

Rock Skills Introduction

Syllabus

1. Background and planning
 - 1.1 Overview of the climbing and bouldering areas of the UK and Ireland.
 - 1.2 Use of guidebooks, mobile devices and online resources.
 - 1.3 Crag etiquette.
 - 1.4 The work of the mountaineering councils.

2. Climbing skills
 - 2.1 Fundamental movement skills – balance, agility and coordination as the foundation of climbing movement.
 - 2.2 Climbing style – an introduction to footwork, handholds and climbing.

3. Footwear and equipment
 - 3.1 Footwear selection – rock shoe comfort and suitability for climbing outside
 - 3.2 Equipment selection and functions – harness, helmets, clothing, ropes, belay devices, locking karabiners, bouldering pads.

4. Technical skills
 - 4.1 Ropework – knots for tying on and attaching to simple anchors, rope management.
 - 4.2 Belaying – top and bottom rope belaying, holding falls and lowering.
 - 4.3 Spotting – with and without pads, landings, position of pads, effective spotting and its limits.
 - 4.4 Abseiling – complete an abseil with a safety back up.

5. Environmental knowledge
 - 5.1 Understand the impact of climbers at the crag.

- 5.2 Environmental considerations when climbing.
- 5.3 Leave no trace and positive impact ethos.
- 5.4 Access considerations when climbing.

- 6. Hazards and emergency procedures
 - 6.1 Identifying potential hazards at climbing and bouldering venues.
 - 6.2 Managing risk while bouldering.
 - 6.3 Gaining an understanding of common injuries.
 - 6.4 Calling for help.
 - 6.5 Understanding how Mountain Rescue is organised in the UK and Ireland.

Rock Skills Intermediate

Syllabus

1. Background and planning
 - 1.1 Choosing a suitable venue.
 - 1.2 Use of guidebooks, mobile devices and online resources.
 - 1.3 Crag etiquette.
 - 1.4 The climbing partnership – importance of trust and knowledge within a climbing partnership.
 - 1.5 The work of the mountaineering councils.

2. Climbing skills
 - 2.1 Warming up and avoiding injuries.
 - 2.2 Developing movement skills – body position and techniques for steeper terrain.
 - 2.3 Climbing style – widening the repertoire of climbing moves.

3. Footwear and equipment
 - 3.1 Footwear selection – rock shoe fit and type for improved performance.
 - 3.2 Technical equipment – an introduction to climbing protection.

4. Technical skills
 - 4.1 Anchors and runners – how to select and place sound anchors and remove runners.
 - 4.2 Ropework – attaching to anchors for top-rope systems, setting up top and bottom-rope systems, managing the rope and rigging for abseils.
 - 4.3 Belaying – belaying a lead climber, belaying from the top and bottom of the crag using top-rope systems.
 - 4.4 Holding falls and lowering – holding a lead fall and a falling second.

4.5 Abseiling – set up and complete a retrievable personal abseil with a prusik back up.

5. Environmental knowledge

5.1 Understand the impact of climbers at climbing venues.

5.2 Environmental considerations when climbing.

5.3 Leave no trace and positive impact ethos.

5.4 Access considerations when climbing.

6. Hazards and emergency procedures

6.1 Identifying potential hazards at climbing and bouldering venues.

6.2 Managing risk when climbing, abseiling and bouldering.

6.3 Gaining an understanding of common injuries.

6.4 Calling for help.

6.5 Understanding how Mountain Rescue is organised in the UK and Ireland.

Rock Skills Learn to Lead Sport Climbs

Syllabus

1. Background and planning
 - 1.1 Selecting suitable venues and routes.
 - 1.2 Use of guidebooks, mobile devices and online resources.
 - 1.3 Crag etiquette.
 - 1.4 The climbing partnership – importance of trust and knowledge within a climbing partnership.
 - 1.5 Decision making – understanding risk evaluation and management.
 - 1.6 The work of the mountaineering councils.

2. Climbing skills
 - 2.1 Movement techniques – safe and assured movement on the lead.
 - 2.2 Climbing style – optimising natural rests for clipping bolts.

3. Equipment
 - 3.1 Ropes – choosing a rope for leading, understanding rope specifications and systems.
 - 3.2 Technical equipment - selection and function of all gear for sport climbing.

4. Technical skills
 - 4.1 Fixed equipment – recognising types and assessing quality of bolts, pre-clipping first bolts.
 - 4.2 Anchors – types, how to rig for bottom-roping and lowering off.
 - 4.3 Ropework – minimising rope drag, attaching to multiple anchors.
 - 4.4 Belaying and holding/taking falls – leader and second falls.

4.5 Abseiling – set up and complete a retrievable personal abseil with a prusik back up.

5. Environmental knowledge

5.1 Understand the impact of climbers at the crag.

5.2 Environmental considerations when climbing.

5.3 Leave no trace and positive impact ethos.

5.4 Access considerations when climbing.

6. Hazards and emergency procedures

6.1 Identifying potential hazards at climbing venues.

6.2 Gaining an understanding of common injuries.

6.3 What do to in the event of an incident and managing common problems.

6.4 Calling for help.

6.5 Understanding how Mountain Rescue is organised in the UK and Ireland.

Rock Skills Learn to Lead Trad Climbs

Syllabus

1. Background and planning
 - 1.1 Selecting suitable venues and routes.
 - 1.2 Use of guidebooks, mobile devices and online resources.
 - 1.3 Crag etiquette.
 - 1.4 The climbing partnership – importance of trust and knowledge within a climbing partnership.
 - 1.5 Decision making – understanding risk evaluation and management.
 - 1.6 The work of the mountaineering councils.

2. Climbing skills
 - 2.1 Movement techniques – safe and assured movement on the lead, climbing in a more efficient style.
 - 2.2 Climbing style – optimising natural rests for placing gear.

3. Equipment
 - 3.1 Ropes – choosing a rope for leading, understanding rope specifications and systems.
 - 3.2 Technical equipment - selection and function of all gear, contents of a lead rack and how to carry it.

4. Technical skills
 - 4.1 Runners - selection and placement of suitable gear to protect leader and second.
 - 4.2 Anchors – choosing the best anchor available.
 - 4.3 Ropework – minimising rope drag, attaching to multiple anchors.
 - 4.4 Belaying and holding/taking falls – leader and second falls.

4.5 Abseiling – set up and complete a retrievable personal abseil with a prusik back up and locking off to retrieve gear.

5. Environmental knowledge

5.1 Understand the impact of climbers at the crag.

5.2 Environmental considerations when climbing.

5.3 Leave no trace and positive impact ethos.

5.4 Access considerations when climbing.

6. Hazards and emergency procedures

6.1 Identifying potential hazards at climbing venues.

6.2 Gaining an understanding of common injuries.

6.3 What to do in the event of an incident and managing common problems.

6.4 Calling for help.

6.5 Understanding how Mountain Rescue is organised in the UK and Ireland.