

# Rock Climbing Instructor Assessment Quiz

Total points out of 46

Please bring the completed quiz to you assessment

- 2pts 1 What year was the first ascent of Napes Needle and who by?
- 2pts 2 Who did the first free ascent of the “nose” of El cap & when?
- 2pts 3 Where is Cenotaph corner and who did the first Ascent?
- 1pts 4 At the end of a rope what does a circle with 1 in it mean?
- 6pts 5 Should crags have bolted belays or abseil stations? (list 3 pros and 3 cons)
- 3pts 6 When choosing a group abseil venue list three important considerations?
- 3pts 7 When running a group session at a busy climbing crag list three important considerations?
- 2pts 8 What are the advantages of a top rope with a top belay?
- 2pts 9 What belay device would you advise a novice friend to use and why?
- 2pts 10 Where & how might you use a ground anchor?
- 2pts 11 Which two rock types are common in the Peak District?
- 3pts 12 What identifies a single pitch crag?
- 4pts 13 What restrictions might apply to a crag & where would you find crag access information?
- 3pts 14 What steps could you take to minimise environmental impact whilst running single pitch sessions?
- 3pts 15 When choosing a climbing wall for group use list three considerations?
- 2pts 16 Should groups use gloves for abseiling?
- 3pts 17 In a top rope situation, is it appropriate to clip a climber into the rope using a karabiner rather than tying them in? show reasons.