

S.A.R.E.A.



**South Australian Rock-climbing
Education Association Inc.**

P.O. Box 601,
North Adelaide SA 5006

V.4 2007

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Enquiries should be addressed to the publisher.

Publisher:

South Australian Rockclimbing Education Association
P.O. Box 601
NORTH ADELAIDE S.A. 5006



PERSONAL PARTICULARS

Name: _____
Given Names *Surname*

Address: _____

Postcode: _____ Date of Birth: ____ / ____ / ____

Telephone Number: _____ Mobile: _____

e-mail Address: _____

Date of issue of Log Book: _____

FIRST AID CERTIFICATE

Name of course attended: _____

Organisation conducting the course: _____

Serial No. of Certificate	Date of Issue	Expiry Date	Certificate sighted by the Association (signature)



TOP ROPE / LEAD CLIMBING SEMINAR

____ / ____ / ____
Date completed

Signature of seminar coordinator

TOP ROPE GROUP MANAGEMENT SEMINAR

____ / ____ / ____
Date completed

Signature of seminar coordinator

SUBMIT LOGBOOK

____ / ____ / ____
Date passed

Signature of Secretary / Chairperson

TOP ROPE / LEAD CLIMBING SEMINAR

____ / ____ / ____
Date passed

Signature of Secretary / Chairperson

RESCUE SEMINAR

____ / ____ / ____
Date completed

Signature of seminar coordinator

TOP ROPE GROUP MANAGEMENT ASSESSMENT

____ / ____ / ____
Date completed

Signature of seminar coordinator

THE ASSOCIATION

The Board of the South Australian Rock-climbing Education Association Inc. includes representatives from the following organisations.

1. The Climbing Club of South Australia
2. The Scout Association of Australia (S.A. Branch)
3. Adelaide University Mountain Club and Flinders University Wilderness Club
4. The National Parks and Wildlife Service (N.P.W.S.A.)
5. The Education Department (S.A.)
6. South Australian Private Schools
7. Commercial interests in South Australia
8. Rescue Organisations, (STAR Force, S.E.S.)
9. TAFE – SA Department of Education Employment and Training
10. Outdoor Educators Association of South Australia

The board may, from time to time, nominate additional organisations to be included in this list, or may revoke the inclusion of any organisation.

AIMS OF THE ASSOCIATION

The aim of the Board shall be:

1. Standardise and advance rock-climbing education in South Australia.
2. To formulate policies on safety standards and instructional qualifications for rock-climbing education.
3. To facilitate and encourage training and assessment of rock-climbing instructors to the standards laid down by the Board in By-Law No. 2.
4. To liaise with kindred associations, training establishments, and other organisations or institutions interested in rock-climbing instruction.
5. To be able to act in an advisory capacity regarding the implementation of rock-climbing education programmes in South Australia.

ADVISORY AND ASSESSMENT PANEL

The Association appoints advisers who will, on behalf of the Association advise the applicants about the assessment procedure as laid down in the S.A.R.E.A. logbook.

The Association appoints assessors who will, on behalf of the Association assess the applicants against the standards as laid down by the Association in By-Law 2.

THE S.A.R.E.A. CERTIFICATE

Although the Association does not hold out any guarantee the S.A.R.E.A. Instructors Certificate in top rope climbing or lead climbing certify that on the occasion of assessment the bearer showed skills and evidenced ability, which, together with his or her report of climbing activities undertaken, indicated that at that particular level he or she compared favourably with the standards set down by this Association.

Instructors will be required to re-submit their logbook to the Association every three years for re-accreditation.

The person named in the certificate has not been trained by the Association.

Top-rope instructor certification permits top-rope instruction on single pitch climbs only. It does not permit instruction on multi-pitch climbs.

The instructor Student ratio should not exceed 1 : 4, for every suitably qualified Instructor and two or more assistant instructors the number of students should not exceed 12.

e.g. 1 instructor	– 4 students max
1 instructor and 1 assistant	– 8 students max
1 instructor and 2 or more assistants	– 12 students max

Certification with a S.A.R.E.A. Instructors Certificate will be at the discretion of the Association.

ABOUT THIS BOOK

This book can be used as a record of the rock-climbing activities undertaken by the holder, for the S.A.R.E.A. Rock-climbing Instructors Certificate.

It is also intended to supplement the Certificate itself, indicating the range of personal and instructional experience and skills upon which the certificate has been granted.

It is the responsibility of the candidate or instructor to maintain detailed, accurate and true records in this book of their rock-climbing and instructional experience.

Each section is to be completed as indicated. Additional pages can be obtained from the Association if the pages provided are insufficient.

Prior to assessment, this book must be submitted to the Association for review, and will be the basis for deciding whether or not sufficient experience has been acquired before a candidate is accepted for assessment.

The Association is not obliged to and has not confirmed the truth of the details set out in the record of rock-climbing activities and the Association does not hold out or guarantee the accuracy of statements therein.

