

NZOIA™ Rock Instructor Level 2 Syllabus

SCOPE

For those persons who teach all aspects of rock climbing and abseiling including lead and multi-pitch lead climbing and also teach other instructors. These sessions are expected to be client centered, safe, well managed, fun and educational experiences for the client groups.

For those persons who supervise rock climbing programmes. This person will role model realistic safe practices at all times.

1. SKILL AND EXPERIENCE

- 1.1.1 The NZOIA Rock 2 Instructor will have no less than 80 days experience which must include a minimum of 50 days personal lead climbing, including multi-pitch.
- 1.1.2 The NZOIA Rock 2 Instructor will have no less than 10 days instructing groups in lead climbing on placed and natural protection. This experience is to be at a minimum of 6 different climbing areas. (No-one could pass having instructed at bolted sites only).
- 1.1.3 The NZOIA Rock 2 Instructor will be able to lead grade 20 on a variety of NZ crags (we're not going to sandbag you!) on placed pro and/or bolts.
- 1.1.4 The NZOIA Rock 2 Instructor will hold a current First Aid Certificate (Outdoor First Aid recommended) issued within the last three years.

Note: A rock climbing day would be considered more than four hours climbing and not less than four pitches climbed. These are minimum requirements, extra days are advised so that a broad spectrum of variables are experienced.

In the following areas the NZOIA Rock 2 Instructor will be expected to:

2. HISTORY AND ETHICS

- 2.1 ***Element - Enhance personal and group knowledge of the rock climbing environment.***
 - 2.1.1 Demonstrate a knowledge of local cultural considerations.
 - 2.1.2 Demonstrate an understanding of how rock climbing developed as a sport.
 - 2.1.3 Demonstrate a knowledge of ethical issues for a given site and model these. For example: use of top ropes, bolts, pegs, chalk, aid. Modification of the climb/rock-chipping, cleaning, gardening, pruning).
 - 2.1.4 Demonstrate a knowledge of flora, fauna and geology at a variety of rockclimbing venues.

3. ENVIRONMENTAL CARE

Element- Manage the relationships between the environment and the group.

- 3.1.1 Demonstrate and explain the Environmental Care Code (DOC 1991).
- 3.1.2 Explain any local bylaws or restrictions that apply to rock climbing at a site.
- 3.1.3 Explain access protocols and issues for a site.

4. RISK AND CRISIS MANAGEMENT

Element - Manage personal and group safety at the rock climbing site.

- 4.1.1 Identify and declare hazards and demonstrate risk management principles to minimise or avoid the impact of these identified hazards.
- 4.1.2 Demonstrate safe practices at all times.

5. ROCK CLIMBING EQUIPMENT

Element - Maintain and prepare equipment for an Rock Climbing site or day.

- 5.1.1 Describe the advantages and disadvantages of current equipment used for rock climbing and reasons for choice.
- 5.1.2 Describe how to identify worn equipment.
- 5.1.3 Demonstrate efficient rope management, including on a multipitch climb or abseil.
- 5.1.4 Tie knots that do the job. Some of the following are useful: figure eight, Italian hitch, tape knot, double fishermans, clove hitch, efficient and effective prussic knots, half hitch, alpine butterfly, bowlines.
- 5.1.5 Describe a logging system of the equipment used and its use.

6. ROCK CLIMBING SKILLS

Element – Manage personal and group operations at the rock climbing site.

6.1 Personal Performance

- 6.1.1 Manages personal safety.
- 6.1.2 Climbs to grade 20 on bolts and/or placed pro.

6.2 Anchors

- 6.2.1 Demonstrate the construction of a variety of anchor systems that are, workable, efficient and fail safe.
- 6.2.2 Demonstrate an understanding of the items used for natural anchor construction. Example: trees, bollards, threads.
- 6.2.3 Demonstrate an understanding of the items used for placed anchor construction. Example: wires, nuts, hexes, cramming devices.
- 6.2.4 Demonstrate an understanding of items used for fixed anchor construction. Example: Bolts, pitons, fences.

6.3 Client Safety

- 6.3.1 Manages client safety by site selection, harness checks, appropriate use of helmets etc.
- 6.3.2 Demonstrates the advantages and disadvantages of a variety of currently available, commonly used belay devices during climbing and abseil sessions.

7. ROCK CLIMBING / ABSEIL OPERATION

(Note: These topics will usually be covered during lead multi-pitched climbing and descents).

- 7.1.1 Construct a top rope system ready for operation within 10 minutes.
- 7.1.2 Construct a abseil system ready for operation within 10 minutes.
- 7.1.3 Use an effective communication system with the client during rock climbing and abseil sessions.

7.2 Demonstrate a safe, efficient and effective Top Rope rescue

- 7.2.1 Demonstrate a safe, efficient and effective rescue of the second from the top of a pitch.
- 7.2.2 Demonstrate the safe lower of a client.
- 7.2.3 Demonstrate the following rescue set of skills: escaping the system while using a belay device on the harness, abseiling to an injured client, prussiking back to the stance, raising the client using an assisted hoist and then an unassisted hoist.

7.3 Demonstrate a safe, efficient and effective Abseil rescue

- 7.3.1 Demonstrate an abseil with an injured or frightened climber.

8. Group Management And Instructing

Element - Provide for the physical and emotional well being of a group.

8.1 Group Management

- 8.1.1 Demonstrate an awareness and sensitivity to the cultural / special needs of a given group.
- 8.1.2 Demonstrate an effective and full group briefing and debriefing.
- 8.1.3 Demonstrate the leadership style and listening skills most relevant to a given groups needs.
- 8.1.4 Manage a group safely and effectively both up and down a multi-pitch route

8.2 Instructional Techniques

- 8.2.1 Deliver safe and effective sessions on any topic or skill contained within this award. These may include: Lead progressions, anchor building, basic cliff rescue and self rescue, abseiling techniques, movement skills, Rock 1 syllabus, ethics and local issues, multi-pitch climbing skills, basic aid climbing.
- 8.2.2 Demonstrate instructor skills. For example: create a participative, open, tolerant, learning environment, manage unacceptable behavior effectively if it occurs, deal with expressed fears and anxieties effectively, encourage enthusiasm, interest and learning and is client focused.