



Syllabus and assessment criteria

Level 1: Foundation climber

1. Content:
 - i. Awareness of safety rules and hazards, appropriate dress and behavior
 - ii. Putting on a harness and helmet correctly
 - iii. Participate in warm ups
 - iv. Connecting harness to rope with a retied figure of 8 knot with stopper knot.
 - v. Climbing a chosen route with confidence
 - vi. Safe belaying under supervision
 - vii. Correct method of descending by climber
 - viii. Basic climbing moves
2. Assessment criteria:
 - i. Awareness of safety rules and hazards.
 - ii. Put on harness and helmet correctly.
 - iii. Tie a retied figure of eight knot with stopper knot.
 - iv. Climb a chosen route with confidence.
 - v. Descend from a route correctly.
 - vi. Belay safely under supervision.
 - vii. Demonstrate consistent safe behaviour.
 - viii. Complete 10 climbs of any grade (rainbow).
 - ix. Complete 10 belays.

Level 2: Top rope climber

1. Content:
 - i. Connecting self and others to rope with a retied figure of eight knot and stopper knot
 - ii. Pre-climb checks
 - iii. Belaying and lowering using a suitable belay device
 - iv. Ground anchor systems
 - v. Holding a fall in a bottom rope situation (belayer on ground with rope passing through top anchor)
 - vi. Effective communication and teamwork with climbing partner
 - vii. Knowledge of indoor climbing (French sport) and bouldering grades
 - viii. Selection of appropriate routes
 - ix. Effective safe use of a bouldering/ traversing wall (if applicable)

- x. Simple climbing technique – the use of feet and legs, relaxed upright stance, confident approach, smooth movement and observation of holds.
2. Assessment criteria:
- i. Connect rope to harness with retied figure 8 and stopper knot consistently.
 - ii. Consistently performs pre-climb checks.
 - iii. Belays consistently correctly.
 - iv. Can safely hold a simple top rope fall.
 - v. Lowers a climber consistently correctly.
 - vi. Communicates well with climber.
 - vii. Understanding of French sport grades and selection of appropriate routes.
 - viii. Safe and effective use of a bouldering/ traversing wall.
 - ix. Complete 25 set climbs of any grade.
 - x. Complete 25 belays.

Level 3: Technical climber

1. Content:
- i. Knowledge of different harness types, helmets, rock shoes and belay devices – including the ability to evaluate their condition and ensure appropriate care and maintenance.
 - ii. Knots – figure of eight on the bight, clove hitch, overhand.
 - iii. Belaying using a variety of devices and choice of appropriate device.
 - iv. Knowledge of a wide range of appropriate climbing techniques
 - v. Principles of good climbing movement
 - vi. The structure of a climbing session – warming up exercises, stretching, gentle climbing, peaking, warming down, rest
 - vii. Climbing websites, literature, magazines and films
2. Assessment criteria:
- i. Complete a minimum of 30 further logged top rope climbs.
 - ii. Demonstrate progression of at least one full grade on top roped climbs.
 - iii. Have knowledge of and demonstrate the use of different belay devices
 - iv. Demonstrate detailed knowledge of basic indoor climbing equipment
 - v. Demonstrate and explain 5 warming up exercises
 - vi. Complete a minimum of 20 boulder problems demonstrating improvement.
 - vii. Demonstrate and explain 5 different climbing techniques.
 - viii. Tie figure 8 on the bight, overhand knot and clove hitch
 - ix. Watch and describe a climbing film/video.
 - x. Visit two climbing related websites and retrieve requested information.

Level 4: Lead Climber

1. Content:
- i. The hazards of lead climbing
 - ii. Climbing ropes – types, uses, construction, coiling and maintenance
 - iii. Knowledge of quickdraws and racking on harness
 - iv. Warming up – mentally and physically
 - v. Lead belaying with appropriate belay devices
 - vi. Holding a leader fall
 - vii. Correct use of the rope whilst clipping running belays (back clipping, z clipping etc)

- viii. Efficient movement and clipping from rest
 - ix. Clipping in and lowering off
 - x. Effective communication with climbing partner
2. Assessment criteria:
- i. Demonstrate knowledge of rope types, their care, coiling and maintenance.
 - ii. Demonstrate understanding of the hazards and risks of lead climbing.
 - iii. Lead belay proficiently with appropriate selection of belay device.
 - iv. Safely hold a leader fall.
 - v. Lead climb fluidly clipping all quickdraws correctly.
 - vi. Improve lead climbing ability by one grade.
 - vii. Complete 30 lead climbs at F5a(5) or above.
 - viii. Complete 30 lead belays.
 - ix. Complete 10 top rope climbs at F5c(5+) or above.

Level 5: Advanced Climber

1. Content:
- i. Improved performance & training
 - ii. Sports injury avoidance and management
 - iii. Mental techniques for improved performance
 - iv. Competition climbing
 - v. Taking falls and advanced belaying
 - vi. Spotting for bouldering
 - vii. Knowledge of climbing equipment ratings, impact forces, fall factors and the safety chain.
 - viii. Knots – bowline
 - ix. Knowledge of outdoor climbing
 - x. UK climbing styles, ethics, history, and the Mountaineering Councils
 - xi. Options for the way ahead – branches of climbing, training courses, NGB awards, careers, information sources, the UK club system.
2. Assessment criteria:
- i. Complete a minimum of 50 logged lead climbs – all at F6a or above – over three different climbing centres
 - ii. Demonstrate improvement of at least one grade in lead climbing.
 - iii. Complete a minimum of 10 logged top rope climbs at F6b or above
 - iv. Complete a minimum of 50 boulder problems showing progression
 - v. Tie a bowline and stopper knot and understand its uses and limitations
 - vi. Demonstrate background knowledge on UK climbing history, issues, equipment and the Mountaineering Councils
 - vii. Prepare and deliver a short presentation on a climbing topic.
 - viii. Spot a climbing partner effectively on a bouldering wall
 - ix. Have participated in a climbing or bouldering competition.