'S.A.R.E.A.' has prepared the following standards based on submissions from Member Organisations, and other Groups. The aim is to ensure that Rock-climbing Instructors possess appropriate skills, experience and background in the activity, both as climbers and instructors.

ASSESSMENT

The candidate will be required to follow the procedure as set out in the flow diagram in the 'Assessment Procedure'.

At the discretion of the Association candidates may be allowed to enter the Instructor scheme directly at the 'Application for Assessment' level.

The candidate will present this logbook and the appropriate fee along with the application for assessment at the appropriate level. Candidates should meet with their nominated Advisor, for signoff of the logbook, prior to submission of this logbook to the Board for approval.

Upon successful application the Association will appoint assessors and a date arranged which is convenient to all parties for assessment.

The Association must be advised immediately if the candidate is unavailable on that date.

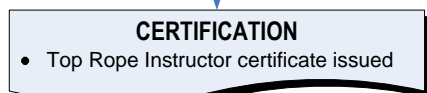
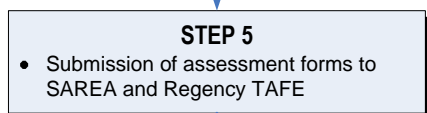
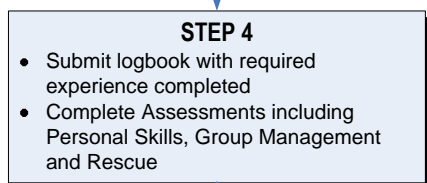
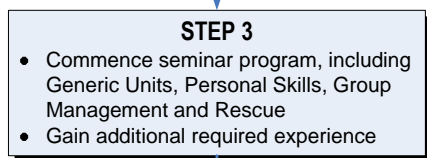
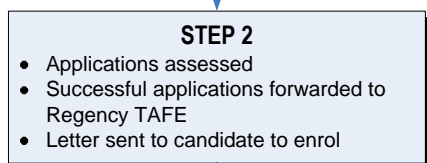
The fee will be forfeited should the applicant fail to attend the set assessment date without notifying the Association.

MEDICAL AND AMBULANCE INSURANCE

All candidates and assessors are advised to arrange their own medical and ambulance insurance, as the Association does not provide insurance cover nor does it accept liability for costs incurred.

ASSESSMENT PROCEDURE

SAREA Top Rope Instructor Assessment Procedure Flow Chart in Detail



STEP 1 —

- Candidate directed to SAREA website and download log book and application form
- An information evening will be held to outline the program to candidates
- Candidate to submit logbook that meets the minimum experience requirements for entry into the scheme with application fee to SAREA
- The minimum experience requirement is that which meets the guidelines as outlined in this log book for 'Assistant Instructor'
- It is recommended that the candidate have experience beyond this level, however

STEP 2 —

- Application and logbook evaluated by SAREA coordinating assessor
- If successful candidate invited to attend Introductory Seminar
- SAREA to notify Regency Institute of TAFE of candidate's name
- Regency Institute of TAFE to send out application for enrolment
- Candidate enrolls with Regency Institute of TAFE to commence program

STEP 3 —

- Candidate notified of requirement to complete a range of Units of Competence with Regency TAFE, or other provider, or undertake an RPL process
- Candidate should continue gaining additional practical experience such as instructional hours and personal climbing during this time
- Candidate completes Personal Skills seminar, Group Management Skills seminar, Emergency Situation and Rescue Skills Assessment
- Following the completion of the remaining experience component outlined for 'Top Rope Instructor' candidate submits log book and completed Senior First Aid certificate to SAREA
- Coordinating Assessor checks that candidate meets minimum requirements for assessment
- Coordinating Assessor then appoints Field Assessors to conduct practical assessments

STEP 4 —

- Candidate undertakes Personal Skills assessment, if candidate is successful with the above, the candidate then progresses to the next assessment
- Candidate completes Group Management Skills assessment*

STEP 5

- Assessment reports presented to Board for final checking and ratification by SAREA
- Assessments forwarded to Regency Institute of TAFE
- Regency Institute of TAFE issues statements of attainment
- SAREA issues certificate in recognition of completion of training and assessment

NB Should candidate be unsuccessful at any stage of assessment, candidate will need to repeat assessment at candidate's expense.

Candidates can register grievances with Regency Institute of TAFE at any time.

