



SAREA TOP ROPE INSTRUCTOR 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 Instructor practical assessment.

Assessment no. 1: Personal Skills

Assessment no. 2: Group Management

Assessment no. 3: Rescue Skills

The Top Rope Instructor Personal Skills practical assessment includes the Top Rope Guide (Restricted) practical assessment.

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	<ol style="list-style-type: none"> 1. Choose solid and secure natural and/or fixed anchors 2. Select and set up a belay system

The additional components of the Top Rope Instructor Personal Skills practical assessment fulfils the components for the following Units of Competence:

SROCLN009A	Instruct climbing on natural surfaces (restricted)
SROABN008A	Instruct abseiling on natural surfaces (single pitch)
Assessment Elements	<ol style="list-style-type: none"> 1. Plan an instructional session for teaching climbing/abseiling skills on natural surfaces 2. Select appropriate resources required to teach climbing/abseiling skills on natural surfaces 3. Introduce an instructional climbing/abseiling session on natural surfaces 4. Conduct an instructional climbing/abseiling session on natural surfaces 5. Apply appropriate teaching techniques for a climbing/abseiling session on natural surfaces 6. Teach the required knowledge that applies to climbing/abseiling activity 7. Teach safety and rescue procedures appropriate to a climbing/abseiling activity 8. Teach climbing and abseiling skills (for natural surfaces) 9. Communicate further climbing/abseiling knowledge (for natural surfaces) 10. Conclude and evaluate the climbing/abseiling instructional session

Assessment Outline: Top Rope Guide (Restricted):

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).



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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 and descend abseil rope 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.

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. Evidence of equipment safety check.....	<input type="checkbox"/>	<input type="checkbox"/>
2.2. Climb choice is appropriate with hazards identified or removed	<input type="checkbox"/>	<input type="checkbox"/>
2.3. Checks harness is correctly tied before climbing	<input type="checkbox"/>	<input type="checkbox"/>
2.4. Wearing helmet	<input type="checkbox"/>	<input type="checkbox"/>
2.5. Re-checks all knots, including tape knots	<input type="checkbox"/>	<input type="checkbox"/>
2.6. Checks karabiners are correctly closed	<input type="checkbox"/>	<input type="checkbox"/>
2.7. Assesses bollard(s)	<input type="checkbox"/>	<input type="checkbox"/>
2.8. Demonstrates bollard knowledge (e.g. Morialta / Onkaparinga tie off anchors)	<input type="checkbox"/>	<input type="checkbox"/>
2.9. Multiple anchors equalized and with minimal shock loading	<input type="checkbox"/>	<input type="checkbox"/>
2.10. Awareness of loose rocks	<input type="checkbox"/>	<input type="checkbox"/>
2.11. Use of trees to re-direct anchor lines only.....	<input type="checkbox"/>	<input type="checkbox"/>
2.12. Figure 8 knot (Fig 8 re-threaded & Fig 8 on bight)	<input type="checkbox"/>	<input type="checkbox"/>



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|---|--------------------------|--------------------------|
| 2.13. Alpine Butterfly | <input type="checkbox"/> | <input type="checkbox"/> |
| 2.14. Double Fisherman's knot | <input type="checkbox"/> | <input type="checkbox"/> |
| 2.15. Prussik knot | <input type="checkbox"/> | <input type="checkbox"/> |
| 2.16. Other type/s of "Prussik" knot/s | <input type="checkbox"/> | <input type="checkbox"/> |
| 2.17. Setting up safe bottom belay anchor points | <input type="checkbox"/> | <input type="checkbox"/> |
| 2.18. Belay site appropriate | <input type="checkbox"/> | <input type="checkbox"/> |
| 2.19. Ability to 'escape the system' demonstrated..... | <input type="checkbox"/> | <input type="checkbox"/> |
| 2.20. Use & strengths of belay devices: | | |
| 2.20.1. Friction or Munter Hitch | <input type="checkbox"/> | <input type="checkbox"/> |
| 2.20.2. Belay plate | <input type="checkbox"/> | <input type="checkbox"/> |
| 2.20.3. Waist belay | <input type="checkbox"/> | <input type="checkbox"/> |
| 2.20.4. Auto-locking belay device..... | <input type="checkbox"/> | <input type="checkbox"/> |
| 2.21. Clear unambiguous climbing calls and methods of communication | <input type="checkbox"/> | <input type="checkbox"/> |
| 2.22. Climbing competence: | | |
| 2.22.1. Laybacks | <input type="checkbox"/> | <input type="checkbox"/> |
| 2.22.2. Chimney / Bridging | <input type="checkbox"/> | <input type="checkbox"/> |
| 2.22.3. Corners | <input type="checkbox"/> | <input type="checkbox"/> |
| 2.22.4. Slabs | <input type="checkbox"/> | <input type="checkbox"/> |

