

# Rock Skills syllabi

## 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. Sport and trad climbing.
- 1.5. The climbing partnership – importance of trust and knowledge within a climbing partnership.
- 1.6. The work of clubs, federations and the UIAA.
- 1.6. Leaders, coaches, instructors and Guides

## 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, and its limitations.

# Leading Skills syllabi

## Sport

### 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 clubs, federations and the UIAA.

### 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 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 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 and its limitations

## Trad

### 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 clubs, federations and the UIAA.

### 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 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 humans 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 venues.
- 6.2. Gaining an understanding of common injuries.
- 6.3. Take appropriate action in the event of an incident, accident or common occurrences.
- 6.4. Calling for help.
- 6.5. Understanding how Mountain Rescue is organised and its limitations.