

## Rock Climbing Instructor assessment Quiz

**Please bring the completed quiz to your assessment**

1. What steps could you take to minimise environmental impact whilst running single-pitch sessions?
2. What restrictions might apply to a crag & where would you find crag access information?
3. At the end of a rope, what important information do you need to understand?
4. When choosing a group abseil venue list three important considerations.
5. When running a group session at a busy climbing crag list three important considerations.
6. Highlight a few of the advantages and disadvantages of an instructor belaying from the top of the crag in a group context
7. Would you advise a novice friend to use a brake-assisted belay device at an indoor climbing wall? Highlight some thoughts on this discussion.
8. Where & how might you use a ground anchor
9. Which two rock types are common in the Peak District?
10. What identifies a single-pitch crag?
11. When choosing a climbing wall for group use list three considerations.
12. Who did the first free ascent of the “nose” of El cap & when?
13. Should groups use gloves for abseiling?
14. 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.
15. Where is Cenotaph corner and who did the first ascent?