GENERAL REQUIREMENTS

1. The minimum age for instructors is 18 years.
2. Instructors are required to hold a current Senior First Aid certificate issued by St. John Ambulance, Red Cross or an equivalent qualification. The Instructors certificate is only valid whilst the instructor is a holder of a current senior first aid certificate or an equivalent qualification.
3. It is the responsibility of instructors to be familiar with the accident and emergency procedures relevant to a given climbing area. Instructors are required to have participated in an Emergency Situation and Rescue seminar.
4. It is the responsibility of instructors to be aware of their legal responsibilities and liabilities as instructors.
5. Instructors must have a First Aid Kit reasonably accessible at all times whilst instructing.
6. The instructor Student ratio should not exceed 1 : 4 , for every suitably qualified instructor and two or more assistant instructors the number of students should not exceed 12.

e.g.	1 instructor	– 4 students max.
	1 instructor and 1 assistant	– 8 students max.
	1 instructor and 2 or more assistants	– 12 students max.
7. The equipment used during the instruction of climbing must be designed and tested for climbing and meet any necessary Standards, e.g. UIAA.
8. Further information and guidelines for best practice can be found in the document Recreation South Australia (2006). Adventure Activity Standards: *“Rock Climbing and Abseiling on Natural Surfaces”*.

THE ROCK CLIMBERS AND ABSEILERS CODE FOR USING N.P.W.S.A RESERVES

(Abseiling is included where the term 'rock-climbing' is used)

General

1. Use only areas designated for that purpose.
2. Any person instructing others in a National Park in South Australia may require a permit to do so. Instructors should contact National Parks in South Australia to find out if they require a permit and the conditions required for any permit.
3. Special conditions may apply to a particular area, e.g. the use of fixed gear and artificial holdfasts, parking, camping, safety, fire and wildlife issues etc. Make sure you contact the regional office concerned to find out what the conditions of use are.

Safety

1. Undertake appropriate training before engaging in the sport of rock-climbing/abseiling. Know your limitations and avoid climbing alone.
2. Use ONLY approved rock-climbing equipment.
3. Adhere to the safety advice described on information signs.
4. Contact the N.P.W.S. regional office for emergency contact procedures.
5. Where holdfasts have been installed please use them rather than anything else in the vicinity, for example trees.
6. Instructors should show consideration for other users regarding shared use of space when conducting group activities in popular areas.

Minimal Impact

Remember that all plants, animals and organic matter are protected in reserves. The following guide-lines must be observed by climbers to ensure that the cliff environment suffers minimal impact:-

1. Stay on existing tracks to prevent erosion and damage to plants and animals.
2. Avoid trampling on plants growing on the rock face and cliff surrounds.
3. Use minimal chalk.
4. Minimise cleaning practices on cliff faces.
5. Avoid defecating in the cliff environment. Choose locations which:-
 - Are well away from water courses,
 - Will not offend others, and
 - Where you can bury your waste properly.
6. Carry your rubbish out with you.
7. Contact the regional office for fire information.

STANDARDS FOR ASSISTANT INSTRUCTORS IN TOP-ROPE CLIMBING

1. Assistants shall be appointed at the discretion of qualified instructors to assist only in the presence of such an instructor.
2. Assistants should have been climbing for a period of at least 6 months, with experience of at least 500 metres of top-rope climbing. They should display competence on top-rope climbs up to at least Grade 12 standard. Assistants should preferably have experience on multi-pitch climbs.
3. Assistants should demonstrate competence with basic rope work, belaying techniques and fixing anchors. They should be competent in the use and care of all equipment necessary for top-rope climbing.
4. Assistants should have completed at least 10 abseils and should display competence with abseil techniques.
5. Assistants should be familiar with a variety of cliff environments and the nature of their use by climbers.

STANDARDS FOR INSTRUCTORS IN TOP-ROPE CLIMBING

All assessment criteria must be completed in the 24 months prior to the date of application for assessment.

1. Candidates should have fulfilled all the requirements as assistant instructors and should have acted in the capacity as assistant instructors for at least 50 hours, preferably in a variety of locations.
As assistant instructors the candidates shall have taught climbing, belaying and abseiling, under the direct supervision, and to the satisfaction of a qualified instructor. This experience should be gained under a minimum of 2 qualified instructors. The supervising instructor should sign off these assistant hours. Only hours signed off will be counted.
2. Candidates are required to have completed at least 1,250 metres of climbing over a minimum of 12 months, and a maximum period of 24 months. This experience should comprise the following:
 - a) At least 750 metres should be completed on top-rope or seconding on lead climbs of Grade 14 and above, in at least two recognised climbing areas.
 - b) At least 500 metres should be completed leading climbs of Grade 12 and above, in at least two recognised climbing areas. At least 200 metres of this should be on multi-pitch routes.
 - c) Only metres led may be counted (i.e. the length of the pitches that were led by the candidate; not to include metres seconded on any route).
3. Candidates would be required to keep a SAREA logbook documenting their experience in instruction and climbing. This must be an accurate and true record of climbs successfully completed, grades, distance covered, location, group details e.g. partners / leaders and conditions encountered. Similarly candidates should record details of participation in instruction.
It may be necessary for the assessors to discuss experience gained with candidates, climbing partners and instructors.

