

# Climb365

## Rock Climbing Instructor training course notes

### Introduction

The Rock Climbing Instructor scheme enables experienced rock climbers to instruct climbing on single pitch crags and artificial climbing walls and towers.

Within the defined terrain a qualified Rock Climbing Instructor can:

- Teach climbing skills.
- Take people climbing, bouldering and abseiling.
- Manage groups safely in these activities.

The training course is an opportunity for you to develop your competence in all areas of the syllabus.

This is a 3-day course (minimum of 24 hours) with at least 8 hours delivered in a climbing wall.

### OR

*A 2 day course (minimum 16 hours) for candidates who have attended a Climbing Wall Instructor (or Climbing Wall Award) training or assessment. **All candidates on the 2 day course must have met these criteria.***

<http://www.mountain-training.org/climbing/awards/rock-climbing-instructor>

### Prerequisites for the Rock Climbing Instructor training course

Before you book onto a Rock Climbing Instructor training course;

- You must be registered on the scheme

You must have an up to date logbook (preferably DLOG) with evidence of the following:

- 15 led routes which must be graded rock climbs with traditional protection
- 15 led routes at a climbing wall
- 5 led routes which must be outdoor bolt protected sport climbs.

Please ensure you have entered your minimum prerequisites in your digital logbook (DLOG) at the time of confirming your place on the training course.



## **Rock Climbing Instructor course content**

The course will cover the Rock Climbing Instructor syllabus which includes the following areas:

### **Technical competence**

- Equipment
- Anchors
- Belaying
- Personal skills
- Abseiling
- Background knowledge

### **Management and Decision Making**

- Planning and structure of sessions
- Organising sessions
- Management of participants
- Decision Making
- Personal safety
- Knowledge and demonstration of techniques
- Managing/supervising other staff

### **Teaching and Learning Skills**

#### **The climbing environment**

- Access
- Conservation
- Etiquette and ethics

Detailed information on each of the above topics can be found in the [Rock Climbing Instructor Handbook](#) and the onus is on you to be competent in all of them by the time you come to assessment.

## **Potential outcomes of training**

**Following training, a course report will be completed. The results you can achieve are:**

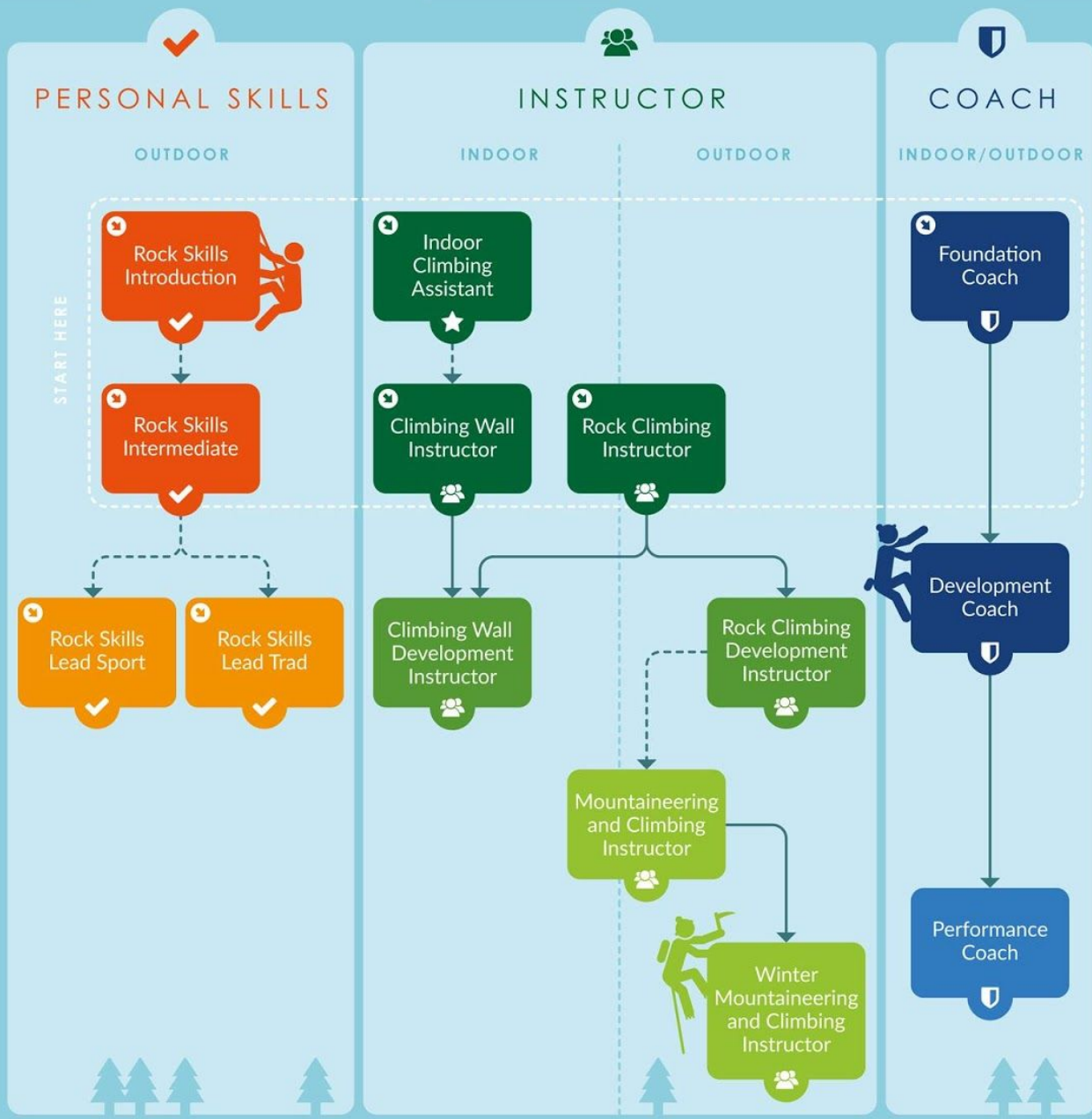
***Completed:* You have attended and completed the training course and met the prerequisite requirements.**

