Rock Instructor – Level 1

Photo: Mike Atkinson

Assessment Guide
For Assessors and Candidates

Assessment Notes

This Assessment Guide is to assist assessors with judging a candidates competency. All judgements must be based on current best practice and industry standards. This guide is also to help candidates know what they will be assessed on and what assessment tasks they will be asked to complete.

Assessors use three types of direct evidence to judge a candidate's competency:

- Written questions / assignment.
- Oral questions and discussion.
- Observation of practical tasks.

The instructional scope of Rock 1 is instructing bouldering, top rope climbing and abseiling experiences. When skills such as personal lead climbing techniques or constructing anchors are assessed, it is the candidates competency to do these skills personally that are assessed, not their ability to teach or instruct these skills.

Technical Competence

1. **Describe rock climbing history and ethics.**

   The candidate will have an understanding and awareness of:

- The development of rock climbing as a sport and current developments and trends.
- The NZ Alpine Club Code of Conduct for Rock Climbers.
- Any ethical issues for climbing areas visited e.g. use of top ropes, bolts, pegs, chalk, aid, modification of the climb/rock-chipping, cleaning, gardening, pruning.

2. **Demonstrate the care and correct use of rock climbing gear and equipment.**

   The candidate will:

- Use equipment that is in good condition, well maintained and is used in accordance with the manufacturer's recommendations and current best practice.
- Describe the advantages and disadvantages of current equipment used for rock climbing and reasons for choice e.g. static rope, dynamic rope, tubular tape, abseil devices, prussik cord, harnesses, helmets, karabiner types, belay devices.
- Complete a pre-activity check of equipment and describe how to identify worn equipment e.g. surface wear of ropes and tapes and harnesses, internal damage to ropes, wear and stress to metal of karabiners and belay/abseil devices, wear and stress to helmets, recommended maximum life for use of equipment.
- Demonstrate the efficient uncoiling and coiling of a rope.

3. **Construct a variety of workable, fail safe anchor systems.**

   The candidate will construct at least two anchor systems which demonstrate the use and understanding of:

- Secure anchors which; minimise potential shock loading, share the load, have minimal angles, have redundancy, allow ropes to run smoothly and minimise wear.
- Passive placed protection e.g. wires, stoppers, hexes.
- Active placed protection e.g. spring-loaded camming devices.
- Fixed protection e.g. bolts, chains, waratahs, bollards, trees or threads.
- Linking multi-point anchors (defined as three or more).

   Anchor systems can use a mix of protection types but at least two must include placed protection. One anchor system may be constructed at ground level but at least one must be constructed at height i.e. the top of a crag.

4. **Construct a top rope climbing system.**

   The candidate will construct a top rope climbing system ready for operation within 20 minutes which demonstrates:

- Secure anchors which; minimise potential shock loading, share the load, have minimal angles, have redundancy, allow ropes to run smoothly and minimise wear.
- The rope positioned over the intended route.
- The use of a personal safety system while exposed to a potential fall during setup.

5. **Construct an abseil system.**

   The candidate will construct an abseil system ready for operation within 30 minutes which demonstrates:

- Secure anchors which; minimise potential shock loading, share the load, have minimal angles, have redundancy, allow ropes to run smoothly and minimise wear.
- A set up suitable for use by novice participants, with the focal point situated to provide an easy and safe attachment point and transition to abseiling.
- A releasable system that complies with current best practice and industry standards.
- The use of a personal safety system while exposed to a potential fall during setup.

6. **Demonstrate efficient and safe personal climbing techniques.**

   The candidate will lead climb a grade 15 bolted route and demonstrate:

- Leading the climb and leaving it set up for top roping.
- Clearing a sport route after top rope use.
- The climbing moves required for a participant to complete a grade 15 sport route.

7. **Demonstrate efficient and safe belaying technique.**

   The candidate will demonstrate:

- Using both a manual locking e.g. ATC, Bug and a locking-assist e.g. Grigri, Cinch belay device.
  One type of device could be demonstrated on the model student day.
- An understanding of the advantages and disadvantages of at least two different belay systems or devices.
- Systematic checking before the climber leaves the ground.
- Clear communication with a lead climber including anticipating the climber's movement and paying out and taking in the rope as required.
- Lowering the climber safely, smoothly and efficiently.

8. **Demonstrate rock climbing and abseiling rescue skills.**

   The candidate will demonstrate:

- A top rope rescue that includes - top rope tension maintained, belay tied off, prussik access up rope to participant and a two person self- protected abseil to ground.
  The guideline time to complete this rescue is 15 minutes.
- How to deal with an upside down abseiler.
- Releasing the abseil rope to free jammed clothing or hair.
- A controlled lower of an abseiler using the safety rope.
- Abseiling to an injured or stuck abseiler and assisting them to the ground.

The Environment

9. **Role model accepted environmental practices.**

The candidate will:

- Demonstrate and/or describe the responsibilities to the site, land owners and other users, including access protocols and issues.
- Role model the NZ Alpine Club Code of Conduct for Rock Climbers.
- Role model the principles of Leave No Trace and / or the New Zealand Environmental Care Code.

10. **Demonstrate and / or describe cultural and environmental knowledge and interpretation of climbing sites visited.**

The candidate will have an understanding of, and provide interpretive information about:

- The natural and cultural history of the area.
- The geology of the climbing site.
- Local flora and fauna.

Group Management and Leadership

11. Plan and prepare a top rope climbing/abseiling experience.

The candidate will prepare a written risk management or activity management plan which:

- Identifies any hazards of the climbing site and the risk management strategies to minimise or avoid the impact of these identified hazards.
- Contains a relevant weather forecast and identifies any implications of the weather forecast for the planned session.
- Outlines emergency procedures.

12. Lead and manage a group during a top rope climbing/abseiling session.

The candidate will be responsible for a group during a top rope climbing/abseiling session and demonstrate:

- Effective group briefing including setting boundaries/safe areas and ground rules.
- Coaching, encouraging, motivating participants to ensure they are interested and engaged, and have a fun and positive experience.
- Supervising and coaching climbers and belayers.
- Establishing rapport with participants and having an awareness of their emotional, cultural or other needs.

13. Apply effective safety management.

The candidate will:

- Demonstrate checking climbing and abseiling routes for hazards e.g. loose rocks.
- Use an effective communication and checking system with participants during the rock climbing/abseiling sessions.
- Have a first aid kit and be able to deal with first aid situations if required.
- Never compromise their personal safety or the safety of their participants.
- Demonstrate safe practices and good judgement and decision making within the scope of this qualification.

Instruction

14. Instruct the rock climbing skills required for a positive, educational and safe experience.

The candidate will provide participants with effective instruction in the following skills:

- Fitting and checking of harnesses and helmets.
- Bouldering activities and spotting.
- Climbing movement.
- Efficient and safe belaying including clear communication between belayer and climber using agreed calls and systematic checking before the climber leaves the ground.
- What to do at the top of the climb and safe lowering technique.

The candidate will use:

- A logical sequence of teaching progressions.
- Clear demonstrations and explanations.

15. Instruct the abseiling skills required for a positive, educational and safe experience.

The candidate will provide participants with effective instruction in the following skills:

- Fitting and checking of harnesses and helmets.
- Movement from the safe zone and attachment to the abseil and safety ropes.
- Clear communication between the instructor and the abseiler including systematic checking before the abseiler begins descent.
- Use of abseil device.
- Efficient and safe abseiling technique.
- What to do at the bottom of the abseil.

The candidate will use:

- A logical sequence of teaching progressions.
- Clear demonstrations and explanations.

16. Prepare and deliver teaching sessions.

The candidate will prepare and deliver teaching sessions on any given topics or skills contained in the NZOIA Rock 1 Assessment Guide which demonstrates:

- A range of teaching skills e.g. introduction, appropriate voice, language and body language, teaching/visual aids, demonstrations, evaluation of learning.
- A wide knowledge of the topic.
- Creating a positive learning environment which encourages enthusiasm, interest and learning.