SAREA TOP ROPE INSTRUCTOR

ROCKCLIMBING — INSTRUCT CLIMBING ON NATURAL SURFACES (RESTRICTED)

This instructor qualification has been designed to align with the following units of competency as listed in the Australian National Training Authority package.

For this qualification the following units need to be achieved:

UNIT	TITLE
SRXGRO001A	FACILITATE A GROUP
SRXGRO002A	DEAL WITH CONFLICT
SRXGRO003A	PROVIDE LEADERSHIP TO GROUPS
SRXINU002A	APPLY SPORT AND RECREATION LAW
SRXOHS001A	FOLLOW DEFINED OHS POLICY AND PROCEDURES
SRXRIK001A	UNDERTAKE RISK ANALYSIS OF ACTIVITIES
SROOPS002B	PLAN FOR MINIMAL ENVIRONMENTAL IMPACT
SROOPS003B	APPLY WEATHER INFORMATION
SRXEMR001A	RESPOND TO EMERGENCY SITUATIONS
SROODR002A	PLAN OUTDOOR RECREATION SESSIONS
SRODRO005A	GUIDE OUTDOOR RECREATION SESSIONS
SROODR006A	MANAGE RISK IN AN OUTDOOR ACTIVITY
SROOPS006B	USE AND MAINTAIN A TEMPORARY OR OVERNIGHT SITE

UNIT	TITLE
SROCLN002A	DEMONSTRATE SIMPLE CLIMBING SKILLS ON NATURAL SURFACES
SROCLN002A	APPLY CLIMBING SKILLS ON NATURAL SURFACES
SROCLN003A	ESTABLISH BELAYS FOR CLIMBING ON NATURAL SURFACES
SROCLN004A	APPLY LEAD CLIMBING SKILLS ON NATURAL SURFACES
SROABN003A	APPLY SINGLE PITCH ABSEILING SKILLS ON NATURAL SURFACES
SROABN004A	ESTABLISH ROPES FOR SINGLE PITCH ABSEILING ON NATURAL SURFACES
SROABN005A	GUIDE ABSEILING ON NATURAL SURFACES (SINGLE PITCH)
SROABN008A	INSTRUCT ABSEILING ON NATURAL SURFACES (SINGLE PITCH)
	GUIDE CLIMBING ACTIVITIES ON NATURAL SURFACES (RESTRICTED)
SROCLN008A	GUIDE LEAD CLIMBING ACTIVITIES ON NATURAL SURFACES (SINGLE PITCH)
SROCLN009A	INSTRUCT CLIMBING ON NATURAL SURFACES (RESTRICTED)
SROVTR001A	PERFORM VERTICAL RESCUES

Table of Units of Competence for Top Rope Instructor and where they are assessed

- PSS = Personal Skills Seminar
- GMS = Group Management Seminar
- ERS = Emergency and Rescue Skills Seminar
- PSA= Personal Skills Assessment
- GMA = Group Management Assessment

UNIT	TITLE
SRXGRO001A	FACILITATE A GROUP (GMA)
SRXGRO002A	DEAL WITH CONFLICT (GMA)
SRXGRO003A	PROVIDE LEADERSHIP TO GROUPS (GMA)
SRXINU002A	APPLY SPORT AND RECREATION LAW (GMA)
SRXOHS001A	FOLLOW DEFINED OHS POLICY AND PROCEDURES(GMA)
SRXRIK001A	UNDERTAKE RISK ANALYSIS OF ACTIVITIES (PSA and GMA)
SROOPS002B	PLAN FOR MINIMAL ENVIRONMENTAL IMPACT (PSA and GMA)
SROOPS003B	APPLY WEATHER INFORMATION (PSA and GMA)
SRXEMR001A	RESPOND TO EMERGENCY SITUATIONS (ERS)
SROODR002A	PLAN OUTDOOR RECREATION SESSIONS (GMS)
SRODRO005A	GUIDE OUTDOOR RECREATION SESSIONS (PSA and GMA)
SROODR006A	MANAGE RISK IN AN OUTDOOR ACTIVITY (PSA and GMA)
SROOPS006B	USE AND MAINTAIN A TEMPORARY OR OVERNIGHT SITE (PSA and GMA)