Comments:

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- | | 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 "Code of Practice for Rock Climbers" | <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 | | |



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- 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"/> |
| 4.6. | Abseil device no. 1 – figure 8 or other | <input type="checkbox"/> | <input type="checkbox"/> |
| 4.7. | Abseil device no.2 – belay plate or other | <input type="checkbox"/> | <input type="checkbox"/> |
| 4.8. | Other method of abseil | <input type="checkbox"/> | <input type="checkbox"/> |
| 4.9. | Effective use of chest harness | <input type="checkbox"/> | <input type="checkbox"/> |
| 4.10. | Ability to release loaded 'prussik' | <input type="checkbox"/> | <input type="checkbox"/> |

Comments:

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5. Ascending competence

Talked Demo

Ascending location/s:

- | | | | |
|------|-----------------------------------|--------------------------|--------------------------|
| 5.1. | "Prussik" knots. Type used: | <input type="checkbox"/> | <input type="checkbox"/> |
| 5.2. | Mechanical ascenders | <input type="checkbox"/> | <input type="checkbox"/> |

Comments:

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General comments on assessment:

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

Assessor/s signature/s: Candidate's signature:

Additional components for Top Rope Instructor Personal Skills Assessment

The additional Units of Competence at Top Rope Instructor level focus on instructional skills. Therefore for the additional components from Top Rope Guide (Restricted), the candidate takes on the role of instructor, and the assessor takes on the role of novice. The assessor will ask questions throughout the assessment.

These assessments can be done in conjunction with the Top Rope Guide (Restricted) Personal Skills assessment components, or can be done 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.

Note that there may be some repetition with the Top Rope Guide (Restricted) Personal Skills assessment.

10. Candidate instructs assessor (as novice) on how to safely set up a single rope abseil. Candidate instructs assessor (as novice) on how to abseil independently.
11. Candidate instructs assessor on how to set up a double rope abseil, where the rope can be pulled through from the bottom after completion.
12. Candidate instructs assessor (as novice) in the skills of seconding on a single pitch lead climb of grade 12 or above.
13. Candidate instructs assessor (as novice) on how to set up a top rope bottom belay, including top anchor set up and bottom belay set up.
14. 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.

6. Single Pitch Abseil Instruction

Talked Demo

Climb selected:

- | | | |
|--|--------------------------|--------------------------|
| 6.1. Provides safety brief to assessor | <input type="checkbox"/> | <input type="checkbox"/> |
| 6.2. Instructs assessor in how to set up a single pitch single rope abseil | <input type="checkbox"/> | <input type="checkbox"/> |
| 6.2.1. Selecting an appropriate abseil site | | |
| 6.2.2. Consideration of other users | | |
| 6.2.3. Multiple anchors –
Solid, redundant, equalized, no extension and angle less than 120 degrees | | |
| 6.2.4. Maintains safety of climber | | |
| 6.2.5. Safety checks | | |
| 6.2.6. Communication | | |
| 6.2.7. Knot in end of abseil rope | | |
| 6.2.8. Safety checks | | |
| 6.3. Instructs assessor in appropriate equipment for independent abseil | | |
| 6.3.1. Strengths and limitations of a range of different abseil devices | | |
| 6.3.2. Length, diameter and characteristics of prussic cords | | |
| 6.4. Instructs assessor in abseiling techniques | | |
| 6.4.1. Overhangs | | |



