

## Climb365

# Rock Climbing Instructor assessment 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 assessment course is an opportunity for you to demonstrate your competence in all areas of the syllabus.

This is a two-day course (minimum of 16 hours) with at least 4 hours delivered in a climbing wall.

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

### Prerequisites for the Rock Climbing Instructor assessment course

Before you book onto a Rock Climbing Instructor assessment course;

- You must have attended a Rock Climbing Instructor (or Single Pitch Award) training course or been granted exemption from training.
- You must be familiar with the syllabus.
- You must be competent leading Severe grade climbs on outdoor crags with leader-placed protection.
- You must 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).
- You must be proficient in the use of climbing walls and have a minimum of 30 climbing wall leads graded at F4 or above.
- You must be proficient in outdoor bolt protected sport climbing and have a minimum of 10 sport climb leads graded at F4 or above.
- You must 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. At least five of these sessions must have personal reflective comments recorded on DLOG.
- You must hold a current first aid qualification, which involved at least two days of training and included an element of assessment.



Please ensure that you have entered the minimum prerequisites in your digital logbook (DLOG) at the time of confirming your place on the assessment 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 assessment**

Following the assessment the course director will complete a course report on CMS which will record one of three possible results:

**Pass:** Awarded where the candidate has demonstrated appropriate knowledge and application of the course syllabus, and has shown the necessary experience and attributes of a Rock Climbing Instructor.

**Defer:** Awarded where the candidate has generally performed well and has shown the necessary experience and attributes, but where complete proficiency has not been attained in certain aspects of the syllabus or where a lack of experience has been identified.

**Fail:** Awarded where the candidate's performance has been generally weak, or the necessary experience and attributes have not been shown. A complete assessment course will need to be subsequently attended.

When a candidate's performance merits a defer or fail result the candidate will have a formal written report containing individualised feedback. All relevant information will be included to support the deferred/failed candidate and the assessor who conducts the reassessment.

## Course programme

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

### Day 1

- Course introductions
- Assessment process
  - Course programme
  - Outcomes
  - Discussion of prerequisites
- Assess
  - 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

### Evening

- Visit a climbing wall to cover:
  - Correct use of equipment
  - Personal climbing skills
  - Group management and managing an assistant
  - Supervising and delivering an indoor session

### Day 2

- Visit a second appropriate crag - assess:
  - 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



## Equipment

Please ensure you have the following equipment.

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

## 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](#)

[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](#)



## CLIMBING PATHWAY

