



Rock Climbing Development 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> - 10 rock climbing teaching days with students at a variety of outdoor venues - led a minimum of 30 single pitch routes using leader placed protection in three different climbing areas at VS 4c or above - led a minimum of 30 sports climbs in three different climbing areas at 6a or above				
Valid first aid certificate (min. 16hr)				
Additional info <i>Inc. reasonable adjustments</i>				

CANDIDATE NAME:

TECHNICAL COMPETENCE

1. Equipment

2. Anchors

3. Belaying

4. Personal Skills

**5. Background
Knowledge**

MANAGEMENT AND DECISION MAKING

6. Instructor responsibilities

7. Leadership and decision-making

8. Knowledge and demonstration of techniques

9. Personal Safety

10. Hazards and emergency procedures

11. Teaching and learning skills

THE CLIMBING ENVIRONMENT

12. Access

13. Conservation

14. Etiquette and ethics

Additional info:

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Additional info:

Rock Climbing Development Instructor syllabus

1. Equipment

1.1 Demonstrate appropriate use, care and maintenance of a wide range of commonly used trad and sport climbing equipment.

2. Anchors

2.1 Demonstrate a variety of anchor placements appropriate to the situation.

2.2 Demonstrate appropriate use of commonly used in-situ climbing equipment

3. Belaying

3.1. Demonstrate a comprehensive understanding of different belay systems and choose one appropriate to the situation. This will include systems appropriate to novice and developing rock climbers in ascent and descent.

3.2 Demonstrate the use of commonly used belay devices appropriate to the situation.

3.3 Demonstrate a comprehensive understanding of good practice when holding leader falls.

4. Personal Skills

4.1. Choose and lead single pitch VS 4c rock climbs in a safe, competent and assured manner whilst demonstrating good technique.

4.2 Choose and lead single pitch, F6a sport climbs in a safe, competent and assured manner whilst demonstrating good technique.

4.3 Demonstrate a comprehensive understanding of good practice when taking a leader fall.

4.4 Demonstrate an understanding of the safety chain and fall factors in relation to lead climbing.

4.5 Demonstrate an awareness and understanding of different sources of information to select appropriate venues and rock climbs.

5. Background Knowledge

5.1 Demonstrate an awareness of a wide range of rock climbing disciplines and grading.

5.2 Demonstrate an awareness of the history and development of climbing.

5.3 Be familiar with the role and philosophy of Mountain Training and its schemes, the mountaineering councils, climbing clubs and NICAS.

5.4 Have an understanding of Mountain Training's climbing pathway.

6. Instructor responsibilities

6.1 Explain their general responsibilities to the climber(s) and, where appropriate, to parents/guardians, the organising authority, committee or manager of the activity, outdoor/facility users, environmental agencies, local residents, landowners and the general public.

6.2 Explain their specific responsibilities to choose appropriate aims and objectives, to complete detailed preparations and ensure that the climbers are adequately equipped and briefed for the activity.

6.3 Demonstrate an understanding of the current legislation and legal responsibilities that relate to the duty of care to individuals and climbers under their charge, including safeguarding issues specific to supervising young people and vulnerable adults.

6.4 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.

6.5 Describe how to access national guidance on instructor responsibilities and good practice.

7. Leadership and decision-making

7.1 The Leader demonstrates adaptable leadership behaviours and decision-making

7.1.1 Monitor the climbers, environmental conditions (including when operating on outdoor artificial structures) and activity, and can adapt their behaviours and decisions to meet ongoing safety, climber and task requirements.

7.1.2 Be consistent and confident in their decision making to achieve positive outcomes and communicate these clearly to the climber(s).

7.2 Vision – The leader is a positive role model and aims to inspire others.

7.2.1 Articulate clear and agreed values for their climber(s); lead by example; and behave how they want the climber(s) to behave.

7.3 Support – The leader creates a positive and supportive environment for the climber(s).

7.3.1 Recognise, respect and adapt to individual needs, differences, strengths and abilities.

<p>7.3.2 Encourage independent learning; establish an environment where mistakes are seen as learning opportunities and provide clear and positive feedback to support this.</p> <p>7.4 Challenge – The leader provides relevant and appropriately challenging experiences.</p> <p>7.4.1 Agree climber goals and calibrate the level of challenge to individual abilities and motivations.</p> <p>7.4.2 Encourage and support the climber(s) to be part of the decision-making process and encourage them to overcome their own challenges.</p> <p>7.5 The leader understands the Mountain Training ethos of leadership and has developed their own. They should be able to:</p> <p>7.5.1 Articulate their own leadership ethos and beliefs along with those of Mountain Training.</p> <p>7.5.2 Acknowledge and describe a range of leadership approaches, models and associated ethos.</p> <p>7.6 The instructor understands the value of processing and learning from experience. They should be able to:</p> <p>7.6.1 Facilitate a personal post-activity review to make sense of, and develop, themes/events occurring during the activity and identify the lessons learned and how to incorporate them into their own practice.</p>
<p>8. Knowledge and demonstration of techniques</p> <p>8.1 Select a suitable venue and activities appropriate to the needs of the participants.</p> <p>8.2 Effectively teach a broad range of skills and techniques appropriate to the developing novice and more experienced rock climber. This includes:</p> <p>8.2.1 Teach appropriate climbing movement to assist effective and safe lead climbing.</p> <p>8.2.2 Teach lead rock climbing in a progressive and safe manner.</p>
<p>9. Personal Safety</p> <p>9.1 Manage personal safety whilst supervising participants progressing to and undertaking lead climbing.</p>
<p>10. Hazards and emergency procedures</p> <p>10.1 Carry out dynamic risk assessment throughout each climbing session and appropriately react to a changing environment.</p> <p>10.2 Demonstrate an awareness of the hazards presented to other site users by lead climbers and act in a way to keep these minimised.</p> <p>10.3 Demonstrate an understanding of appropriate warming up and injury avoidance techniques for lead climbers.</p> <p>10.4 Demonstrate an understanding of how to avoid and deal with common problems.</p> <p>10.5 Assess an incident on a crag to determine a safe, efficient and effective solution.</p> <p>10.6 In the case of an incident describe how to call for relevant assistance.</p>
<p>11. Teaching and Learning skills</p> <p>11.1 Demonstrate an ability to adapt the teaching style to meet individual needs.</p> <p>11.2 Design and implement a plan to introduce progressive activities to ensure development of appropriate knowledge, skills and experience over time.</p> <p>11.3 Observe and analyse individual performances to provide appropriate, effective and timely feedback for participants.</p> <p>11.4 Evaluate a session and its outcomes to inform the planning of future sessions.</p>
<p>12. Access</p> <p>12.1 Source current access information and act accordingly.</p>
<p>13. Conservation</p> <p>13.1 Have a broad working knowledge of the mountain environment including geology, natural history, flora and fauna.</p> <p>13.2 Operate in such a way as to minimise impact on the environment.</p> <p>13.3 Pass on environmental knowledge in an engaging way to educate and enthuse.</p> <p>13.4 Manage individuals and groups so that they have minimal impact.</p>
<p>14. Etiquette and Ethics</p> <p>14.1 Have a broad working knowledge of local rock climbing and mountaineering ethics.</p> <p>14.2 Operate a flexible programme of activities to accommodate other site users.</p> <p>14.3 Describe the site-specific requirements and agreements relating to teaching leading on different climbing walls and artificial structures.</p>