UNIT	TITLE
SROCLN002A	DEMONSTRATE SIMPLE CLIMBING SKILLS ON NATURAL SURFACES (PSS)
SROCLN002A	APPLY CLIMBING SKILLS ON NATURAL SURFACES (PSA)
SROCLN003A	ESTABLISH BELAYS FOR CLIMBING ON NATURAL SURFACES (PSA and GMA)
SROCLN004A	APPLY LEAD CLIMBING SKILLS ON NATURAL SURFACES (PSA)
SROABN003A	APPLY SINGLE PITCH ABSEILING SKILLS ON NATURAL SURFACES (PSA)
SROABN004A	ESTABLISH ROPES FOR SINGLE PITCH ABSEILING ON NATURAL SURFACES (PSA and GMA)
SROABN005A	GUIDE ABSEILING ON NATURAL SURFACES (SINGLE PITCH) (GMA)
SROABN008A	INSTRUCT ABSEILING ON NATURAL SURFACES (SINGLE PITCH) (GMA)
	GUIDE CLIMBING ACTIVITIES ON NATURAL SURFACES (RESTRICTED) (PSA)
SROCLN008A	GUIDE LEAD CLIMBING ACTIVITIES ON NATURAL SURFACES (SINGLE PITCH) (PSA)
SROCLN009A	INSTRUCT CLIMBING ON NATURAL SURFACES (RESTRICTED) (GMA)
SROVTR001A	PERFORM VERTICAL RESCUES (ERS)

ASSESSMENT FOR INSTRUCTORS IN TOP-ROPE CLIMBING

Candidates will be required to demonstrate the following:

1. Equipment

A thorough understanding of the equipment required for top-rope climbing, abseiling and basic lead climbing, including:

- a) Harnesses, karabiners, friction devices, ropes, webbing, protection devices and helmets.
- b) Respect for the equipment including storage and maintenance.
- c) Demonstration of methods of assessing condition of equipment.

2. Knots

Competence to perform and instruct the correct tying of the following knots:

- Rethreaded Figure of 8
- Figure of 8 on a bight
- Tape knot
- Double Fisherman's
- Prussik knot (and / or other accepted friction knots, e.g. Klemheist, French Prussik, Bachmann).

3. Belays

Competence to perform and instruct the following:

- a) The choosing and the setting up of safe belay anchor points, including the use of artificial protection.
- b) The correct methods of using the following belay devices and their suitability: Belay plates, friction hitch and waist belays.
- c) The use of both top and bottom belays.
- d) The knowledge of clear and unambiguous communication methods.

4. Abseiling

Competence to perform and instruct the following:

- a) Methods of abseiling safely and assess their suitability on single pitch climbs, including Figure of 8, Stitch plate and other descenders, including the use of a chest harness.
- b) Selection and use of suitable anchor points.
- c) Perform rope retrieval.

5. Ascending techniques

Competence to perform and instruct the following:

- a) Techniques for ascending safely using: 'Prussik' knots.
- b) Problems associated with ascending, i.e. rope abrasion, choice of 'Prussik' cord size, etc.

6. Climbing techniques

The competence to perform and instruct the following climbing techniques: Face, crack, lay-backing, chimney, corner and slab.

Candidate must be able to perform the placement of protection under the above circumstances.

7. Ethics

An understanding of:

- a) The ethics associated with the use of chalk, pre-placed protection, bolting, chipping / cementing, pre-inspection, etc.
- b) The impact of climbing on the cliff environment.
- c) Knowledge of DEH "Code of Practice for Rock Climbers".

8. Group management and planning courses of instruction

An understanding of and the competence to perform:

- a) The choice of suitable climbs for the groups needs.
- b) The choice of suitable abseil locations.
- c) The indication of suitable decent routes.
- d) Group management in a cliff environment.
- e) A variety of approaches to group climbing instruction and their ability with programme planning and group development.
- f) The use of artificial climbing walls for instruction.
- g) The application of 'load releasing' anchors.

9. Climbing ability

- a) Competence at top-rope climbing of Grade 14 and above.
- b) Competence at lead climbing to at least Grade 12.
- c) Experience in at least two recognised top-rope climbing areas.
- d) An understanding of climbing terminology, grading systems and guidebook interpretations.
- e) The ability to perform a rescue on a single pitch climb.

10. An understanding of and competence to perform rescue methods in a single pitch environment.

- a) Escaping the system.
- b) Assisted hoist.
- c) Hauling system.
- d) Load releasing abseil anchor systems.

11. First aid kit

This must be reasonably accessible at all times.

STANDARDS FOR INSTRUCTORS IN LEAD CLIMBING

1. The following requirement is in addition to the requirements of the Top Rope Instructor. Candidates should have fulfilled all the requirements as assistant instructors and shall have acted in the capacity as assistant instructors / instructors in a multi-pitch situation for at least a further 20 hours over a period of at least 24 months and not more than 36 months.
As assistant instructors the candidates shall have taught climbing, belaying, abseiling and have obtained instruction experience on multi-pitch climbs under the direct supervision and to the satisfaction of a qualified lead climbing instructor. The supervising instructor should sign off these assistant hours. Only hours signed off will be counted.
2. Candidates are required to have completed at least 2,500 metres of lead climbing of Grade 16 and above over a period of at least 24 months. This experience should comprise the following:
 - a) At least 1,000 metres of this should be completed lead climbing on multi-pitch climbs of Grade 16 and above.
 - b) The 2,500 metres of lead climbing should be completed in the 24 months prior to the date of application for assessment.
 - c) Only metres led may be counted (i.e. the length of the pitches that were led by the candidate; not to include metres seconded on any route).
3. Candidates would be required to keep a SAREA logbook documenting their experience in instruction and climbing. This must be an accurate and true record of climbs successfully completed, grades, distance covered, location, group details e.g. partners / leaders and conditions encountered. Similarly candidates should record details of participation in instruction.

