

ADVE 397/597

Climbing wall instructor training:

The primary goal of this course is to provide students with a basic working knowledge of the skills needed to teach on an indoor climbing wall, oversee management of groups and individuals on an indoor wall, and perform efficient safety checks of all equipment used at an indoor climbing facility.

The class will incorporate hands on skills including but not limited to; belay techniques, knot tying, spotting, equipment checks, rescue techniques & teaching fundamentals.

OUTCOMES:

- *Ability to easily put on harness and tie in appropriately.*
- *Discuss differences between recreational climbing and climbing instruction and supervision.*
- *Understand legal and administrative aspects of wall management.*
- *Design and demonstrate professional client greeting and facility introduction*
- *Discuss options for working with youth populations vs. adult populations.*

- *Possess a working knowledge of and an ability to inspect basic climbing gear such as ropes, belay devices, carabiners and climbing shoes.*
- *Demonstrate ability to confidently tie and discuss use of the following knots: Figure 8, Overhand and Bowline.*
- *Demonstrate ability to confidently belay using a variety of belay methods including aperture devices, assisted locking devices, and Munter Hitch.*
- *Possess a working knowledge of fundamental gym set-up and on-going inspection tasks hold maintenance, landing surfaces, floor areas, bolts and quick draws, and rope set-ups, including the Australian or back-up belay system.*
- *Discuss creation of safe climbing routes for varying abilities and styles of climbing.*
- *Design and demonstrate administration of a basic climbing skill test*

- *Demonstrate effective supervision of both bouldering and roped climbing areas.*
- *Demonstrate effective spotting techniques.*
- *Evaluate and demonstrate need for back up belays and anchors*
- *Perform basic assistance and rescue skills such as taking over a loaded belay, counter ascending/rappelling, and climber pick off.*

Course Evaluation

50 % Effective participation

25 % Skill Check-off

25 % Content exam