

Rock Climbing (TRRC) Leader Scope

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| Definition of Qualification | <p>This qualification is for people who lead introductory top rope rock climbing experiences</p> <p>Possible users include club or youth group leaders, teachers, outdoor activity centre and climbing wall staff.</p> <p>This is a foundation qualification and provides a stepping stone towards the higher Instructor Qualifications.</p> <p>Leaders are only qualified to operate within a safety management system.</p> |
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The following is the scope of the Rock Climbing Leader qualification:

Environmental Scope

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| Description | <p>Can organise bouldering where the ground is flat and hazard free</p> <p>Can set up single pitch top rope climbs where:</p> <ul style="list-style-type: none"> ▪ Haul lines are in place and regular checks of anchors are completed by the organisation managing the venue. <p>Or</p> <ul style="list-style-type: none"> ▪ There is easy walking access to the top rope anchors. ▪ There are fixed anchors (bolts, chains, bollards, waratahs) or trees or threads that have been inspected in accordance with Local Operating Procedures (LOPs). ▪ The leader has visited the site previously and had their set up approved by a Rock Climbing Instructor or similarly qualified technical advisor. ▪ Personal safety can be set up simply using fixed anchors <p>Can use venues that are within 30 mins walk of a road.</p> <p>Can use venues where expert assistance is on call and emergency service could be available within 1 hour.</p> |
| Examples of terrain within scope | <p>The following are examples of crags where there are routes that could be within the scope of a leader depending on the characteristics of the party, expected weather conditions and equipment. Not all climbs at these crags will be within scope</p> <p>Castle Hill – Arthurs Pass</p> <p>Wharepapa Sth</p> <p>Kinloch – Lake Taupo</p> <p>Tihoi</p> <p>Castle Rock (Sth Island)– Battlements</p> <p>Mt Eden Quarry – short side</p> <p>Albert Tce and Cattle Stop– Port Hills</p> <p>Mt Horrible – Timaru Spur Road – Timaru Hospital Flat – Wanaka</p> |

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| | Paynes Ford – Creese wall Artificial Climbing walls |
| Examples of terrain out of scope | Death Wall or Middle Earth– Mangatepopo Valley Meads Wall Titahi Bay (access too complicated) Whanganui Bay |
| Group Management | |
| General | A TRRC Leader is expected to manage risk within the clearly defined parameters of a safety management system. A TRRC Leader qualification does not define the skill set necessary to develop a safety management system. A TRRC Leader can work independently without direct supervision but must be indirectly supervised by a higher qualified and experienced individual. |
| Bouldering | Can run bouldering sessions where <ul style="list-style-type: none"> ▪ The climbers feet do not exceed a height of 1.6 metre off the ground ▪ The climber has at least 1 spotter who had been provided with training in stance, position and focus. |
| Single pitch top rope rock climbing | Can provide single pitch, top rope belay activities where: <ul style="list-style-type: none"> ▪ Multiple climbs operating simultaneously (to a maximum of 3) are only permitted where the leader can quickly intervene in all climbs. ▪ Where the leader can communicate easily with all participants. ▪ Clients are lowered from the climb (they do not unclip at the top and follow a retreat route down) |
| Ratio | Ratios are hard to prescribe and they will vary depending on a variety of factors (e.g. age, behaviour, special needs and ability of students; weather, environment,) A leader is competent to manage up to 10 participants when environmental conditions and participant ability are suitable for this. |
| Extending group scope | A TRRC Leader can assist a Rock climbing Instructor in environments specified in the Rock Climbing Instructors qualification scope if: <ul style="list-style-type: none"> ▪ Further personal climbing experience on climbs at instructor level has been logged ▪ When working outside the scope of the TRRC leader qualification the leader must be under the direct supervision of the instructor. All responsibility sits with the Rock Climbing Instructor. Guidelines for this are outlined in the Rock Climbing Instructor Scope. |
| Training and Assessment | |
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| Revalidation | |
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| | The TRRC Leader qualification remains valid so long as the holder completes annual revalidation requirements via NZOIA and maintains registration with the NZ Outdoor Registration Board. |