It may be necessary for the assessors to discuss experience gained with candidates, climbing partners and instructors.

SAREA LEAD CLIMBING INSTRUCTOR

ROCKCLIMBING — INSTRUCT LEAD CLIMBING ON NATURAL SURFACES (MULTI PITCH)

This instructor qualification has been designed to align with the following units of competency as listed in the Australian National Training Authority package.

For this qualification the following units need to be achieved, as well as the top rope instructor qualification:

UNIT	TITLE
SROCLN005A	APPLY MULTI PITCH LEAD CLIMBING SKILLS ON NATURAL SURFACES
SROCLN006A	ESTABLISH BELAYS FOR MULTI PITCH CLIMBING ON NATURAL SURFACES
SROCLN010A	GUIDE LEAD CLIMBING ACTIVITIES ON NATURAL SURFACES (MULTI PITCH)
SROCLN012A	INSTRUCT LEAD CLIMBING ON NATURAL SURFACES (MULTI PITCH)
SROABN005A	APPLY MULTI PITCH ABSEILING SKILLS ON NATURAL SURFACES
ROABN006A	ESTABLISH ROPES FOR MULTI PITCH ABSEILING SKILLS ON NATURAL SURFACES
SROABN009A	GUIDE ABSEILING ON NATURAL SURFACES (MULTI PITCH)
SR0ABN010A	INSTRUCT ABSEILING ON NATURAL SURFACES (MULTI PITCH)

ASSESSMENT FOR INSTRUCTORS IN LEAD CLIMBING

Candidates will be required to demonstrate the following:

1. Equipment

A thorough understanding of the equipment required for top-rope climbing, abseiling and lead climbing.

- a) Harnesses, karabiners, friction devices, ropes, webbing, protection devices, helmets.
- b) Respect for the equipment including storage.
- c) Demonstration of assessing condition of equipment.

2. Knots

Competence to perform and instruct the correct tying of the following knots:

- Rethreaded Figure of 8
- Figure of 8 on a bight
- Tape knot
- Double Fisherman's
- Prussik knot (and / or other accepted friction knots, e.g. Klemheist, French Prussik, Bachmann).

3. Belays

Competence to perform and instruct the following:

- a) The choosing and the setting up of safe belay anchor points in single and multi-pitch situations, including the use of artificial protection with consideration for:
 - i) Use of multiple anchors.
 - ii) Allowance for both upward and downward pull.
- b) The correct methods of using the following belay devices and their suitability: Belay Plates, Italian friction hitch and waist belays.
- c) The use of both top and bottom belays.
- d) The belaying of seconds on traverses, i.e. from both ends.
- e) The knowledge of clear and unambiguous communication methods.
- f) Rope management under the following circumstances:
 - i) Alternate leads.
 - ii) One leader, one or multiple seconds.
 - iii) When climbing with double ropes.

4. Abseiling

The competence to perform and instruct the following:

- a) Methods of abseiling safely and assess their suitability on both single and multi-pitch climbs: Figure of 8, belay plates and other descenders, including the use of a chest harness.
- b) Selection and use of suitable anchor points.
- c) Perform rope retrieval.

5. Ascending techniques

The competence to perform and instruct the following:

- a) Techniques for ascending using: 'Prussik' knots.
- b) Problems associated with ascending, i.e. rope abrasion, choice of prussik cord size, etc.

6. Climbing techniques

The competence to perform and instruct the following climbing techniques: Face, crack, lay-backing, chimney, corner, slab. Candidates must be able to perform the placement of protection under the above circumstances.

7. Lead climbing

- a) Competence to perform and instruct lead climbing techniques.
The Assessment will be conducted on a multi pitch route of minimum grade 16, of minimum 3 pitches in length.
- b) Expertise to perform and instruct in the selection and placement of protection.
 - i) A knowledge of current protection types:
 - Natural, jamming and camming devices.
 - ii) Problems associated with the placement of protection:
 - Strength of devices / natural protection.
 - Suitability for the location.
 - Direction of applied loads.
 - Appropriate spacing.

- Reducing rope drag.
- Protection of second on traverse.
- Use of insitu bolts and pitons.

8. Climbing ability

- a) Competence at lead climbing of grade 16 and above.
- b) Experience in at least 3 recognised lead climbing areas.
- c) An understanding of climbing terminology, grading systems and guidebook interpretations.

9. An understanding of and competence to perform multi-pitch rescue methods

- a) Escaping the system.
- b) Assisted hoist.
- c) Hauling system
- d) Passing a knot on abseil and whilst lowering / belaying
- e) Load releasing abseil anchor system.