***Not yet completed:* If for any reason you do not complete the required hours for a course you will receive this result. In all cases, an action plan will be discussed and created for you. Providers have up to 21 days to submit a course report, which allows for you to submit further information if necessary, for example, if you have not fully met the prerequisite requirements.**



**Candidates are reminded that attendance on a training course must not in any way be considered a qualification in its own right. This is only achieved by passing the Rock Climbing Instructor assessment.**

# CLIMBING PATHWAY



## Course programme

### Day 1

- Course introductions and Mountain Training ethos
- Training process
  - Course programme and outcomes
  - Discussion of prerequisites
- Introduction to:
  - Choice of venue
  - Management and organisation of a group at a crag
  - Current conservation practices
  - An awareness of etiquette at the crag
  - Use of guidebooks and identifying routes
  - Ability to lead climb at Severe grade and protect the second climber appropriately
  - A controlled lower and a personal abseil
  - Correct use of equipment
  - Top and bottom rope systems using a mix of appropriate anchors
  - An appropriate group abseil
- Feedback

### Day 2

- Visit a climbing wall – development of:
  - Warming up and injury avoidance
  - Bouldering/movement
  - Correct use of equipment
  - Personal climbing skills
  - Group management and managing an assistant
  - Supervising the session
- Feedback

### Day 3

- Development of:
  - Management and organisation of a group at a crag
  - Current conservation practices
  - Current access legislation
  - An awareness level of etiquette at the crag
  - Correct use of equipment
  - Top and bottom rope systems using a mix of appropriate anchors
  - A range of belay devices and techniques appropriate to different situations
  - Running group abseils
- Feedback
- Discussion of DLOG and personal action plans for consolidation period and assessment.

**The programme is subject to change to make best use of the weather and venues chosen for the course.**

### **Equipment**

**Please ensure you have the following equipment.**

- Rock shoes
- Harness
- Helmet
- Personal climbing equipment (rack).
- Climbing equipment for group use (we can supply extra screw gates and rope protectors)
- 1x50m dynamic climbing rope (single)
- Personal outdoor clothing to include waterproof top and bottoms
- Personal first aid kit and personal medication

### **Personal safety at the crag:**

There is a need to keep ourselves safe at the top of the crag when rigging, running a top rope or abseil session and so we recommend the use of a **rope** cowstail or lanyard when working at the top of the crag to keep yourself safe.

There are a few devices out on the market for this. If you wish to buy one these are two links:

[Kong- cheap and effective.](#) Requires 9mm rope. ( I use this one)

[Petzl – Great but more money](#)

There is no need to buy one of these before the course as you can come and see how they work.

If you wish to buy two metres of 9mm dynamic rope then we can make up a rope cowstail / lanyard on the day which will be simple and more effective than using a sling.

Please also bring a 6mm prussik. (if you don't know what length to tie please bring 1.5 metres of 6mm cord and we can set this up for you.

The course could be divided up into these days but there will be overlap and repetition and the weather might change the order.

The course will start at 8:30 am at Scroggs Wood, Kendal.

### **Insurance**

Mountain Training recommends that you consider personal accident and cancellation insurance. If you already have insurance cover, check that it covers you for the activity you are undertaking.

### **Useful links**

[Rock Climbing Instructor web page with scheme handbook and skills checklist](#)



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[Rock Climbing by Libby Peter, the official handbook for Mountain Training's climbing schemes](#)

[Mountain Training's YouTube channel](#)

[Mountain Training's Reasonable Adjustment policy](#)

[Mountain Training Association](#)

[British Mountaineering Council](#)