

Rock Climber

1. Show your knowledge of ropes used in rock climbing including:
 - (a) British Standard and UIAA specifications and breaking strains and lengths.'
 - (b) The care of climbing rope, including coiling, storage and recognition of a damaged section and when
A rope should be discarded.
2. Demonstrate your ability to tie yourself to:
 - (a) A climbing harness or climbing belt.
 - (b) A rope directly using a figure of eight knot.
3. Demonstrate your ability to select, test and make the following:
 - (a) Spike belay, using main ropes.,
 - (b) Thread belay using a suitable sling and karabiner;
 - (c) A running belay using chocks, nuts or similar devices.
4. Show your understanding of the calls used in rock climbing.
5. Demonstrate your ability to abseil down a rock face (not less than 1 0 metres) with a safety rope.
6. Take part in at least five climbs of a standard not less than difficult, such climb-, must be led by an experienced climber who will judge and report on your competence.
7. Be fully conversant with the contents of the publication Safety on Mountains (British Mountaineering Council).
8. Understand different rock types and the effects of weather.
9. Be able to discuss the various pressures of cliff environments, how the action of users affects the environment and what measures can be taken by a climber to reduce conflicts and promote conservation.