



Indoor Climbing Assistant - 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> - Competence in the basic skills of belaying, harness fitting and tying on - 5 indoor and/or 5 outdoor climbing sessions logged in DLOG. There is no personal climbing requirement for these sessions; you can have just belayed, but it is useful to have experience of climbing e.g. bottom roping or top roping.				
Additional info <i>Incl. reasonable adjustments</i>				

CANDIDATE NAME:

TECHNICAL COMPETENCE

1 Equipment

2 Belaying

3 Personal 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 Working with other staff	
TEACHING AND LEARNING SKILLS	
10 Teaching and Learning skills	
THE CLIMBING ENVIRONMENT	
11 Access	
12 Etiquette and ethics	
Additional info:	

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Indoor Climbing Assistant syllabus

TECHNICAL COMPETENCE

1. Equipment

- 1.1 Name and understand the use of basic climbing equipment.
- 1.2 Fit basic climbing equipment.
- 1.3 Demonstrate an ability to evaluate the condition of basic climbing 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 set up by the supervising instructor.
- 2.3 Use different belay techniques/devices.
- 2.4 Bottom rope belay a climber competently, hold falls and control lowers.
- 2.5 While out of the rope system, assist a belayer to take in, hold a fall and control a lower.

3. Personal skills

- 3.1 Demonstrate evidence of ongoing access to climbing walls for personal use.
- 3.2 Understand the importance of centre of gravity in climbing movement.

4. Background knowledge

- 4.1 Describe their duty of care in relation to assisting.
- 4.2 Describe and use common terminology for climbing.
- 4.3 Describe the role and philosophy of Mountain Training and its schemes, the mountaineering councils, climbing clubs and the NICAS/NIBAS schemes.
- 4.4 Describe the basic concept of grading.

MANAGEMENT AND DECISION MAKING

5. Planning and structure of sessions

- 5.1 Assist an instructor in liaising with climbing walls, parents, group members and organisations.
- 5.2 Demonstrate an awareness of environmental hazards and other site users.
- 5.3 Be aware of the existence of Mountain Training's National Guidelines.

6. Management of participants

- 6.1 Demonstrate good ethics for arrival, activity and departure.
- 6.2 Under direction, manage a basic safe warm up session.
- 6.3 Under direction, supervise one bottom roping party, providing back up where appropriate.
- 6.4 Under direction, assist in the safe supervision of bouldering activities with groups (including spotting where appropriate).
- 6.5 Avoid common problems when assisting supervising a roped party.
- 6.6 Demonstrate an awareness of fall zones, lower off zones and trip hazards.

7. Decision making

7.1 Assist a qualified instructor in making decisions for the group.

7.2 Assess and respond to the needs of the participants.

8. Knowledge and demonstration of techniques

8.1 Assist a qualified instructor in teaching basic techniques.

9. Working with other staff

9.1 Describe their role and responsibilities in supporting a qualified instructor.

9.2 communicate effectively with a qualified instructor.

TEACHING AND LEARNING SKILLS**10. Teaching and Learning skills**

10.1 Assist a qualified instructor in maintaining a positive learning environment for all participants.

10.2 Communicate effectively and appropriately both with a group and individuals.

THE CLIMBING ENVIRONMENT**11. Access**

11.1 Demonstrate an awareness of the main rules and regulations governing the use of a climbing facility.

12. Etiquette and Ethics

12.1 Demonstrate an awareness of the impact the group they are with may have upon other site users.