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- 6.4.2. Caves
- 6.4.3. Clearing obstacles
- 6.5. Instructs assessor in methods of maintaining personal safety
 - 6.5.1. Avoiding damage to line
 - 6.5.2. Safe approach to cliff environment
- 6.6. Instructs assessor in how to avoid and manage possible incidents
 - 6.6.1. Inversion
 - 6.6.2. Abseil device jams
 - 6.6.3. Prussic jams
- 6.7. Instructs assessor in how to complete a single pitch double rope abseil
 - 6.7.1. System set up to facilitate pulling rope through
 - 6.7.2. Knots in end of rope
 - 6.7.3. Safe and effective rope retrieval

Comments:

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7. Single pitch guiding	Talked	Demo
Climb name/s:		
7.1. Evidence of equipment safety check.....	<input type="checkbox"/>	<input type="checkbox"/>
7.2. Climb choice is appropriate with hazards identified or removed	<input type="checkbox"/>	<input type="checkbox"/>
7.3. Candidate instructs assessor in effective single pitch seconding		
7.3.1. Anchors		
7.3.2. Communication		
7.3.3. Belaying techniques		
7.3.4. Positioning of belayer		
7.3.5. Removal of protection		
7.3.6. Clipping and unclipping anchors		
7.4. Candidate briefs assessor regarding strengths and limitations of climbing equipment		
7.4.1. chocks and hexes		
7.4.2. camming devices		
7.5. Candidate instructs assessor in procedures to manage incidents		
7.5.1. Fall		
7.5.2. Rope jam		
7.5.3. Inability to hear climbing calls		
7.6. Safety checks prior to climbing – harness, helmet, carabiners, knots		
7.7. Upward and downward forces on anchors/belay	<input type="checkbox"/>	<input type="checkbox"/>
7.8. Runner placement and security	<input type="checkbox"/>	<input type="checkbox"/>
7.9. Setting up safe belay anchor points/multiple anchors	<input type="checkbox"/>	<input type="checkbox"/>
7.10. Instructs climbing techniques required for the climb		
7.11. Instructs in safety procedures on completion of climb		
7.11.1. Communication		
7.11.2. Ensuring adequate distance from cliff		
7.11.3. Untying procedures		
7.12. Demonstration of belaying off lead equipment	<input type="checkbox"/>	<input type="checkbox"/>
7.13. Pegs and bolts	<input type="checkbox"/>	<input type="checkbox"/>



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|--|--------------------------|--------------------------|
| 7.14. Grading system/s and guide book interpretation | <input type="checkbox"/> | <input type="checkbox"/> |
| 7.15. Competence | <input type="checkbox"/> | <input type="checkbox"/> |
| 7.16. Confidence | <input type="checkbox"/> | <input type="checkbox"/> |
| 7.17. Runner placement and security | <input type="checkbox"/> | <input type="checkbox"/> |
| 7.18. Setting up safe belay anchor points/multiple anchors | <input type="checkbox"/> | <input type="checkbox"/> |
| 7.19. Use of top belay to belay second/s | <input type="checkbox"/> | <input type="checkbox"/> |

Comments:

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8. Top Rope Rock-climbing Instruction

Talked Demo

Climb name/s:

- | | | |
|---|--------------------------|--------------------------|
| 8.1. Instructs assessor in safety checks | <input type="checkbox"/> | <input type="checkbox"/> |
| 8.2. Instructs assessor how to approach the cliff safely | <input type="checkbox"/> | <input type="checkbox"/> |
| 8.3. Instructs assessor to ensure anchors are solid, redundant, equalized and not extended. | | |
| 8.4. Instructs assessor in establishing direct anchors for bottom belay | | |
| 8.5. Instructs assessor in positioning of ropes | | |
| 8.6. Instructs assessor in position of belay stance | | |
| 8.7. Instructs assessor in basic emergency response | | |

Comments:

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9. Instructional Techniques and Methods

- 9.1. Demonstrations are clear and to a high technical level
- 9.2. Instructions are clear and unambiguous
- 9.3. Instructional methodology appropriate for developing independent abseiling practice
- 9.4. Teaching points reflect ability to break down complex skills into component parts
- 9.5. Demonstrates ability to provide feedback on technique to facilitate knowledge
- 9.6. Demonstrates ability to seek and apply feedback regarding performance
- 9.7. Professional conduct demonstrated throughout
- 9.8. Positive relationship with clients
- 9.9. Avoids or diffuses conflict situations

Comments:

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