10. Group management and planning courses of instruction

An understanding of and the competence to perform:

- a) The choice of suitable climbs for the groups needs.
 - i) Appropriate belay stances for the size and experience of the group.
- b) The choice of suitable abseil locations.
- c) The indication of suitable decent routes.
- d) Group management in a single and multi-pitch cliff environment.
 - i) Prepare anchors ready for approaching seconds.
 - ii) Equipping seconds for the climb i.e. both with hardware and experience.
 - iii) Alternate plans in the event of difficulties due to e.g. injury, poor light, rain, and inability of seconds to follow.
 - iv) Appropriate order of seconds.
- e) Instructor / student ratios.
- f) A variety of approaches to group climbing instruction and their ability with programme planning and group development.
- g) An understanding of the role of artificial climbing walls in the course of instruction.

11. Ethics

An understanding of:

- a) The ethics associated with the use of chalk, pre-placed protection, bolting, chipping / cementing, pre-inspection, etc.
- b) The impact of rock-climbing on the cliff environment.
- c) Knowledge of DEH “Code of Practice for Rock Climbers”.

12. First aid kit

This must be reasonably accessible at all times.

SAREA TOP ROPE INSTRUCTOR RE-ACCREDITATION

Instructors are required to complete and sign a “Top Rope / Lead Climbing Instructor Reaccreditation” summary sheet along with payment of the appropriate fee to SAREA.

CRITERIA

1. Instructors are required to sign off that they hold a current Senior First Aid certificate issued by St. Johns or Red Cross or equivalent. The instructor certificate is only valid whilst they are the holder of a current senior first aid certificate.
2. Instructors are required to sign off indicating they are competent to perform rescue at the appropriate level to their qualification, or be re-assessed on the Emergency Response and Rescue Skills Seminar.
3. All re-accreditation criteria is to be completed in the 3 years prior to re-accreditation unless otherwise stated.
4. The Instructor’s log book must demonstrate the ability to safely teach rock climbing, and the ability to safely participate in top rope and lead climbing. This experience would be undertaken in two recognised climbing areas, and would usually contain:
 - 50 hours of rock climbing instruction
 - 1,500 metres or rock climbing, including lead climbing

Note that 50 hours instructional time can be substituted for 500m of climbing experience, i.e. the Instructor can submit for re-accreditation with 100 hours instructional experience, but only 1000m of rock climbing.
5. Should an instructor’s certificate lapse for a period of 6 months or more the instructor may be required to repeat all or part of the assessment criteria at the committee’s discretion.
6. Re-accreditation will be at the discretion of the Association.

SAREA LEAD CLIMBING INSTRUCTOR RE-ACCREDITATION

Instructors are required to complete and sign a “Top Rope / Lead Climbing Instructor Reaccreditation” summary sheet along with payment of the appropriate fee to SAREA.

CRITERIA

1. Instructors are required to sign off that they hold a current Senior First Aid certificate issued by St. Johns or Red Cross or equivalent. The instructor certificate is only valid whilst they are the holder of a current senior first aid certificate.
2. Instructors are required to sign off indicating they are competent to perform rescue at the appropriate level to their qualification, or be re-assessed on the Emergency Response and Rescue Skills Seminar.
3. All re-accreditation criteria is to be completed in the 3 years prior to re-accreditation unless otherwise stated.
4. The Instructor’s log book must demonstrate the ability to safely teach rock climbing, and the ability to safely participate in top rope and lead climbing. This experience would be undertaken in three recognised climbing areas, and would usually contain:
 - 60 hours of rock climbing instruction, including 30 hours of instruction on multi-pitch routes
 - 1,500 metres of rock climbing, including multi-pitch lead climbing

Note that 50 hours instructional time can be substituted for 500m of climbing experience, i.e. Instructor can submit for re- accreditation with 100 hours instructional experience, but only 1000m of rock climbing.

5. Should an instructor’s certificate lapse for a period of 6 months or more the instructor may be required to repeat all or part of the assessment criteria at the committee’s discretion.
6. Re-accreditation will be at the discretion of the Association.

DETAILS OF OTHER RELEVANT EXPERIENCE AND COURSES ATTENDED



EXAMPLES OF CLIMBING RECORDS

TOP ROPE / SECONDING

DATE	AREA & LOCATION	CLIMB NAME	GRADE	DIST. (m)	PITCHES		DETAILS (eg Partners)
					TOP ROPE	SECOND	
31-Dec-02	Morialta, Far Crag	Lords Prayer	15	18	X		Joe Bloggs
31-Dec-02	Morialta, Boulder Bridge	Big Sham	11	15		X	Joe Bloggs
05-Jan-03	Buckaringa	Golden North	17	20		X	Joe Bloggs, Anne Green
25-Mar-03	Mt Arapiles	Swinging	17	20	X		Joe Bloggs
15-Jun-03	Onkaparinga	Bachus	14	18	X		Joe Bloggs, Anne Green
TOTAL metres grade 12 + (Top Rope Instructor) OR Grade 16 + (Lead Instructor) =				76	NOTE: Total distance does not include climbs less than 12 for TR OR 16 for L		

