

# Climb365

## Rock Climbing Instructor Assessment

### Course outline

Before attending an Assessment course:

- Be at least 18 years old.
- Have attended a Rock Climbing Instructor (or Single Pitch Award) training course or been granted exemption from training.
- Be familiar with the syllabus.
- Be competently leading Severe grade climbs on outdoor crags with leader-placed protection.
- Have 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).
- Be proficient in the use of climbing walls and have a minimum of 30 climbing wall leads graded at F4 or above.
- Be proficient in outdoor bolt protected sport climbing and have a minimum of 10 sport climb leads graded at F4 or above.
- Have assisted in the supervision of 20 instructed sessions. These sessions should be at a variety of different venues with 10 being on indoor climbing walls and the other 10 on outdoor crags. A session is a half day or evening.
- Hold a valid first aid certificate.

### What to bring

Please bring harness, belay plate, climbing rack, rock shoes, helmet and a single rated 50m or longer rope.

You will also need personal kit for the day appropriate to the weather and a packed lunch. If you have any other group kit that you think is appropriate for the session, please bring it along for discussion.

On the crag days we will be outside all day so please bring good warm clothing.

Day 1 and Day 2 may be swapped around depending on the weather.

### Day 1

#### Group supervision and rigging.

We will spend the day looking at:

- rigging a group climbing session quickly and efficiently
- group management and supervision while climbing, abseiling, bouldering, teaching climbing skills and movement
- personal and group safety
- access, conservation and etiquette.

### Evening session

#### Climbing wall

We will look at how to make the most of the climbing wall through bouldering and roped climbing.

We will look at belaying in top roping and leading situations.

Please think about ways to warm up, coach movement, teach bouldering, fun games and activities to teach roped climbing.

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Stuart Carter MIC Anna Carter MIC

## Day 2

### Personal climbing skills

We will spend the day looking at:

- interpreting guidebooks effectively
- choosing routes suited to personal ability
- moving with confidence on up to Severe grade rock climbs,
- placing runners suitable for lead protection
- rigging for personal climbing,
- safety of the second.

We will finish the course with debriefs and results.