Rock Climbing Leader Syllabus

Rock Climbing Leader profile: This qualification is for people who:

- Provide introductory top rope rock climbing experiences.
- Provide positive and well managed experiences for a group

A Rock Climbing Leader will be able to:

Personal competence

- Demonstrate the ability to climb confidently
- Demonstrate the ability to belay climbers
- Demonstrate basic knowledge of care and appropriate use of the equipment commonly used in New Zealand for top rope rock climbing
- Demonstrate how to construct top rope rock climbing systems.
- Demonstrate site and personal safety

Leadership

- Demonstrate the ability to prepare an introductory rock climbing experience that is consistent with the safety management system of the organisation.
- Understand the impact of weather on the rock climbing venue.
- Demonstrate knowledge of the environment to be visited
- Demonstrate the safe and responsible management of the group
- Demonstrate effective safety management at all times

Instruction

- Demonstrate instructing a group in the rock climbing skills required for a positive introductory experience.

| Pre-requisites | |
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| | <p>The Rock Climbing Leader must :</p> <ul style="list-style-type: none"> • Hold a current first aid qualification completed or renewed within the last 2 years |

| Recommended prior to assessment | |
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| | <p>Risk management decisions and leadership skills require a level of maturity, therefore it is recommended that a Rock Climbing Leader</p> <ul style="list-style-type: none"> • be 18 years or over <p>Climbing experience is required to demonstrate confident proficiency during the assessment. The following are minimum guidelines</p> <ul style="list-style-type: none"> • Experience climbing grade 14 routes while on a top rope • Have climbed 20 rock climbing routes while on top rope (any grade) at both indoor and outdoor venues • Recommended reading: <ul style="list-style-type: none"> ○ Haddock, C. (2004) Outdoor Safety - Risk Management for Outdoor Leaders. Wellington: New Zealand Mountain Safety Council Manual 38. ○ Griffin, C (2002). New Zealand Outdoor First Aid. Wellington: New Zealand Mountain Safety Council Manual 33. ○ Ministry of Education, (2002). Safety and EOTC. A good practice guide for New Zealand Schools. ○ SPARC (2002) Outdoor Activities , Guidelines for Teachers. ○ Organisational Codes of Practice. |

| Syllabus | |
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| Personal Competence -The candidate MUST be able to demonstrate their competence at the following: | |
| Climbing performance | <p><i>Demonstrate the ability to climb confidently</i></p> <p>Correctly attach to the climbing rope</p> <p>Communicates clearly with the belayer at all times</p> <p>Move confidently on grade 14 climbs when on top rope.</p> <p>Select a route suitable to their skills and ability</p> |
| Belaying | <p><i>Demonstrate the ability to belay climbers</i></p> <p>Connect climbers to the climbing rope</p> <p>Demonstrate the use of a variety of different belay devices (must include an auto locking device(e.g. grigri) and manual locking device (e.g. stitch plate/ ATC))</p> <p>Demonstrate using industry accepted belay technique and systems with climbers (* add into the unit or assessment guidelines "describe when you would use a ground anchor and back up belayer")</p> <p>Demonstrate the ability to hold a fall and carry out lowers</p> |
| Equipment | <p><i>Demonstrate basic knowledge, care and appropriate use of the equipment commonly used in New Zealand for top rope rock climbing</i></p> <p>For the following equipment:</p> <ul style="list-style-type: none"> – rope (static and dynamic), |

