



## SAREA TOP ROPE GUIDE PERSONAL SKILLS ASSESSMENT


Candidate's name: ..... Location:.....

Assessor/s name/s: .....

Date: .... /.... /.... Time started: ..... Time finished: ..... (Time allowed: 6hrs)

Weather conditions: .....

### Please note:

- All equipment for the personal skills assessment must be provided by the candidate, unless otherwise arranged. This may include, but is not limited to, an abseil rope, climbing rope, prussics, pulley, carabiners, slings, harness, lead equipment, helmet and belay device.
-  Your assessment will be immediately concluded if you fail to maintain the personal safety of yourself or any person under your direct supervision.
- If you are being assessed for the Instructor Qualification, you must complete Section 1 and 2.
- If you are being assessed for the Guide Qualification, you must complete Section 1.
- If this is your final assessment, you must not conduct yourself as a qualified SAREA Instructor, until your assessments, logbook and First Aid certificate, have been sited and ratified by the SAREA Board, and you have been subsequently notified by the Coordinating Assessor.

I have read and understood the above information: ..... (Candidate's Signature)

### Assessment Outline:

1. Meet candidate at pre-arranged location, e.g. the top gate at Morialta. Candidate to supply all own equipment, with assessor supplying their own harness, helmet, carabiners and belay device. Conduct pre-assessment checks (if items missing, e.g. First Aid kit, you may need to cancel assessment).
2. Move to cliff environment where candidate sets up top rope bottom belay, anchored on established bollards. Assessor to ask assessment questions during this time.
3. Move to base of cliff where candidate demonstrates belaying, climbing and communication skills, with candidate and assessor alternating between belaying and climbing. The candidate must also demonstrate how to escape the system of a bottom belay.
4. Questions about climbing terminology and equipment are to be asked throughout the day.
5. Set up a top belay system on another climb. Assessor climbs and candidate demonstrates safe practice.
6. Set up a static rope abseil line with a safety line. Abseil line to have load release anchor. Candidate guides assessor on abseil with safety line. Candidate must fit an effective chest harness as part of the safety line system.
7. Candidate to abseil 2 times:
  - Using a figure 8 descender, chest harness, and a prussic as a safety. Candidate asked to engage and test effectiveness of prussic 2m before the bottom.
  - Candidate to repeat without using recognized abseil devices, such as a Munter hitch.
6. End of assessment and debrief. Show candidate this assessment sheet and discuss all items. A pass or fail cannot be advised at this time as is determined by the SAREA AA Panel and Board, not the assessor. You will be notified by the Coordinating Assessor of your result.



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## 1. Pre-assessment Checks

- 1.1. Readily accessible first aid kit and mobile phone .....
- 1.2. Appropriate climbing equipment, with known history .....
- 1.3. Appropriate footwear and attire .....

Comments:

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## 2. Top Rope Set Up

Climb Name:.....

- 2.1. Safety checks carried out .....
- 2.2. Evidence of set up equipment safety checks.....
- 2.3. Assesses bollards and demonstrates bollard knowledge.....
- 2.4. Climb choice is appropriate, with hazards removed .....
- 2.5. Awareness of loose rock .....
- 2.6. Figure 8 knot (rethreaded, and on the bite) .....
- 2.7. Discuss appropriate use of trees at Morialta and Onkaparinga.....
- 2.8. Multiple anchors equalized with minimal shock load .....
- 2.9. Rechecks all knots, including tape knots .....
- 2.10. Checks carabiners are correctly closed .....
- 2.11. Prussic knots (demonstrate two different variations) .....
- 2.12. Appropriate and safe bottom belay anchor point/site .....
- 2.13. Correct belay and bottom belay anchor set up .....

Comments:

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## 3. Top Roping Skills

- 3.1. Belay technique .....
- 3.2. Climbing calls .....
- 3.3. Climbing techniques (layback, smearing, chimney, bridge, crack etc) .....
- 3.4. Ability to escape the bottom belay system
  - 3.4.1. Climber and belayer safety maintained .....
  - 3.4.2. Clear and unambiguous communication .....
  - 3.4.3. Carried out in an efficient and timely manner .....

Comments:

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## 4. Climbing Terminology and Skills

- 4.1. Grading system and guidebook interpretation .....
- 4.2. Differences between static and dynamic ropes .....
- 4.3. Difference between double (half), twin, and single ropes .....
- 4.4. Tubular Webbing/tape .....
- 4.5. Double fisherman’s knot .....
- 4.6. Harnesses and Helmets .....
- 4.7. Carabiners (plain, wire and screw gate) .....
- 4.8. Storage and care of equipment .....
- 4.9. Recommended working life of equipment .....
- 4.10. Friction Devices .....
- 4.11. Auto locking belay devices .....
- 4.12. Dropped equipment .....
- 4.13. Climbing impact on the cliff environment and other park users .....
- 4.14. Knowledge of DEH ‘Code of Practice for Rock Climbers’ .....
- 4.15. Permission and access .....
- 4.16. Use of chalk .....
- 4.17. Safety inspection of equipment procedures before and after climbing .....
- 4.18. Pegs, Carrots, Pitons and Bolts .....
- 4.19. Fall factors .....
- 4.20. Force and angles .....
- 4.21. Shock loading .....
- 4.22. Clove hitch .....
- 4.23. Alpine Butterfly .....

Comments:

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## 5. Top Belay Systems

- 5.1. Safety checks carried out .....
- 5.2. Multiple anchors equalized with minimal shock load .....
- 5.3. Checks on all knots and carabiners .....
- 5.4. Safe positioning of belayer .....
- 5.5. Discuss direct/indirect belay systems and understand pros/cons of each .....
- 5.6. Safety of climber and belayer maintained at all times .....

Comments:

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**6. Abseil Guide**

- 6.1. Safety checks carried out .....
- 6.2. Selection of suitable anchor points .....
- 6.3. Checks on abseiler done prior to abseiling .....
- 6.4. Effective use of chest harness .....
- 6.5. Ability to deal with a possible incident, such as inversion, or jammed device...
- 6.6. Clear and unambiguous communication .....
- 6.7. Safety of climber and belayer maintained at all times .....
- 6.8. Munter hitch .....

Comments:

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**7. Abseiling Competence**

- 7.1. Safety checks carried out .....
- 7.2. First abseil (Figure 8 Descender) .....
- 7.3. Second abseil (other friction device) .....
- 7.4. Effective use of chest harness .....
- 7.5. Ability to release loaded prussic .....

Comments:

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Assessor/s comments on assessment (to be included in the candidates logbook):

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Assessor/s signature/s: ..... Candidate's Signature: .....