LEAD CLIMBING — SINGLE PITCH

DATE	AREA & LOCATION	CLIMB NAME	GRADE	DIST. (m)	DETAILS (eg Partners)
12-Feb-03	Morialta, Boulder Bridge	Clea Direct	15	15	Anne Green
12-Feb-03	Morialta, Far Crag	Sheddit	15	15	Joe Bloggs
05-Mar-03	Buckaringa	Centurion	14	20	Anne Green
25-Apr-03	Morialta, Far Crag	Asgard	16	15	Tim Smith
30-May-03	Raethen's Gap	Medroom Beserker	12	15	Tim Smith
TOTAL metres above Grade 12 + (Top Rope Instructor) OR Grade 16 + (Lead Instructor) =				80	NOTE: Total = 80m if TR OR 15m if L

LEAD CLIMBING — MULTI PITCH

DATE	AREA & LOCATION	CLIMB NAME	GRADE	DIST. LEAD (m)	DIST. 2nd (m)	PITCHES		DETAILS (eg Partners)
						LEAD	SECOND	
26-Mar-03	Mt Arapiles	Hot Flap	14	80		2,3,5	1,4,6	Joe Bloggs
26-Mar-03	Mt Arapiles	D Minor	15	13		2	1	Joe Bloggs
27-Mar-03	Mt Arapiles	The Bard	12	60		1,4	2,3,5	Joe Bloggs
24-Jun-03	Moonarie	Pagoda	15	58		3,4	1,2	Tim Smith
09-Jul-03	Waitpinga	Flight of the Gull	17	40		1	2,3	Tim Smith
TOTAL metres above Grade 12 + (Top Rope Instructor) OR Grade 16 + (Lead Instructor) =				251	NOTE: Only metres led can be counted (251m if TR OR 40m if L)			



EXAMPLES OF INSTRUCTION RECORDS

NATURE OF INSTRUCTION:

TAFE – Directed Studies

Students spend several weeks going through a whole range of climbing skills. These range from how to set up top rope belays, top rope bottom belays, abseiling and climbing techniques.

Corporate Company

Morning consists of approx one & half hours of theory involving the description and use of equipment, knots, safety and fitting of harnesses. The rest of day is involves the teaching of climbing, belaying. The afternoon continues with climbing and abseiling is introduced.

Uni Group

As part of the students' outdoor skills/pursuits course, the students go to several local Adelaide cliffs (Morialta & Onkaparinga). They have previous been instructed in basic rope work, harness and belaying skills. This generally is their first experience at a cliff. Instruction covers: top rope set-ups for both top belay and bottom belay, abseiling, placement of lead gear, basic lead climbing, basic self rescue techniques.

Youth Group – Basic Skills Course

Meet at a hall on Friday night where equipment, knots, belaying and basic safety are covered. Saturday there are a wide range of climbs are set up and participants climb and belay for the day. The afternoon consists of more climbing and an abseil is set up. Attendance at this course and climbing on first Saturday of each month is a prerequisite before eligible to go Mount Arapiles.

Private School 1

Generally school groups are after a single days climbing instruction. Climbs are pre-set-up and students climb, belay & abseil during day.

Private School 2 – Mount Arapiles weekend

Members of the schools outdoor group were able to attend a two or three day trip to Mt Arapiles. First day consisted of top roping at single pitch areas to get the students into belaying, climbing and abseiling at a much larger cliff than they had previously experienced. If time permitted, later that day or the next day most of the students would be instructed in setting up top ropes and climbing techniques. Others would be able to second a multi-pitch climb that would be challenging for them. Over the days the boys were rotated around so that all had been on a multi-pitch climb.

RECORD OF EXPERIENCE IN CLIMBING INSTRUCTION

DATE	AREA & LOCATION	GROUP TYPE	GROUP SIZE	INST. (hrs)	QUALIFIED SUPERVISING INSTRUCTOR (Sign & Print Name)
12-Aug-03	Morialta, Boulder Bridge	Private school 1	18	6	Steve Robertson Steve Robertson
27-Aug-03	Morialta, Far Crag	Corporate company	7	6	Anne Gibson Anne Gibson
14-Sep-03	Buckaringa	Single Pitch Abseiling Instructor candidates	6	10	Darren Watson Darren Watson
02-Oct-03	Mt Arapiles	Uni group	12	15	Steve Smith Steve Smith
18-Nov-03	Raethen's Gap	Youth group climbing day	15	5	John Citizen John Citizen
TOTAL hours of instruction under a SAREA qualified instructor =				42	