

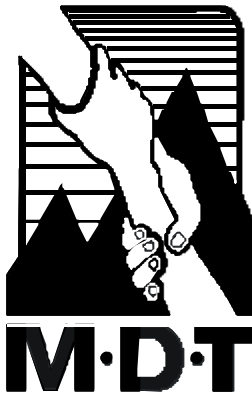
# **SINGLE PITCH SUPERVISOR SCHEME**

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## **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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# Single Pitch Supervisor Scheme

## Syllabus

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### 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 and blocks;
- threads, Chockstones and trees;
- nuts and camming devices;
- stakes, bolts and pitons

and be able to connect the climber to the above anchors.

### 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 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.

### Abseiling

The candidate must be able to:

- set up fixed and releasable abseils;
- choose and fit suitable harnesses and sling arrangements;
- demonstrate the operation of a variety of friction devices and choose the appropriate device for a given situation;

- identify and solve common abseiling problems including tangles, jamming, inadvertent locking, and pendules.

### **Climbing**

The candidate must be able to:

- read and interpret guide books effectively;
- choose and climb routes suited to their ability;
- lead confidently on rock grade fourteen;
- place suitable runners to protect a lead arrange appropriate belays to protect a second

and:

- have a basic knowledge of the safety chain and fall factors.

## **Environment**

### **Access**

The candidate should:

- understand and be able to use information contained in recent guide books and where appropriate carry out any recommendations contained therein;
- have an awareness and understanding of issues affecting access to climbing areas.

### **Conservation**

The candidate should:

- be able to demonstrate good practice in the conservation of the crag environment;
- be aware of locally important, historical sites and features, species of plants and animals and the legal situation related to them;
- be familiar with and observe current access and conservation guidelines.

## **Etiquette**

The candidate should:

- be aware of local rock climbing ethics, particularly those relating to single pitch crags;
- be able to operate flexibly when planning programmes and choose routes to accommodate independent climbers;
- be aware of the need to operate in a style which minimises the impact on, and the risk to, other climbers
- manage groups so as to leave the crags in an improved condition.

The candidate should be able to demonstrate:

- the ability to manage groups of an appropriate size in a safe manner, including tying on, climbing, belaying and descent arrangements;
- the use of appropriate equipment suitable for the group and the chosen venue;
- the ability to manage all members of the group irrespective of whether or not they are involved in climbing or belaying;
- knowledge of rules governing the use of different climbing walls, particularly as related to groups under supervision.

## **Communication**

The candidate must be able to organise and arrange effective communication between the group members.

## **Belaying and Top Roping**

The candidate must be familiar with a variety of safe belaying and top roping methods and be able to select the appropriate method for a particular situation and group, including:

- single and multiple anchors;

- a various belay devices;
- direct and indirect belays;
- the supervision of group members belaying;
- top and bottom roping.

### **Route Choice**

The candidate must be able to choose routes at a crag or wall suitable for use by a group, considering safety (of route), approach, descent and affect on other users.

### **Abseiling**

The candidate must be able to set up and manage a group abseiling in a safe and appropriate manner, including:

- the choice of site, take off, loose rock, environmental impact, effect on the climbing resource;
- methods of safeguarding the group.

### **Emergency Procedures**

The candidate must be aware of, and be able to deal with common problems in top rope and abseil situations, including a stuck climber and abseiler.

### **Bouldering**

The candidate must be familiar with, and demonstrate the use of bouldering activities: on crags, boulders and climbing walls.

## **Climbing**

### **Climbing**

The candidate should be familiar with:

- rock types and features;
- training and injury avoidance;
- climbing walls and competition climbing;
- climbing history, traditions and ethics;
- climbing and mountaineering clubs;

- The South African Mountaineering Development and Training Programme.

### **Equipment**

The candidate must be familiar with individual and group equipment and be able to care for and maintain it.

### **Guidebooks**

The candidate must have knowledge of guidebooks, their availability, interpretation and use.

### **Environmental hazards**

The candidate must understand the dangers from:

- descent routes;
- loose rock;
- inclement weather;
- other crag or wall users.

# Single Pitch Supervisor Scheme Acknowledgements

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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)**  
*Single Pitch Supervisors Award Prospectus and Syllabus.*
5. **United Kingdom Mountain Training Board (1995)**  
*National Guidelines.*



# Single Pitch Supervisor Scheme Documentation

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