



# Rock Climbing Instructor - Candidate assessment notes

<b>Course dates</b>		<b>No. of candidates on course</b>		<b>Note set no.</b>	
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<b>Candidate name</b>				
<b>Dlog experience</b>  <i>Prerequisite requirements:</i> <ul style="list-style-type: none"><li>- Competent leading Severe grade climbs on outdoor crags with leader-placed protection.</li><li>- led a minimum of 40 graded rock climbs with traditional protection at a variety of venues (of which at least 20 MUST be at Severe grade or above).</li><li>- 30 climbing wall leads graded at F4 or above.</li><li>- 10 sport climb leads graded at F4 or above.</li><li>- 20 instructed sessions at a variety of different venues with 10 being on indoor climbing walls and the other 10 on outdoor crags.</li></ul>				
<b>Valid first aid certificate (min. 8hr)</b>				
<b>Additional info</b>  <i>Inc. reasonable adjustments</i>				

**CANDIDATE NAME:**

**TECHNICAL COMPETENCE**

<b>1 Equipment</b>	
<b>2 Anchors</b>	
<b>3 Belaying</b>	
<b>4 Personal Skills</b>	
<b>5 Abseiling</b>	
<b>6. Background knowledge</b>	

## MANAGEMENT AND DECISION MAKING

**7 Planning and structure of sessions**

**8. Organising sessions**

**9. Managing participants**

**10. Decision Making**

**11. Personal Safety**

**12. Knowledge and demonstration of techniques**

**13. Managing/supervising other staff**

## TEACHING AND LEARNING SKILLS

**14 Teaching and Learning skills**

## THE CLIMBING ENVIRONMENT

**15. Access**

**16. Conservation**

**17. Etiquette and ethics**

**Additional info:**

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# Rock Climbing 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. Anchors

- 2.1 Select suitable, sound anchors in a variety of situations. Anchors to include:
  - 2.1.1. spikes and blocks.
  - 2.1.2. nuts and camming devices.
  - 2.1.3. threads, chockstones and trees.
  - 2.1.4. fixed equipment including:
    - 2.1.4.1. a variety of different bolts.
    - 2.1.4.2. stakes and other anchors placed in the ground.
    - 2.1.4.3. climbing wall anchors
- 2.2 Set up single and multiple anchors for a belay and attach themselves securely.

### 3. Belaying

- 3.1. Tie into the rope. Attach group members to the rope.
- 3.2. Demonstrate the use of direct and semi-direct belay systems and choose the most appropriate for a given situation.
- 3.3. Set up top / bottom-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. Personal Skills

- 4.1. Choose and lead single pitch, Severe grade rock climbs in a safe, competent and assured manner.
- 4.2. Demonstrate the skills of a competent second.
- 4.3. Interpret guidebooks effectively.
- 4.4. Demonstrate a basic understanding of the safety chain and fall factors.

## **5. Abseiling**

- 5.1. Abseil without requiring a back-up safety rope.
- 5.2. Demonstrate methods of safeguarding a novice abseiling.
- 5.3. Use common devices for abseiling competently and choose the most appropriate for a given situation.

## **6. Background Knowledge**

- 6.1. Demonstrate an awareness of the history, traditions and ethics of climbing in the UK and Ireland.
- 6.2. Explain the role and philosophy of Mountain Training and its schemes, the mountaineering councils, climbing clubs and the National Indoor Climbing/Bouldering Award Schemes.
- 6.3. Describe the grading systems used in the UK and Ireland.

## **MANAGEMENT AND DECISION MAKING**

### **7. Planning and structure of sessions**

- 7.1. Plan individual sessions and programmes of activities with appropriate aims and objectives.
- 7.2. Build in flexibility when planning activities; respond to changing circumstances.
- 7.3. Demonstrate an awareness of responsibility to any authorising organisation, parents/guardians, individual group members, the group as a whole and other site users.
- 7.4. Demonstrate an understanding of the impact of weather on climbing.
- 7.5. Be aware of Mountain Training's National Guidelines.

### **8. Organising sessions**

- 8.1. In the case of an incident know how to call for relevant assistance.
- 8.2. Choose appropriate venues, activities and routes for group use considering:
  - 8.2.1. Suitability of approach/descent
  - 8.2.2. Terrain at the base of the crag
  - 8.2.3. Objective dangers.

### **9. Management of participants**

- 9.1. Select appropriate management techniques to safeguard all participants, irrespective of whether or not they are directly involved with the climbing activity.
- 9.2. Utilise effective communication skills to:
  - 9.2.1. Set and review targets.
  - 9.2.2. Identify and react to the needs of the group in relation to involvement, interest, enjoyment and achievement.
- 9.3. Demonstrate an understanding of warming up and injury avoidance techniques.
- 9.4. Brief individuals and the group appropriately.
- 9.5. Manage time appropriately in relation to the plan, activity and conditions.
- 9.6. Avoid common roped climbing and abseiling problems.
- 9.7. Resolve common problems if they occur.
- 9.8. 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.

### **10. Decision Making**

- 10.1. Carry out dynamic risk assessments throughout each climbing session.
- 10.2. Assess the abilities and objectives of the group participating in the session.

### **11. Personal Safety**

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

### **12. Knowledge and demonstration of techniques**

- 12.1. Deliver technical instruction to individuals and the group including:
  - 12.1.1. Choice and fitting of suitable harnesses
  - 12.1.2. Attaching the rope to the harness

12.1.3. Effective belaying

12.1.4. Abseiling.

12.2. Teach and demonstrate fundamental climbing movement skills.

12.3. Supervise a group of novice climbers in the following activities:

12.3.1. Belaying and tying-in

12.3.2. Climbing

12.3.3. Bouldering

12.3.4. Abseiling.

### **13. Managing/supervising other staff**

13.1. Explain the role and scope of an assistant. Describe the opportunities and liabilities presented by using an assistant in a session.

13.2. Manage an assistant.

## **TEACHING AND LEARNING SKILLS**

### **14. Teaching and Learning**

14.1. Create and maintain a positive learning environment for all participants.

14.2. Communicate effectively and appropriately with a group and individuals, checking for understanding.

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

14.4. Help participants develop a positive attitude towards climbing and introduce the idea of lifelong participation.

14.5. Identify and use appropriate tasks to develop effective and safe climbers.

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

## **THE CLIMBING ENVIRONMENT**

### **15. Access**

15.1. Source current access information and act accordingly.

15.2. Show an awareness of important climbing wall rules and regulations, and demonstrate an ability to obtain and comply with this information.

### **16. Conservation**

16.1. Have a basic working knowledge of the rock climbing environment including geology and natural history.

16.2. Operate in such a way as to minimise impact on the environment.

16.3. Pass on basic environmental knowledge in an appropriate and engaging way to educate and enthuse.

16.4. Manage groups so that they have minimal impact and leave the crags in an improved condition where possible.

### **17. Etiquette and Ethics**

17.1. Describe their responsibilities to the general public, other facility users, environmental agencies, local residents, landowners and the wider climbing community.

17.2. Describe local rock climbing ethics related to single pitch crags.

17.3. Operate a flexible programme of activities so as to accommodate other site or facility users.

17.4. Describe the hazards presented to other site users by the actions of a group and act to minimise these.

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