

TOP-ROPE SUPERVISOR SCHEME

SYLLABUS

**South African Mountaineering
Development and Training Programme**

Mountain Training Scheme



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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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Top-Rope Supervisor Scheme Syllabus

Competence

Anchors

The leaner 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;
- stakes, bolts and pitons

and be able to connect equipment to the above anchors.

Belaying

The leaner must be able to:

- set up a sound belay system to single and multiple anchors;
- set up a top-rope system;
- set up a bottom-rope system;
- demonstrate good belay technique, and choose an appropriate belay device;
- demonstrate an ability to perform lowers.

Climbing

The leaner must be able to:

- read and interpret guide books effectively;
- choose and climb routes suited to their ability.

Leading Endorsement

The learner must be able to:

- lead comfortably on sport gear at grade 12
- place suitable protection to protect a second;
- have a basic knowledge of the safety chain and fall factors.

Abseiling

The leaner must be able to abseil and protect personal abseiling.

Environment

Access

The leaner 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;
- have an awareness and understanding of issues affecting access to climbing walls and gyms, particularly related to groups under supervision.

Conservation

The leaner 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 leaner 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.
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Supervision

Group Supervision

The leaner should be able to demonstrate:

- the ability to manage groups of an appropriate size in a safe manner, including tying on, climbing and belaying;
- 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 and gyms, particularly as related to groups under supervision.

Communication

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

Route Choice

The leaner must be able to choose routes at a crag or wall suitable for use by a group.

Emergency Procedures

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

Bouldering

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

Climbing

Climbing

The leaner should be familiar with:

- rock features;
- basic climbing techniques
- injury avoidance;
- climbing walls;

Equipment

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

Guidebooks

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

Environmental hazards

The leaner must understand the dangers from:

- loose rock;
- inclement weather;
- other crag and/ or wall users.

Top-Rope Supervisor 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. **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.