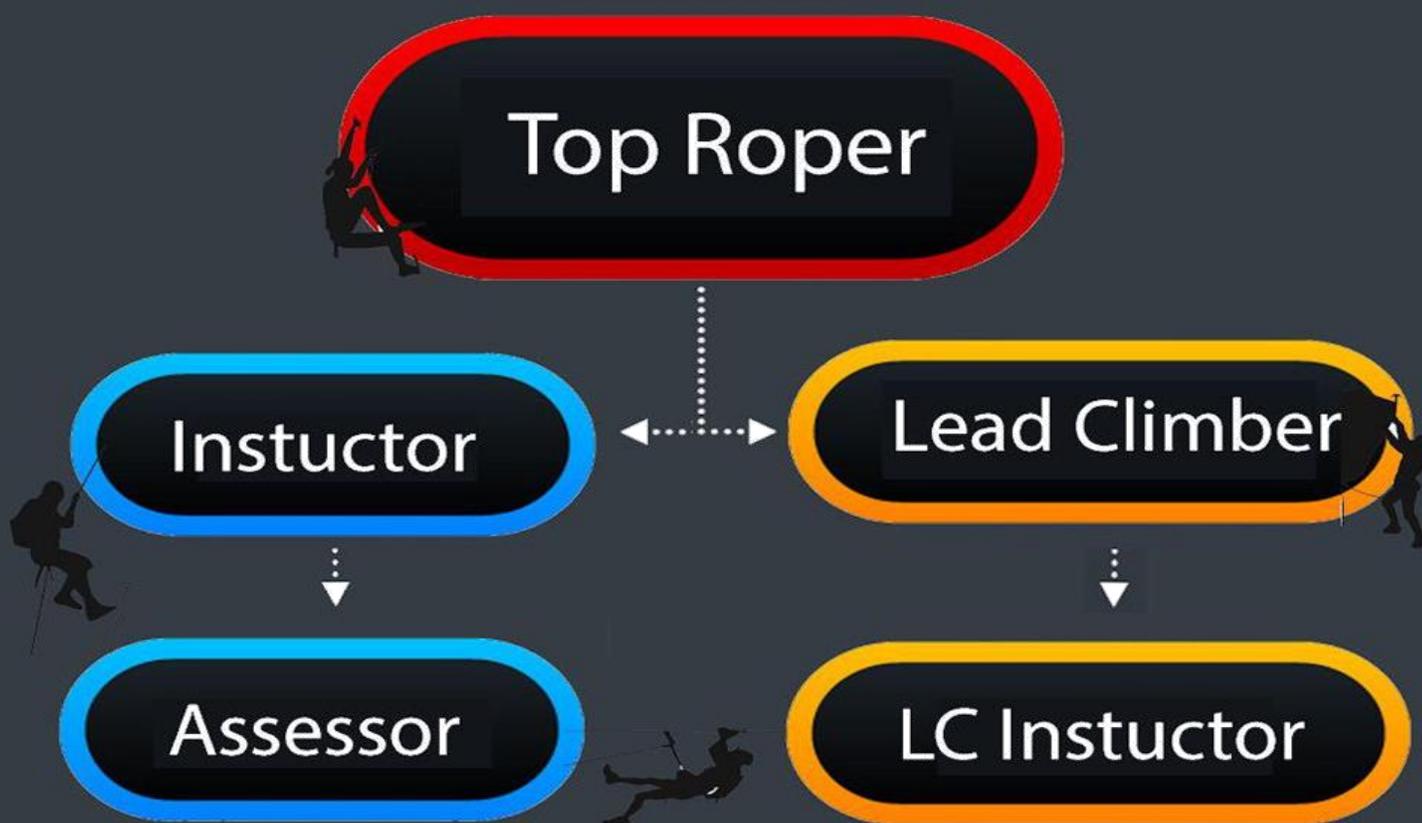




Indoor Climbing Training Scheme





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

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	

Assessor: _____

Date: _____

Red: Failure on any red is a 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 i.e., do not grab ropes or quickdraws when falling	
Unclip from rope first on last draw.	

Assessor: _____

Date: _____

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

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