



SAREA TOP ROPE GUIDE (RESTRICTED)

PERSONAL CLIMBING ASSESSMENT

Candidates name: Location:

Assessor/s name/s:

Date: / / Time started: Time finished:

Weather conditions:

Note:

There are 3 components of the SAREA Top Rope Guide (Restricted).

Assessment no. 1: Personal Skills

Assessment no. 2: Group Management

Assessment no. 3: Rescue Skills

This SAREA Top Rope Guide (Restricted) Personal Skills Assessment fulfils the components of the following Units of Competence:

SROCLN003A	Establish belays for climbing on natural surfaces
SROABN004A	Establish ropes for single pitch abseiling on natural surfaces
Assessment Elements	1. Choose solid and secure natural and/or fixed anchors 2. Select and set up a belay system

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.
2. Conduct pre-assessment checks (if items missing, e.g. First Aid kit you may need to cancel assessment).
3. Move to cliff environment where candidate sets up top rope bottom belay anchored on established holdfasts:
 - 3.1. Assessor to ask Top Rope Set-up assessment questions while candidate setting up
4. Move to base of cliff where candidate demonstrates top rope skills, with candidate and assessor alternating between belaying and climbing.
 - 4.1. Belaying
 - 4.2. Climbing calls
 - 4.3. Climbing techniques
5. Questions about climbing terminology and equipment knowledge asked throughout the day.
6. Set up a top rope top belay on a different climb. Assessor climbs and candidate demonstrates safe practice.
7. 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 should fit chest harness as part of the safety line system.
8. Candidate to abseil 3 times.
 - 8.1. Abseil no. 1: Candidate abseils using a friction device such as a figure 8 descender on static rope line, using prussics as safety. Candidate asked to engage prussic 2m before the bottom, let go of abseil device, and then re-engage abseil device. Candidate releases prussic and completes abseil.
 - 8.2. Candidate to repeat using an alternative abseil device such as a belay plate.
 - 8.3. Candidate to repeat without using recognized abseil devices, such as a Munter hitch.
9. Candidate to ascend abseil 2 times.
 - 9.1. Candidate to ascend and descend 3m using prussic cord.
 - 9.2. Candidate to ascend and descend 3m using a mechanical ascender.



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10. End of assessment. Pack up and debrief assessment (*show candidate this assessment sheet and discuss all items*). If assessment is dubious the assessor is not required to say this to candidate. Advise candidate that you will make your recommendations to the SAREA Board and the Board will notify them.

1. Pre-assessment checks at vehicles

- 1.1. Check candidate has the following:
- 1.1.1. Readily accessible First Aid kit
 - 1.1.2. Helmet and climbing equipment
 - 1.1.3. Appropriate footwear for a cliff environment

Comments:

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2. Top rope – Setting-up, belaying and climbing bottom and top belay Talked Demo

Climb name/s:		
2.1. Climb choice is appropriate with hazards identified or removed	<input type="checkbox"/>	<input type="checkbox"/>
2.2. Checks harness is correctly tied before climbing	<input type="checkbox"/>	<input type="checkbox"/>
2.3. Wearing helmet	<input type="checkbox"/>	<input type="checkbox"/>
2.4. Re-checks all knots, including tape knots	<input type="checkbox"/>	<input type="checkbox"/>
2.5. Checks karabiners are correctly closed	<input type="checkbox"/>	<input type="checkbox"/>
2.6. Assesses bollard(s)	<input type="checkbox"/>	<input type="checkbox"/>
2.7. Demonstrates bollard knowledge (e.g. Morialta / Onkaparinga tie off anchors)	<input type="checkbox"/>	<input type="checkbox"/>
2.8. Multiple anchors equalized and with minimal shock loading	<input type="checkbox"/>	<input type="checkbox"/>
2.9. Awareness of loose rocks	<input type="checkbox"/>	<input type="checkbox"/>
2.10. Use of trees to re-direct anchor lines only	<input type="checkbox"/>	<input type="checkbox"/>
2.11. Figure 8 knot (Fig 8 re-threaded & Fig 8 on bight)	<input type="checkbox"/>	<input type="checkbox"/>
2.12. Alpine Butterfly	<input type="checkbox"/>	<input type="checkbox"/>
2.13. Double Fisherman's knot	<input type="checkbox"/>	<input type="checkbox"/>
2.14. Prussik knot	<input type="checkbox"/>	<input type="checkbox"/>
2.15. Other type/s of "Prussik" knot/s	<input type="checkbox"/>	<input type="checkbox"/>
2.16. Setting up safe bottom belay anchor points	<input type="checkbox"/>	<input type="checkbox"/>
2.17. Belay site appropriate	<input type="checkbox"/>	<input type="checkbox"/>
2.18. Ability to 'escape the system' demonstrated	<input type="checkbox"/>	<input type="checkbox"/>
2.19. Use & strengths of belay devices:		
2.19.1. Friction or Munter Hitch	<input type="checkbox"/>	<input type="checkbox"/>
2.19.2. Belay plate	<input type="checkbox"/>	<input type="checkbox"/>
2.19.3. Waist belay	<input type="checkbox"/>	<input type="checkbox"/>
2.19.4. Auto-locking belay device	<input type="checkbox"/>	<input type="checkbox"/>
2.20. Clear unambiguous climbing calls and methods of communication	<input type="checkbox"/>	<input type="checkbox"/>
2.21. Climbing competence:		
2.21.1. Laybacks	<input type="checkbox"/>	<input type="checkbox"/>
2.21.2. Chimney / Bridging	<input type="checkbox"/>	<input type="checkbox"/>
2.21.3. Corners	<input type="checkbox"/>	<input type="checkbox"/>
2.21.4. Slabs	<input type="checkbox"/>	<input type="checkbox"/>