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| | <ul style="list-style-type: none"> - slings, - karabiners, - belay devices, - harnesses, - helmets, - Prusik cord. <p>Describe the properties, limitations and common use</p> <p>Describe how to minimise wear</p> <p>Describe how to check for damage, and how to store.</p> |
| Top rope rock climbing systems | <p><i>Demonstrate how to construct top rope rock climbing systems</i></p> <p>Set up top rope systems (tape/rigging ropes)</p> <p>Demonstrate how to tie a range of commonly used knots (must include</p> <ul style="list-style-type: none"> - Clove and Italian hitch - Figure 8 - Prusik, - Overhand - Tape knot <p>The systems constructed comply with the commonly accepted practice in New Zealand.</p> <p>Construct a variety of secure anchor systems which minimise potential shock loading share the load have minimal angles and allow the rope to run smoothly</p> <p>Range: There are fixed anchors (bolts, chains, bollards, waratahs) or trees or threads</p> |
| Safety | <p><i>Demonstrate site and personal safety</i></p> <p>Demonstrate the setup and use of personal safety protection when at the top of a route</p> <p>Describe the emergency procedure in the case of an accident or injury.</p> <p>Display the emergency equipment available /or carried to the site. (including: some form of communication device)</p> <p>Demonstrate an understanding of how to avoid and deal with common problems such as a stuck climber</p> <p>Demonstrate the ability to unweight a jammed belay device with and without a ground anchor</p> |
| Leadership: The candidate MUST be able to demonstrate their competence at the following: | |
| Prepare a Top Rope Rock Climbing session | <p><i>Demonstrate the ability to prepare an introductory rock climbing experience that is consistent with the safety management system of the organisation.</i></p> <p>Identify and define the purpose of the TRRC session.</p> <p>Prepare a top rope rock climbing session that includes collecting or developing information about - risk identification and management, consent, access, equipment, weather information, intentions, gear lists, medical information, food and clothing; and emergency procedures.</p> <p>Select an appropriate venue, identify potential hazards and disclose these effectively to others.</p> |

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| Weather | <p><i>Understand the impact of weather on the rock climbing venue.</i></p> <p>Obtain weather information for given day and describe the limitations of this information.</p> <p>Explain the implications of the information gathered to the planned rock climbing experience</p> |
| <p>Access/ conservation/ etiquette (outdoor environments only)</p> | <p><i>Demonstrate knowledge of the environment to be visited</i></p> <p>Describe the access restrictions to the area (if any apply) and comply with these.</p> <p>Demonstrate and advise clients in minimum impact strategies</p> <p>Demonstrate an awareness of local crag issues (if any apply) and comply with agreements around these</p> <p>Demonstrate an awareness of responsibilities to and respect for:</p> <ul style="list-style-type: none"> - site, - other users, people in close vicinity (will include cultural appreciation) |
| Run a Top Rope Rock Climbing session | <p><i>Demonstrate the safe and responsible management of the group</i></p> <p>Manage the individuals and the group effectively by:</p> <ul style="list-style-type: none"> • Using effective communication skills • Setting and reviewing goals • Identifying and reacting to the needs of the group in relation to involvement, interest, enjoyment and achievement <p>Manage time appropriately in relation to the plan, activity and conditions</p> <p>Demonstrate an appropriate, effective group briefing and activity closure.</p> <p>Demonstrate an awareness and sensitivity to the emotional, cultural and special needs of a group</p> <p>Demonstrate an understanding of warming up and injury avoidance</p> <p>Demonstrate and manage the use of spotters for bouldering.</p> <p>Manage the height above the ground of individuals when bouldering (climbers feet must be less than 1.6 metre above the ground)</p> <p>Issue appropriate climbing equipment and check correct fitting and use</p> <p>Supervise a group of novice climbers belaying</p> <p>Demonstrate and manage the use of backup belayers for top roped climbing</p> |
| Safety Management | <p><i>Demonstrate effective safety management at all times</i></p> <p>Demonstrate an awareness of risk management strategies for a TRRC environment.</p> <p>Demonstrate the ability to adjust plans when the circumstances dictate.</p> <p>Demonstrate an understanding of emergency procedures relevant to the activity including serious injury, medical emergency, jammed belay device, stuck climber,</p> <p>Describe any other hazards at the site and the strategies in place to manage these.</p> |

Instruction: The candidate MUST be able to demonstrate their competence at the following:

Demonstrate instructing a group in the rock climbing skills required for a positive introductory experience.

Effectively instruct the following basic skill.

- Bouldering activities
- Climbing movement (during both bouldering and top rope climbing sessions)
- Spotting position for bouldering
- Choice and fitting of suitable harnesses
- Attachment of the rope to the harness
- Use of the chosen belay device
- The communication system to be used by the climber and the belayer.
- The role and responsibility of the climber, belayer and back up belayer (if used)