brief individuals and the group appropriately.
- 5.5 Avoid common abseiling problems.
- 5.6 Deal with common abseiling problems if they occur.

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. Decision making

- 7.1 Carry out dynamic risk assessments throughout each abseiling session.

8. Knowledge and Demonstration of Techniques

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

9. Teaching and Learning Skills

- 9.1 Communicate effectively and appropriately with a group and individuals, checking for understanding.
- 9.2 Explain the reasons for evaluating a session and success of the outcome.