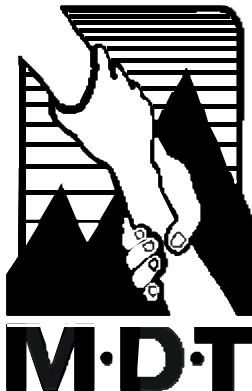


ROCK CLIMBING INSTRUCTOR SCHEME

SYLLABUS

**South African Mountaineering
Development and Training Programme**

Mountain Training Scheme



Only trainers and assessors approved and accredited by the South African Mountaineering Development and Training Trust (MDT) may provide training and assessment that will lead to MDT accreditation.

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Rock Climbing Instructor Scheme

Syllabus

Personal Rock Climbing

The candidate must be able to demonstrate:

- competent, safe and assured leading of multi-pitch rock climbs of seventeen standard;
 - care for and leadership of a party scrambling on rocky terrain including the use of short rope technique;
 - safe control of a party in descent and retreat from a rock climb or steep broken ground;
 - knowledge and use of a wide range of mountaineering and rock-climbing equipment;
 - suitable choice of a route, given the ability of a party, weather and conditions;
 - an ability to navigate in mountain terrain with speed and efficiency.
-

Rock Climbing Instruction

The candidate must be able to:

- prepare and organise a day's rock climbing instruction for a large group on a single pitch crag, including climbing, bouldering, top-roping, abseiling and lowering;
 - assess the ability of a group and give a safe, enjoyable and educational day;
 - instruct and coach committed rock climbers on multi-pitch climbs, teaching: rock-climbing skills, advanced rope work and leading.
-

Improvised Rescue

The candidate must be able to:

- perform a variety of improvised rescue techniques using normal climbing equipment, including lowering,

hoisting, abseiling, prussiking and escaping from the system;

- assess a crag problem and determine the most efficient and effective solution.
-

Mountain Rescue The candidate must be able to assess an accident scene, and implement appropriate action.

Risk Assessment

The candidate must be:

- aware of the responsibilities of the rock climbing instructor to the South African Mountaineering Development and Training Programme, employer and society;
 - evaluate the needs and requirements of the individual and the party and to obtain a suitable level of adventure, risk and safety.
-

Accreditation Scheme

The candidate must be:

- able to demonstrate an ability to instruct and supervise the elements of the Single Pitch Supervisor Award and the Rock Climbing Leader Certificate levels;
 - aware of the standards required for the assessment of the above awards and knowledgeable on suitable methods of assessment;
 - knowledgeable on the philosophy, structure and organisation of the above awards.
-

Mountain Environment

The candidate must be:

- knowledgeable on the mountain environment, including: geology, natural history, flora and fauna;
- knowledgeable on the multiple use of mountain areas and the necessity for the conservation and protection of land against human pressures;

- aware of the problems relating to access to mountainous country and our impact upon it;
 - able to enthuse and educate others in the above topics.
-

Development of Rock Climbing

The candidate must be able to demonstrate:

- knowledge of rock climbing history;
- knowledge of a wide range of rock-climbing literature including instructional books, guide books and biographical elements;
- knowledge of the structure of mountaineering clubs and organisations.

Rock Climbing Instructor Scheme Acknowledgements

1. **South African Mountaineering Development and Training Programme**
Technical Committee
2. **Mountain Club of South Africa. National Training Sub-committee (1994)**
*Mountain Leadership Training Scheme . Proposed Policy and Guidelines a
Consultative Document.*
3. **Mountain Leader Training Board (UK)**
Mountain Instructor Scheme Prospectus and Syllabus.
4. **United Kingdom Mountain Training Board (1994)**
Mountain Instructor Scheme Prospectus and Syllabus.
5. **United Kingdom Mountain Training Board (1995)**
National Guidelines.

Rock Climbing Instructor Scheme Documentation

Compiled by Euan Waugh

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