
Climb365

Rock Climbing Instructor training

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.

<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.

What to bring:

Please bring a harness, belay plate, lead climbing rack, rock shoes, helmet and a single rated rope, 50m ideally but a 60m is fine.

You will also need personal kit for the day appropriate to the weather and a packed lunch/drink.

If you have any other group kit like rigging ropes, fig 8 descender etc.. that you think is appropriate for the session, please bring it along for discussion.



As the course is run over three days will look at the weather and decide which day will be the indoor wall day.

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

There will be lots of learning points and discussion so please bring a notebook and pen.

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. (we may change this via WhatsApp.

Day 1 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.



Day 2 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.
- We will be looking at using fixed or bolted belays and how to use a sport venue.
- Re-threading lower offs safely
- Please try and do **some homework before the course** and research a few ideas about ways to warm up, coach movement, teach bouldering, fun games and activities to teach roped climbing.



Day 3 Group supervision and rigging.

- We will spend the day looking at:
- Rigging a group climbing session quickly and efficiently, this will include top rope, bottom rope and abseiling.
- Group management and supervision while climbing, abseiling, bouldering, teaching climbing skills and movement
- Personal and group safety
- Access, conservation and etiquette.

Resources

[This link takes you to Mountain Training information](#) for the Rock Climbing Instructor scheme. It holds all the information that you will need.

Please remember to read through the information on my website.

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.

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](#)