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Comments:

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3. Climbing terminology and equipment knowledge	Talked	Demo
3.1. Grading system/s and guide book interpretation	<input type="checkbox"/>	<input type="checkbox"/>
3.2. Differences between static and dynamic ropes	<input type="checkbox"/>	<input type="checkbox"/>
3.3. 11mm vs 9mm ropes	<input type="checkbox"/>	<input type="checkbox"/>
3.4. Webbing / Tape	<input type="checkbox"/>	<input type="checkbox"/>
3.5. Harnesses	<input type="checkbox"/>	<input type="checkbox"/>
3.6. Karabiners (gated and use plain gates in opposition)	<input type="checkbox"/>	<input type="checkbox"/>
3.7. Storage and care of equipment		
3.8. Recommended working life of equipment	<input type="checkbox"/>	<input type="checkbox"/>
3.9. Friction devices	<input type="checkbox"/>	<input type="checkbox"/>
3.10. Helmets	<input type="checkbox"/>	<input type="checkbox"/>
3.11. Assessing condition of gear	<input type="checkbox"/>	<input type="checkbox"/>
3.12. Dropped equipment	<input type="checkbox"/>	<input type="checkbox"/>
3.13. Climbing impact on the cliff environment & other park users	<input type="checkbox"/>	<input type="checkbox"/>
3.14. Knowledge of DEH " <i>Code of Practice for Rock Climbers</i> "	<input type="checkbox"/>	<input type="checkbox"/>
3.15. Permission and access	<input type="checkbox"/>	<input type="checkbox"/>
3.16. Use of chalk	<input type="checkbox"/>	<input type="checkbox"/>
3.17. Safety inspection of equipment procedures before and after climbing	<input type="checkbox"/>	<input type="checkbox"/>
3.18. Working knowledge of forces, including		
3.18.1. Fall factors		
3.18.2. Force and angles		
3.18.3. Shock loading		
3.18.4. Fall rating		

Comments:

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4. Abseiling competence	Talked	Demo
Abseil location/s:		
4.1. Setting up safe belay anchor points/multiple anchors	<input type="checkbox"/>	<input type="checkbox"/>
4.2. Checks harness is correctly tied before abseiling	<input type="checkbox"/>	<input type="checkbox"/>
4.3. Checks karabiners are correctly closed	<input type="checkbox"/>	<input type="checkbox"/>
4.4. Selection of suitable anchor points	<input type="checkbox"/>	<input type="checkbox"/>
4.5. Stopper knot tied in end of rope/s	<input type="checkbox"/>	<input type="checkbox"/>



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- 4.6. Abseil device no. 1 – figure 8 or other
- 4.7. Abseil device no.2 – belay plate or other
- 4.8. Other method of abseil
- 4.9. Effective use of chest harness
- 4.10. Ability to release loaded 'prussik'

Comments:

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5. Ascending competence

Talked Demo

Ascending location/s:

- 5.1. "Prussik" knots. Type used:
- 5.2. Mechanical ascenders

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: