



SAREA TOP ROPE INSTRUCTOR PERSONAL SKILLS ASSESSMENT


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

Assessor/s name/s:

Date: /.... /.... Time started: Time finished: (Time allowed: 4hrs)

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, lead equipment, harness, 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.
- This assessment is for the qualification of SAREA Top Rope Instructor. You must have already completed the Top Rope Guide personal skills assessment (or hold an equivalent qualification), prior to this assessment.
- 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 sighted 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:

Please note: The Top Rope Instructor assessment is focused on instructional skills. Therefore, during this section, the candidate takes on the role of **instructor**, and the assessor takes on the role of **novice**. The assessor will ask novice based questions throughout the assessment. If at any point the assessor needs to step out of their novice role to ask assessor based questions, they will let you know prior to this.

This assessments can be done in conjunction with the Top Rope Guide (Restricted) Personal Skills assessment components, or independently. For each component, there should be a safety briefing on how to minimize and manage incidents, and instruction on how to complete the activity competently. There may be some repetition with the Top Rope Guide (Restricted) Personal Skills assessment. Please understand that each component is assessed individually, and all areas of safety and instruction must be covered each time.

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. Candidate instructs assessor (as novice) in the following areas of abseiling instruction:
 - Single pitch, single rope abseil equipment and setup
 - Abseiling technique, safety and dealing with possible incidents
 - Single pitch double rope abseil, with rope retrieval
3. Candidate instructs assessor (as novice) in the skills of seconding on a single pitch lead climb of grade 12 or above.
4. Candidate instructs assessor (as novice) on how to set up a top rope bottom belay system, including a bottom belay anchor.
5. 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 your 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

2. Single Pitch Abseil Instruction

- 2.1. Provides safety brief to assessor.....
- 2.2. Instructs assessor in appropriate equipment for an independent abseil:
 - 2.2.1. Strengths and limitations of a range of different abseil devices.....
 - 2.2.2. Length, diameter & characteristics of prussic cords and knots.....
- 2.3. Instructs assessor in methods of maintaining personal safety.....
- 2.4. Instructs assessor in how to set up a single pitch, single rope abseil:
 - 2.4.1. Selecting an appropriate abseil site.....
 - 2.4.2 Multiple anchors - SRENEA
 - 2.4.3. Effective use of a prussic
 - 2.4.4. Safety of self and assessor maintained at all times.....
 - 2.4.5. Clear teaching cues and emphasis on safety
 - 2.4.6. Knot in end of abseil rope
- 2.5. Instructs assessor in abseiling techniques:
 - 2.5.1. Beginning edge, and overhangs.....
 - 2.5.2. Clearing obstacles
- 2.6. Instructs assessor in how to avoid and manage possible incidents:
 - 2.6.1. Inversion.....
 - 2.6.2. Jammed abseil device
 - 2.6.3. Jammed prussic
- 2.7. Instructs assessor in how to complete a single pitch double rope abseil:
 - 2.7.1. System set up to facilitate pulling rope through.....
 - 2.7.2. Knots in end of rope.....
 - 2.7.3. Safe and effective rope retrieval.....

Comments:

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3. Single Pitch Guiding

Climb Name:.....

- 3.1. Evidence of climbing equipment safety checks.....
- 3.2. Climb choice is appropriate with hazards identified or removed.....
- 3.3 Candidate instructs assessor in effective single pitch seconding:
 - 3.3.1 Anchors
 - 3.3.2. Communication.....
 - 3.3.3. Belaying techniques.....
 - 3.3.4. Positioning of belayer.....
 - 3.3.5. Removal of protection.....
 - 3.3.6. Knowledge of protection types (nuts, hexes, cams).....
- 3.4. Candidate instructs assessor in procedures to manage incidents:
 - 3.4.1. Falling
 - 3.4.2. Rope Jam
 - 3.4.3. Inability to hear climbing calls



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- 3.5. Safety checks prior to climbing - harness, helmet, carabiner, knots
- 3.6. Instructs climbing techniques required for the climb.....
- 3.7. Adequate and good placement of protection whilst climbing.....
- 3.8. Set up safe, effective top belay system for seconder.....
- 3.9. Candidate instructs assessor on process once climb completed:
 - 3.9.1. Ensuring adequate distance from cliff.....
 - 3.9.2. Untying procedures
- 3.10. Leading competence
- 3.11. Confidence in instructing

Comments:

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4. Top rope rock climbing instruction Climb Name:.....

- 4.1. Instructs assessor in safety checks and cliff safety
- 4.2. Instructs assessor of the importance of SRENEA principles
- 4.3. Instructs assessor in establishing safe bottom belay anchors
- 4.4. Instructs assessor in positioning of ropes.....
- 4.5. Instructs assessor in position of bottom belay stance
- 4.6. Instructs assessor in basic emergency response.....
- 4.7. Personal safety maintained
- 4.8. Assessor safety maintained

Comments:

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5. Instructional techniques and methods

- 5.1. Demonstrations are clear and to a high technical level
- 5.2. Instructions are clear and unambiguous
- 5.3. Instruction reflects ability to break down complex skills into component parts...
- 5.4. Demonstrate ability to provide feedback on technique to facilitate knowledge...
- 5.5. Professional conduct demonstrated throughout
- 5.6. Positive relationship with clients
- 5.7. Avoids or diffuses conflict situations

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: