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| Rock 1*NZOIA Summary Sheet* | NZOIA logo Revise Final 2010 jpg |
| **Name:** Click to enter text. |
| The purpose of this form is to summarise your logbook so we can clearly see the prerequisite days required for this qualification. These are an **absolute minimum** expectation for those planning to sit this assessment. Please summarise all your logged experience. 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) | # of days |
| Details of personal experience | Total |
| Total number of days personal rock climbing (**no less than 20**, formal training days not included) |  # of days |
| Have you been leading grade 15+ successfully? |  Yes or No? |
| How many days have you spent using natural protection (building anchors, lead climbing, training sessions etc.) |  # of days |
| ***List locations:***Click to enter text. |
| Details of instructional experience | Total |
| Total number of days as an assistant instructor/guide, co-instructor/guide, or instructor/guide (**no less than 10 days**) |  # of days |
| Total number of days instructing abseiling (**no less than 5**) | # of days |
| Of these, how many days included using natural protection (for anchors) | # of days |
| ***List locations:***Click to enter text. |
| Formal Training | Total |
| Number of days of formal instruction you have *received* as part of a programme, training course etc. | # of days |
| Have you attended a pre-assessment training programme administered by a NZOIA Rock qualification holder? | Yes or No? |
| ***If yes, when & where:***Click to enter text. |