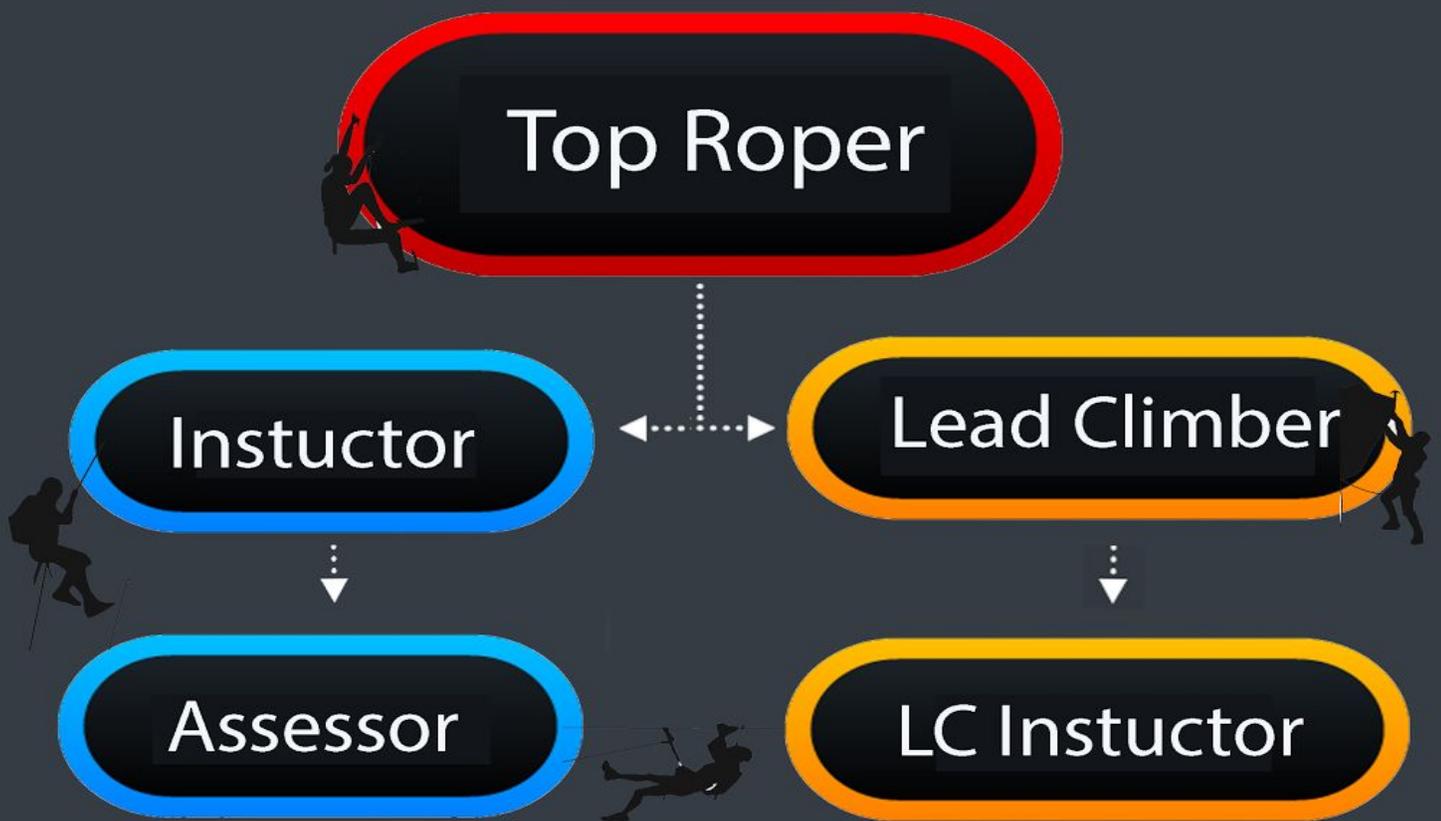




# Indoor Climbing Training Scheme





## Indoor Climbing Training Scheme

### Requirements

#### **Top Roper**

Successfully pass the top rope assessment. See page 3

#### **Lead climber**

Successfully pass the lead climb assessment. See page 4/5

#### **Instructor**

- Resit your top rope assessment and successful pass with no red or blue fails
- Have a minimum of six months climbing experience.
- Demonstrate an ability to lead a group in a friendly manner.
- Demonstrate maturity and an awareness of safety and risk with regards to climbing
- Demonstrate an ability to teach in a positive and constructive manner.

#### **Assessor**

- Teach a minimum of fifteen climbing lessons.
- The Climbing Vice Captain must approve all new assessors.

#### **Lead Climber Instructor/Assessor:**

- Resit your lead climb assessment and successful pass with no red or blue fails
- Have a minimum of 6 months climbing experience leading.
- Have obtained the rank of top rope instructor.



Indoor Climbing Training Scheme

## NUIGMC Top Rope Assessment

Date: \_\_\_\_\_

Name of student: \_\_\_\_\_

Name of Assessor: \_\_\_\_\_

Attempt Number: \_\_\_\_\_

Overpass grade: Pass/Fail

Name(s) of instructors: \_\_\_\_\_

	Pass	Fail
Correctly put on harness. With no twists & correct way up		
Tie knot correctly through the correct part of the harness		
Set up belay for use correctly		
Inspect partners equipment: Harness not twisted		
Buckles closed		
Knot tied correctly		
Communicate clearly "On belay" and "Climbing" to partner		
Can explain and demonstrate spotting techniques		
Take in slack adequately and if unable, instruct climber to slow down		
Belay Correctly: ALWAYS Maintain contact with "brake" end of rope		
Hands swapped BELOW belay device		
"Brake" hand never resting above the belay		
Hands quickly put below belay when the climber falls		
Good communication between Belayer and Climber		
Safely break the fall of a climber		

**Red:** Failure on any red is an failure of the assessment.

**Blue:** Student still passes the assessment, but the Assessor should example to the student where they failed.



Indoor Climbing Training Scheme

## NUIGMC Lead Rope Assessment

Date: \_\_\_\_\_

Name of student: \_\_\_\_\_

Name of Assessor: \_\_\_\_\_

Attempt Number: \_\_\_\_\_

Overpass grade: Pass/Fail

	Pass	Fail
Completed 5 lead climbs and 5 lead belays		
Correctly put on harness. With no twists & correct way up		
Be able to explain the different types of quickdraws , back clipping and Z clipping.		
Tie knot correctly through the correct part of the harness		
Set up belay for use correctly		
Inspect partners equipment: Harness not twisted		
Buckles closed		
Knot tied correctly		
Explain what spotting is		
Successfully spots climber until first clip		
Communicate clearly "On belay" and "Climbing" to partner		
Belay Correctly: ALWAYS Maintain contact with "brake" end of rope		
Hands swapped BELOW belay device		
"Brake" hand never resting above the belay		
Hands quickly put below belay when the climber falls		
Smoothly give and take slack		
Climber is unhindered by rope when clipping		
Stands in a safe location when belaying		
Moves back and forth when belaying		



## Indoor Climbing Training Scheme

Good communication between Belayer and Climber		
Safety caught the faller of a climber		
Safely take a fall. Ie, do not grap ropes or quickdraws when falling.		
Unclip from rope first on last draw.		

**Red:** Failure on any red is an failure of the assessment.

**Blue:** Student still passes the assessment, but the Assessor should example to the student where they failed.