



# ASSESSMENT GUIDELINE

## Demonstrate basic rock climbing movement

**Unit Standard: 444**

**Level: 2 Credit: 1 Version: 7**  
**Published by Sfrito 2006**

### **Purpose:**

People credited with this unit standard are able to demonstrate spotting and climbing techniques, and identify issues related to climbing.

### **Special Notes:**

1. Assessment against this unit standard may take place at indoor or outdoor venues and/or bouldering sites.
2. All activities must comply with any relevant environmental, legislative and/or regulatory requirements set out in the *New Zealand Environmental Care Code*, Health and Safety in Employment Act 1992, Injury Prevention, Rehabilitation, and Compensation Act 2001, and their subsequent amendments. The *New Zealand Environmental Care Code* is available from the Department of Conservation, Head Office, PO Box 10420, Wellington.
3. The *New Zealand Alpine Club (NZAC) Code of Conduct for Rockclimbers* is available from the New Zealand Alpine Club, PO Box 786, Christchurch, or from <http://www.alpineclub.org.nz>.
4. There are minimum assessor requirements for assessment against this unit standard. The details of these requirements are available on the Sfrito website <http://www.sfrito.org.nz/>.

### **Overview of assessment**

This assessment has 3 tasks -

Task 1: Investigate access and show knowledge of ethics (written or oral questions)

Task 2: Spot a climber

Task 3: Climb on a natural or artificial rock wall

### **Resources for all tasks:**

- <http://www.alpineclub.org.nz/default.aspx?p=281> (NZAC Code of Conduct)
- Equipment required for a climbing session (at some sites this could be very little)

## Task 1: Investigate access and show knowledge of ethics (written or oral questions)

**Overview of Task 1:** the focus of the assessment is to identify access issues at a rock climbing area, and show knowledge of climbing ethics

### Resources:

- '444 v7 Assessment Questions' – attached at the end of this document
- '444 v7 Model Answers' – available from your Sfrito Client Liaison

### Instruction to candidate:

During the task you are required to:

- Explain access issues
- Give examples of the Code of Conduct for Rockclimbers and how to follow them

## Element 3: Identify issues related to climbing

Performance criteria	Evidence/Judgement
<p><b>3.1</b> Issues relating to access are identified.</p> <p>Range may include but is not limited to – land managers, tangata whenua, Department of Conservation, logistics of accessing a local site.</p>	<p>Answers match those supplied in '444 v7 Model Answers'</p> <p>All questions answered in full</p>
<p><b>3.2</b> Climbing ethics are identified and demonstrated based on the NZAC Code of Conduct for Rockclimbers.</p>	

**Task 2: Spot a climber**

**Overview of task:** The focus of this assessment is to keep a climber safe while they are bouldering

**Note to Assessor:**  
The candidate should spot on at least 3 different occasions

**Instruction to candidate:**  
During this task you are required to spot someone who is bouldering

**Element 1: Demonstrate spotting techniques**

Performance criteria	Evidence/Judgement
1.1 A spotting stance and focus is demonstrated at all times.	<ul style="list-style-type: none"> <li>• Maintains a solid stance at all times:               <ul style="list-style-type: none"> <li>- One foot in front of the other</li> <li>- Knees bent</li> </ul> </li> <li>- Both hands up, fingers outstretched and thumbs protected by bringing close to hand</li> <li>• Stays in the best location to protect the climber if they fall</li> <li>• Maintains concentration on the climber, watching their moves</li> <li>• Aims to protect head, neck, torso</li> <li>• If a climber actually falls, they are protected from injury</li> <li>• Reminds the climber what to do if climber does anything unsafe (e.g. boulders too high)</li> </ul>
1.2 The position and location of the spotter is appropriate to the climber at all times.	

### Task 3: Climb on a natural or artificial rock wall

**Overview of task:** The focus of this assessment is to demonstrate climbing techniques and basic safety

**Note to assessor:**

The candidate must complete at least 3 climbs or bouldering routes

**Instruction to candidate:**

During this task you are required to:

- Warm up
- Climb safely at least 3 times maintaining calm, balance and control
- Retreat from each climb safely

### Element 2: Demonstrate climbing techniques

Performance criteria	Evidence/Judgement
<p><b>2.1</b> Appropriate warm-up exercises are undertaken.</p>	<p>Before climbing:</p> <ul style="list-style-type: none"> <li>• Warms up and stretches to reduce injury. E.g. stretches of wrists and forearms, feet, major leg muscles/ligaments</li> </ul> <p>While climbing: (at least 3 climbs or bouldering routes)</p> <ul style="list-style-type: none"> <li>• Maintains calm, balance and control (taking into consideration the difficulty of climb relative to ability)</li> <li>• Climbing moves flow and are not strained</li> <li>• Uses appropriate climbing techniques, such as:                             <ul style="list-style-type: none"> <li>- cling holds (using fingers on a horizontal edge)</li> <li>- pinch grips (using thumb and forefingers on a vertical feature)</li> <li>- jugs</li> <li>- friction e.g. handhold on a sloper (rounded hold); feet on a slab</li> <li>- pressure e.g. bridging; laybacking</li> </ul> </li> <li>• Avoids unsafe exposure to a fall e.g. feet no higher than head height when bouldering; is always spotted when bouldering if a fall could result in injury</li> </ul> <p>After a climb or series of moves, retreats from the climb using an appropriate technique, e.g.:</p> <ul style="list-style-type: none"> <li>- down climb: maintains climbing technique on the way down</li> <li>- lowering: communicates effectively with belayer</li> <li>- jumping off and landing: chooses good landing sites and jumps from an appropriate height</li> <li>- walking off</li> </ul>
<p><b>2.2</b> Climbing is confident and balanced</p>	
<p><b>2.3</b> Energy is used efficiently.</p>	
<p><b>2.4</b> The climb is retreated from safely.</p> <p>Range a minimum of three retreats which may include but is not limited to – down climb, being lowered, walking off.</p>	





# Written / Oral Questions

## Demonstrate basic rock climbing movement

**Unit Standard: 444**

**Level: 2 Credit: 1 Version: 7  
Published by Sfrito 2006**

**Candidate Name** .....

The purpose of these questions is to check that you are able to find out about access issues at a rock climbing area, and that you know about rock climbing ethics

Answer all questions in full

Questions meet the requirements for PCs 3.1 and 3.2

- 1. For a natural rock climbing area that you have been to (or would like to go to), find out what you should do to meet the needs of 2 groups or organisations that are involved with the area.**

Think about access on to the land, respecting cultural needs, respecting farmer's needs, etc.

Examples of groups or organisations are Department of Conservation, land managers, tangata whenua, locals that live close by...

Group name.....

How you would meet their needs:

Group name.....

How you would meet their needs:

2. Choose a local rock climbing site, and describe how you would organise a trip there. Include who you would contact, what sort of transport you would use, and anything else you think is required.

3. According to the NZAC Code of Conduct for Rockclimbers, there are 10 principles to follow when climbing. Give 5 examples, with a brief description of how you can follow each of the 5 principles

Code of Conduct for Rockclimbers:

Principle	How you can follow it
Permission	