

Rock Level 1 Logbook Summary Sheet

Name: _____

The purpose of this summary sheet is for you to be able to clearly quantify your personal and instructional experience in relation to the pre-requisite requirements as outlined in the NZOIA Rock Level 1 syllabus. It is important to be aware that the days listed in the syllabus are seen as an **absolute minimum** expectation for those who are considering presenting themselves for assessment. Please summarise all your logged experience, not just the minimum requirements.

All sections need to be recorded in number of days (1 day=no less than 4 hrs climbing and no less than 4 pitches climbed)

Summary of personal and instructional experience	Total
Total number of days (no less than 40, at a minimum of 3 different climbing areas of differing rock types)	
Details of personal experience	
Total number of days personal rock climbing (no less than 20, formal training days not included) Have you been leading grade 15+ successfully? How many days have you spent using natural protection (building anchors, lead climbing, training sessions etc) <i>List locations:</i>	YES NO
Details of instructional experience	
Total number of days as an assistant instructor/guide, co-instructor/guide, or instructor/guide (no less than 10 days) Total number of days instructing abseiling (no less than 5) Of these, how many days included using natural protection (for anchors) <i>List locations:</i>	
Formal Training	
Number of days of formal instruction you have received as a student as part of a programme, course, inservice training, tertiary study etc Have you attended a pre-assessment training programme administered by a NZOIA Rock award holder? If yes, when & where?	YES NO