

NZOIA™ Climbing Wall Instructor Syllabus

SCOPE

This award is for people taking clients top rope or lead climbing on artificial climbing walls, where fixed anchors are easily accessed, or accessed by leading. (It does not include abseiling)

1. SKILLS AND EXPERIENCE:

- 1.1 The NZOIA Climbing Wall Instructor will have no less than 30 sessions (a session is defined as 2 or more hours of climbing activity, with no less than 4 climbs completed) of personal climbing experience at a variety, 3 or more, climbing walls. He/she should also have 20 sessions leading on bolts.
- 1.2 The NZOIA Climbing Wall Instructor will hold a current First Aid Certificate (Outdoor First Aid recommended) issued within the last three years.
- 1.3 The NZOIA Climbing Wall Instructor will have Instructing,/ co-instructing experience of not less than 20 sessions, this will include including no less than 5 sessions instructing/co-instructing lead climbing, to client groups at a climbing wall facility.
- 1.4 The NZOIA Climbing Wall instructor will be able to role model climbing techniques at an intermediate level (grades 16-20) leading or top roping.

2. BACKGROUND KNOWLEDGE AND PROFESSIONAL BEHAVIOUR

- 2.1 Knows and adheres to the SOP (safety and operations plan) of the wall he/she is operating at.
- 2.2 Knows and operates to the safety requirements of OSH (occupational safety and health) for staff and clients.
- 2.3 Explanations show an understanding of how rock climbing has developed as a sport eg. Evolution of styles of climbing (Trad, sport, indoor). The development of indoor climbing and bouldering as sports in their own right. The process of putting up a route on natural rock, including ethics.

3. EQUIPMENT:

- 3.1 Discussion, demonstrations and practice show the use and care of climbing equipment used for climbing wall activities in New Zealand, according to manufacturer's recommendations and industry standards. This could include but is not limited to.

Ropes, Quickdraws.

Gri-gri and other belay devices.

Biners.

Harnesses.

Holds.

Shoes.

- 3.2 Instruction, demonstrations and practice minimizes wear on equipment. Safety checks identify damage and retirement considerations are made and / or explained.

4. EFFICIENT AND SAFE WALL USE:

- 4.1 Instructor carries out a site check on arrival at the wall to check for hazards and takes steps to rectify these.
- 4.2 Selection of sites and climbs are made which are relevant to the client's needs.
- 4.3 Top ropes are positioned to eliminate potential rope damage and excessive wear, minimize the possibility of climber pendulums and provide a safe exit from each climb.
- 4.4 Ropes are attached to climbers harnesses - at the correct point with a fail safe system. (including the clip in, tie in method using a bowline on a bight and fig 8 knot)
- 4.5 Instruction and supervision ensures the climber returns safely to the ground in a controlled manner.
- 4.6 Client supervision, positioning and management are relevant to the climbing activity.
- 4.7 Clients are instructed on the use of 'climbing calls' that ensure clear communication between the climber and the belayer throughout the climb.

5. BELAYING:

- 5.1 Instruction and demonstrations outline a variety of belay devices and methods, including the Gri-gri, stitch plate, sport belay with a fig 8. The advantages and disadvantages of each type of device are outlined.
- 5.2 Instructor knows the danger points associated with the Gri-gri. Such as threading the device the wrong way, the lever being pulled for lowering before/as the climber weights the rope and lowering.
- 5.3 Instruction, demonstration and practice ensures clients can belay safely before they have sole responsibility for belaying a climber.
- 5.4 Instructor is pro-active in taking steps to prevent poor belay practice.
- 5.5 Explanations and practice outline considerations for use of ground anchors and/ or back up belayers.

6. ROPE HANDLING:

- 6.1 Ropes are coiled and uncoiled in a smooth and efficient manner, while protecting them from undue wear or damage.
- 6.2 The following knots are tied correctly:

Half hitch, an effective prusik knot

Figure of eight, Tape knot, Bowline on a bight
- 6.3 Explanations identify the suitability and limitations of the following knots for climbing wall activities.

Half hitch, an effective prussic knot

Figure of eight, Tape knot, Bowline on a bight

7. RESCUE SCENARIO:

- 7.1 The instructor demonstrates an ability to deal with any problem that may arise during a climbing session and can access a student anywhere on the wall. This may include but not limited to: a jammed belay device, a stuck climber (finger caught in hanger or hold).
- 7.2 Instructor can abseil using a method of self protection, descending in a controlled manner.
- 7.3 Instructor can ascend a fix rope using prussic, incorporating a safety back up as required

8. INSTRUCTIONAL SKILLS (specific):

- 8.1 Knows the principals and value of an effective warm-up, climbing specific.
Knows a variety of warm-up exercises valuable to climbers.
Role models and can effectively teaches a variety warm-ups appropriate to the client group.
- 8.2 Instruction and demonstrations outline the principles of climbing at an introductory level. Principles should include but not be limited to:
foot and hand positions for economy of movement.
front on movement v going side on (twist lock or dropped knee)
using a wide stance for the feet.
flagging.
balance and resting.
- 8.3 Able to offer alternative moves or improve technique for clients who find a move difficult.
- 8.4 Able to identify good holds for an introductory route (identify holds that won't cause injury)
- 8.5 Explanations, instruction and demonstrations explain the benefits and scope of bouldering as part of climbing wall activities.
- 8.6 Able to set problems that enable clients to practice techniques taught.
- 8.7 Knows and can facilitate a number of bouldering games.

9. GROUP MANAGEMENT.

- 9.1 Can deliver a briefing to a group in an effective manner eg. Instructions given are executed by group, group is not bored or confused.
- 9.2 Able to manage groups up to 20 in number.
- 9.3 Manages their group in a way that respects the needs of other wall users and shows consideration for the dangers that other wall users pose.

LEADCLIMBING INSTRUCTION ENDORSEMENT (optional)

10. PROGRESSIONS

- 10.1 The instructor will demonstrate progressions in teaching lead climbing appropriate to the client group.

11. LEAD CLIMBING BELAYING

- 11.1 Able to role model, teach and coach students in safe and effective belaying of a lead climber with single ropes, using a variety of belay tools such as a Gri-gri, tube belay device, belay plate and fig 8.

12. CLIPPING

- 12.1 Able to role model, teach and coach students in the correct way of clipping of quickdraws so as to minimize damage to the rope, ensure that the rope will not become unclipped from the biner and ensure the extending sling does not become twisted.
- 12.2 Able to role model, teach and coach students in clipping bolts from a comfortable, rested position.
- 12.3 Coach students in methods of accumulating slack in the rope and clipping the rope into the biner. Knows advantages/disadvantages of commonly used methods.
- 12.4 Instructor is aware of the dangers of and takes steps to prevent students from "Z" clipping.

13. ROPE MANAGEMENT

- 13.1 Teaches the dangers of the rope passing behind the climbers legs.

14. CALLS

- 14.1.1 Introduces, uses and teaches an effective range of calls for a lead climbing environment.

15. LOWERING OFF

- 15.1 Teaches students how to lower off safely.
- 15.2 Teaches students a method of threading the rope through the top anchor eg. Biner, jammed biner or closed link, that ensures:
 - The rope cannot be dropped.
 - The student is protected from a fall at all times.
- 15.3 Can teach students an effective and safe method of retrieving runners from an overhanging route.
- 15.4 Rope is managed in such a manner that risk of the climber swinging into the belayer, bystanders and other objects is minimized.
- 15.5 Belayer is positioned so as to minimize slack in the system after the last runner is removed.