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|  | **NZAC Volunteer Instruction – Standard Syllabus Rock Courses**  |

**Introduction**

This is a guide to the scope and syllabus of NZAC Rock Courses (Rock Climbing) taught by the NZAC’s Volunteer Instructors at a Section level. It is a resource to help Instructors, in particular Course Managers (CM), appropriately plan the content of their course; but, it is not a teaching guide, and does not seek to provide a comprehensive how-to manual for Rock Climbing Instruction. Users of this document should be fully aware of the current NZAC Volunteer Instruction Policy and Procedures document (VIPP), of which this document is a companion.

**Planning and describing your course**

When advertised to NZAC Section membership, courses should be named according to this document – for example, a course in which Lead Climbing skills are to be taught should not be described as ‘Intro to Rock Climbing’ instead this is likely to be an ‘Beginner to Sport Rock Climbing’ course or ‘Intermediate Rock Climbing’ course.

CMs must choose to fit the course scope/content to the course name, or vice versa. However, some flexibility is possible, with appropriate planning: where a specific course location or desired course outcome requires the teaching of a skill beyond the course syllabus (for example, otherwise ‘Intro to Rock Climbing’ courses may wish to include a module on understanding abseil or understanding top rope anchors) CMs can apply to a Technical Advisor (TA) in advance (see VIPP) to discuss their wishes and seek approval for adjusting or adding course content.

CMs are encouraged to refresh core skills from Intro to Rock Climbing (e.g. safe belaying technique) on Sport Climbing and Trad courses, depending on the needs and wishes of their course participants.

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| **NZAC Rock Climbing Course Syllabus** |

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| **Introduction to Rock Climbing** (course duration: 1-2 days, optional an evening information session) |
| **Course Scope:** |
| Upon completion of an Intro to Rock Climbing course, a participant with no climbing experience or minimal indoor climbing experience, should understand and be confident with safe techniques for bouldering or top roped climbing on rock outdoors. They would be able to independently (or as part of an NZAC Section trip) climb and belay on pre-set top roped climbs. Someone having completed an Intro to Rock Climbing course could proceed to a Sport Climbing course. |
| **Course Syllabus:** |
| * Demonstrate correct use of rock climbing gear and equipment.:
	+ Boulder pad
	+ Put on a harness correctly.
	+ Tie into a harness with a figure 8 knot and stopper.
	+ Put on and adjust a climbing helmet correctly.
	+ Use a guidebook to identify climbs.
* Demonstrate safe belaying technique for a top roped climber.
* Understand the importance of clear communication
* Demonstrate safe spotting technique
* Demonstrate safe fall technique
* Complete safety checks on themselves and their climbing partner.
* Understand effective movement on rock (finding holds, body position)
* Understand safe abseiling technique
* Demonstrate an awareness of hazards at a given rock-climbing venue.
* Demonstrate an awareness of the accepted code of conduct for a given crag.
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| **Crag Selection** |
| * Bouldering location must occur where the landing zone is flat and hazard free and the climbers feet do not exceed a height of 1.6 metres off the ground
* Rock climbing instruction shall be carried out at established beginner crags where there is walking access to the base of the crag and simple access to the anchors.
* There are fixed anchors (bolts, chains, waratahs), bollards, trees or threads
* The site has been approved by a TA or a NZOIA Rock Climbing Instructor Level 1 or 2
* Personal safety can be set up simply using fixed anchors
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| **Sport Rock Climbing** (course duration: 1-2 days, optional an evening information session) |
| **Course Scope:** |
| Upon completion of a Sport Rock Climbing course, a participant with outdoor top rope climbing and/or indoor climbing experience, should understand and be confident with safe and efficient techniques for lead climbing on bolted rock routes outdoors. They would be able to independently (or as part of an NZAC Section trip) climb and belay sport climbs. Someone having completed an Sport Rock Climbing course could proceed to a Trad Rock Climbing course. |
| **Course Syllabus:** |
| * Demonstrate correct use of rock climbing gear and equipment.:
	+ Put on a harness correctly.
	+ Tie into a harness with a figure 8 knot and stopper.
	+ Put on and adjust a climbing helmet correctly.
	+ Place and clip quickdraws/runners
	+ Use a safety at the anchor
	+ Use a guidebook to identify climbs and analyse the risk inherent with that climb.
* Complete safety checks on themselves and their climbing partner.
* Understand the importance of clear communication
* Demonstrate safe belaying technique for a lead climber.
* Demonstrate understanding of transition options at the anchors and descending
* Demonstrate safe fall technique while on lead
* Understand effective movement on rock (finding holds, body position)
* Demonstrate safe abseiling technique
* Demonstrate an awareness of hazards at a given rock-climbing venue.
* Demonstrate an awareness of the accepted code of conduct for a given crag.
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| **Crag Selection** |
| * Rock climbing instruction shall be carried out at established single pitch beginner crags where there is walking access to the base of the crag and simple access to the anchors.
* There are fixed protection and anchors (bolts, chains) in excellent condition. No placed protection should be required.
* The site has been approved by a TA or a NZOIA Rock Climbing Instructor Level 1 or 2
* Personal safety can be set up simply using fixed anchors
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| **Trad Rock Climbing** (course duration: 2-4 days, optional an evening information session) |
| **Course Scope:** |
| Upon completion of a Trad Rock Climbing course, a participant who is a competent sport climber, should be confident with the safe techniques for placing natural protection on lead on rock outdoors. They would be able to independently (or as part of an NZAC Section trip) lead trad climbing routes and belay trad lead climbers.  |
| **Course Syllabus:** |
| * Demonstrate correct use of rock climbing gear and equipment.:
	+ Put on a harness correctly.
	+ Tie into a harness with a figure 8 knot and stopper.
	+ Put on and adjust a climbing helmet correctly.
	+ Use a guidebook to identify climbs and analyse the risk inherent with that climb.
	+ Understand how trad climbing protection equipment works
	+ Understand the knots involved
* Complete safety checks on themselves and their climbing partner.
* Select and place appropriate protection for a given climb.
* Lead climb using trad protection equipment including slings, spring-loaded camming devices, stoppers/nuts and hexs.
* Belay a lead climber on single or double ropes.
* Belay a seconder on single or double ropes.
* Understand and demonstrate construction of an equalised natural/trad anchor.
* Demonstrate tying off a belay and lowering a seconder with any given belay device.
* Demonstrate an awareness of hazards at a given rock-climbing venue.
* Demonstrate an awareness of the accepted code of conduct for a given crag.
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| **Crag Selection** |
| * Trad rock climbing instruction shall be carried out at established single pitch beginner crags where there is walking access to the base of the crag and simple access to the anchors. It should have a good range of features for simple placement of natural gear/runners and anchors.
* An instructor should have access to climb adjacent to a rope (usually using ascenders on a fixed line) and inspect all protection placements.
* The site has been approved by a TA or a NZOIA Rock Climbing Instructor Level 1 or 2
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