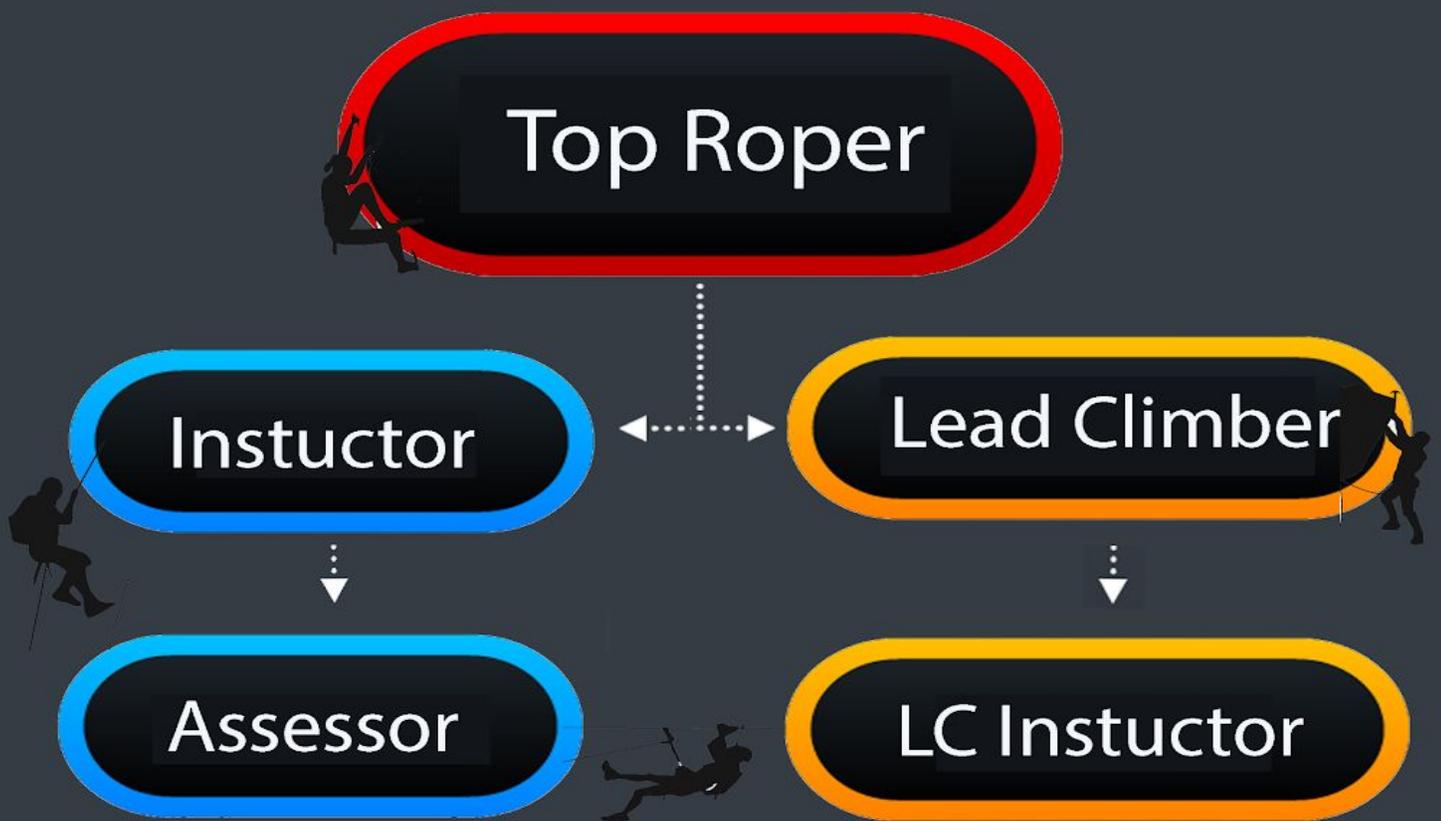




Indoor Climbing Training Scheme





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

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

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
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.