

# **ROCK CLIMBING LEADER SCHEME**

---

## **SYLLABUS**

### **South African Mountaineering Development and Training Programme**

#### **Mountain Training Scheme**

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

Copyright © South African Mountaineering Development and Training Trust 2004

# Rock Climbing Leader Award

## Syllabus

---

### Learning Assumed to be in Place

The candidate must be able to demonstrate all the syllabus requirements of the Single Pitch Supervisors Award

---

### Equipment

The candidate must be able to demonstrate knowledge of a wide range of climbing equipment:

- its correct use, suitability for different situations, life span and technical information.

This must include:

- ropes, harnesses, helmets, footwear, karabiners, belay devices, tape slings and accessory cord, chocks, nuts and hexentrics, spring loaded camming devices (SLCDs), technical camming units (TCUs), quick draws and extensions, descendeurs and ascenders.
- 

### Personal Competence

#### Anchors

The candidate must be able to demonstrate an ability to choose suitable anchors in a variety of situations, including the use of:

- spikes, prongs, ballards and blocks;
- threads, chockstones and trees;
- nuts and camming devices;
- stakes, bolts and pitons.

#### Belaying

The candidate must be able to:

- set up sound belay systems to single and multiple anchors;
- connect self and others to the anchors;
- set up top and bottom rope climbing systems;
- demonstrate a variety of belay techniques, and choose the most appropriate devices for given situations;
- demonstrate an ability to hold falls and perform lowers.

#### Climbing (Sport and Multi-Pitch Techniques)

The candidate must be able to:

- read and interpret guide books effectively;
- choose climbs suited to their ability;
- choose climbing partners;
- demonstrate good climbing technique and move smoothly on rock graded fifteen;
- demonstrate single and double rope techniques;
- place suitable runners to protect a lead and arrange appropriate belays to protect the second;
- demonstrate rope management at stances and changeovers;

- demonstrate the use of in-situ bolts and pegs;
- demonstrate knowledge of the safety chain, falls and fall factors;
- demonstrate an ability to solve common problems including tangles, jamming, and inadvertent locking.

## **Descending**

The candidate must be able to demonstrate:

- safe control of a party in descent and retreat from a rock climb on steep broken ground;
- setting abseil anchors and joining ropes;
- fixed and releasable abseils;
- friction devices and their appropriate use;
- methods of safeguarding a descent;
- an ability to solve common problems including tangles, jamming, and inadvertent locking.

## **Emergencies**

### **Self Rescue and Improvised Crag 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;
- assist a stuck climber or abseiler.

### **Accidents**

The candidate must be able to:

- assess an accident scene, and implement appropriate action;
- administer basic first aid.

## **The Crag Environment**

### **Access**

The candidate must be able to demonstrate knowledge of:

- land ownership, access and the permit system;
- issues affecting access to climbing area.
- the mountain environment, geology, flora, fauna, local history

### **Conservation**

The candidates must be able to demonstrate knowledge of:

- good practice in the conservation of the mountain and crag environment;
- the impact of climbers on the crag and mountain environment;
- locally important features, plant and animal species and the legal situation related to them;
- current conservation guidelines

and be able to:

- manage a party so as to leave the crag and mountain environment in an improved condition.

### **Etiquette**

Candidates must be able to:

- demonstrate a knowledge of local rock climbing ethics;
- operate in a style, which minimises the impact on and risk to other climbers.

---

## **Training and Preparation**

### **Physical**

Candidates should have knowledge of training techniques, warming up, stretching and injury avoidance.

### **Psychological**

Candidates should have knowledge of psyching-up, visualisation and focus.

---

# **Rock Climbing Leader Award 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. **Union Internationale des Associations d'Alpinisme**  
Working Group Training Standards  
*Model Training Standards for voluntary Leaders and Instructors.*
4. **Mountain Leader Training Board (UK)**  
*Mountainwalking Leader Training Scheme Prospectus and Syllabus.*
5. **United Kingdom Mountain Training Board (1995)**  
*National Guidelines.*
6. **Adventure Qualifications Network cc**  
*Quality Management Systems*