



SAREA ASSISTANT TOP ROPE INSTRUCTOR PERSONAL SKILLS ASSESSMENT

Candidates Name: First: Last:

Candidates Address:

Contacts: Home: Work:

Email:

Assessor/s name/s:

Date: / /

Weather conditions:

Notes:

The SAREA Top Rope Assistant Instructor Award is a non – VET (Vocational Education Training) award. It is recognition by a SAREA Top Rope or Lead Climbing Instructor of competence, according to the SAREA guidelines, that the candidate demonstrated, on the day, skills, experience and knowledge required to assist a qualified SAREA instructor.

- It does not endorse the candidate to undertake rock-climbing instruction without the supervision of a qualified instructor or guide.
- Instructors and guides remain responsible for the safety of the group under instruction
- SAREA ratios are: A ratio of 1:4, for a maximum of 12 clients, with at least one SAREA instructor or guide. That is, up to 4 clients: 1 x instructor/guide; up to 8 clients: 1 x instructor/guide and 1 x assistant; up to 12 clients: 1 x instructor/guide and 2 assistants.

Assessment Process:

1. Form completed and signed by SAREA Top Rope or Lead Climbing Instructor and returned to candidate
2. Candidate sends completed form to SAREA @ PO Box 601 North Adelaide 5001, with log book attached as per SAREA web site and cheque for \$50 made out to SAREA Inc.
3. Application is checked by AA Panel who recommend to SAREA Board
4. SAREA Board approve or reject application
5. Candidates notified by mail.

Assessment Outline:

The Assistant Top Rope Instructor assessment verifies that the candidate has received training and is competent to carry out the following duties under the supervision of a qualified SAREA or equivalent guide or instructor:

1. Provide advice for basic climbing;
2. Assist with basic top rope for rock climbing;
3. Provide safety information;
4. Tie students in appropriately;
5. Assist with belay supervision;
6. Assist with group management;
7. Comply with basic OHS&W guidelines;
8. Assist with and provide advice regarding care of equipment.

Senior First Aid/ Workplace Level 2 is highly recommended but not essential.

Candidates may also be able to assist with higher level duties such as abseiling, according to their individual background and skill development.



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Further details can be found in the candidate's rock climbing log book and assessment sheets.

1. Pre-assessment checks

1.1. Check candidate has the following:

1.1.1. Helmet and climbing equipment.....

1.1.2. Appropriate clothing and footwear for a cliff environment

Comments:

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2. Climbing Knowledge

Talked Demo

2.1. Candidate is able to describe or demonstrate a broad range of climbing techniques. Suggested techniques include, but are not limited to the following:

Three points of contact; using extended arms for rests; edging; smearing; range of finger grips; jamming – including fist, hand, arm and foot; mantel; counterforce; under-cling; stemming; bridging; lieback; face climbing; chimney technique; traversing and over-hang.....

Comments:

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3. Climbing Skills

Talked Demo

3.1. Demonstrates ability to top rope satisfactorily single pitch climbs.....

3.2. Demonstrates ability to abseil satisfactorily

3.3. Demonstrates use of belay device. eg 'ATC', 'sticht plate' , 'Gri-Gri' or other

3.4. Demonstrates ability to communicate effectively using standard climbing calls

Comments:

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4. Top Rope Set Up Knowledge

Talked Demo

4.1. Demonstrates working knowledge of knots including:

Figure of 8; figure of 8 on the bight; alpine butterfly; clove hitch; single fisherman's; double fisherman's; bowline with stopper knot; tape knot; prussic; munter hitch

4.2. Demonstrates working knowledge of SRENEA (Solid, Redundant, Equalized, No Extension, Angle less than 120 degrees) principles for basic top rope set up

4.3. Demonstrates ability to set up basic of anchor system for belayer

4.4. Demonstrates safety inspection of climbing equipment.....

Comments:

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5. Supervision of belaying Talked Demo

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|------|--|--------------------------|--------------------------|
| 5.1. | Demonstrates safety checks prior to climbing | <input type="checkbox"/> | <input type="checkbox"/> |
| 5.2. | Demonstrates provision of regular and appropriate feedback | <input type="checkbox"/> | <input type="checkbox"/> |
| 5.3. | Demonstrates use of effective use of back up belay | <input type="checkbox"/> | <input type="checkbox"/> |

Comments:

6. Cliff safety Talked Demo

- | | | | |
|------|--|--------------------------|--------------------------|
| 6.1. | Describes and demonstrates helmet wearing zones | <input type="checkbox"/> | <input type="checkbox"/> |
| 6.2. | Describes and demonstrates safe distance from cliff edge | <input type="checkbox"/> | <input type="checkbox"/> |
| 6.3. | Describes procedures in the event of rock fall | <input type="checkbox"/> | <input type="checkbox"/> |
| 6.4. | Demonstrates safe ascending and descending on steep ground | <input type="checkbox"/> | <input type="checkbox"/> |
| 6.5. | Describes basic emergency procedures | <input type="checkbox"/> | <input type="checkbox"/> |
| 6.6. | Demonstrates use of safety line near cliff edge..... | <input type="checkbox"/> | <input type="checkbox"/> |

Comments:

7. Group safety knowledge Talked Demo

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|------|---|--------------------------|--------------------------|
| 7.1. | Demonstrates ability to conduct all or aspects of a safety brief, including such aspects as medical information, emergency response, boundaries, toileting procedures, group size and ratios, learner responsibilities, environmental care, communication | <input type="checkbox"/> | <input type="checkbox"/> |
|------|---|--------------------------|--------------------------|

Comments:

8. Climbing Equipment Knowledge

- | | | Talked | Demo |
|-------|---|--------------------------|--------------------------|
| 8.1. | Demonstrates safe use of helmets | <input type="checkbox"/> | <input type="checkbox"/> |
| 8.2. | Demonstrates safe use of harnesses | <input type="checkbox"/> | <input type="checkbox"/> |
| 8.3. | Demonstrates safe use of ropes – static and dynamic | <input type="checkbox"/> | <input type="checkbox"/> |
| 8.4. | Demonstrates safe use of prussiks | <input type="checkbox"/> | <input type="checkbox"/> |
| 8.5. | Demonstrates safe use of carabiners | <input type="checkbox"/> | <input type="checkbox"/> |
| 8.6. | Demonstrates safe use of belay devices | <input type="checkbox"/> | <input type="checkbox"/> |
| 8.7. | Demonstrates safe use of tapes and slings | <input type="checkbox"/> | <input type="checkbox"/> |
| 8.8. | Demonstrates safe use of descending device such as figure of 8 | <input type="checkbox"/> | <input type="checkbox"/> |
| 8.9. | Demonstrates working knowledge of strengths and limitations of equipment | <input type="checkbox"/> | <input type="checkbox"/> |
| 8.10. | Describes care and maintenance of nylon equipment, including such aspects as contaminants, stitching and fraying; stepping on ropes, UV damage, storage, coiling ropes, working life of nylon, safety inspection procedures | <input type="checkbox"/> | <input type="checkbox"/> |
| 8.11. | Describes care and maintenance of hardware such as dropping from height, moving parts, dirt and other contaminants, | | |

Comments:



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9. Abseil Guiding (Optional but desirable)

Talked Demo

- 9.1. Demonstrates ability to provide a safety brief
- 9.2. Demonstrates use of independent safety line
- 9.3. Demonstrates use of load releasing anchor

Comments:
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General comments on assessment:

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Assessor/s comments to be included in candidates log book:
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Assessor/s signature/s: Candidate's signature:

SAREA AA Panel Check:

- 9.1. Check SAREA Instructor/Guide Qualification.....
- 9.2. Log Book 500m climbing.....
- 9.3. Cheque for \$50

Comments:
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Approved/not approved: Date: