



**CLIMBING WALL
DEVELOPMENT
INSTRUCTOR** 
CANDIDATE HANDBOOK

CONNECT WITH US



PREFACE

This handbook has been designed to support candidates through Mountain Training's Climbing Wall Development Instructor qualification. It contains useful information about the various stages in the scheme as well as the syllabus and guidance notes.

PARTICIPATION STATEMENT

Mountain Training recognises that climbing, hill walking and mountaineering are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions. Mountain Training has developed a range of training and assessment schemes and associated supporting literature to help instructors manage these risks and to enable new participants to have positive experiences while learning about their responsibilities.

ACKNOWLEDGEMENTS

Many people have contributed to the preparation of the contents of this handbook, by attending Mountain Training working party meetings and by making detailed and constructive comments on the draft. Grateful thanks are due to volunteers and staff from the Climbing Awards Review Working Group, national Mountain Training organisation council members, course providers, staff of the mountaineering councils, members of the Association of Mountaineering Instructors, Mountain Training Association, staff from the National Mountain Centres and members of The Association of British Climbing Walls for their help and support.

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1. SCHEME PATHWAY

1.1. INTRODUCTION

The Climbing Wall Development Instructor scheme is for experienced instructors wishing to teach advanced indoor climbing techniques, including lead climbing on indoor or outdoor artificial climbing walls and structures with fixed protection.

1.2. SCOPE OF THE SCHEME

A qualified Climbing Wall Development Instructor can:

- Support an indoor climber's progression.
- Foster an indoor climber's independence.
- Teach indoor lead climbing skills.

TERRAIN

A qualified Climbing Wall Development Instructor can operate on:

- Indoor and outdoor artificial bouldering venues
- Indoor and outdoor climbing walls

EXCLUSIONS

The scheme does not cover:

- The rock climbing skills needed to climb and/or supervise others on natural crags and quarries (these are covered in the Rock Climbing Instructor scheme)
- The supervision of high or low ropes courses.
- The assessment of candidates' personal qualities.

1.3. STAGES IN THE SCHEME

1.3.1. Registration prerequisites:

- You must hold either the Climbing Wall Instructor or the Rock Climbing Instructor qualification.

1.3.2. Training prerequisites:

- You must be registered on the scheme.

You must have an up to date logbook (preferably DLOG) with evidence of the following:

- 50 led routes
- Climbed at 3 different major climbing walls
- Belayed a lead climber 50 times
- 25 lead routes at grade F6a on indoor climbing walls
- 20 supervising sessions after passing either Climbing Wall Instructor or Rock Climbing Instructor qualifications. At least 5 of these sessions must have personal reflective comments recorded on DLOG.



The Mountain Training Association is a voluntary membership organisation designed to support candidates working towards our qualifications and provide development opportunities for those who already have them. Anyone who is registered on one of our qualification schemes can join the Mountain Training Association and members get access to a wide range of supportive benefits, including access to CPD workshops, discounts on outdoor clothing and equipment and online resources.

1.3.3. Consolidation period

- Climb at a wide range of venues, both as an individual and when assisting with the supervision of others.
- All but the most experienced candidates should allow a minimum of six months between training and assessment.
- There is currently no time limit on the validity of a training course and some candidates may take several years to complete the qualification.

1.3.4. Assessment prerequisites:

- You must have attended a Climbing Wall Development Instructor (or Climbing Wall Leading Award) training course or have been granted exemption from training.
- You must be familiar with the syllabus.
- You must have logged a minimum of 100 different lead climbs, at least half of which must be a grade of French 6a or above at 3 different major climbing walls.
- You must have assisted or observed at least 5 teaching leading sessions delivered by a suitably qualified person. These 5 sessions must have personal reflective comments recorded on DLOG.
- You must hold a current first aid qualification, relevant to your work as a Climbing Wall Development Instructor.

2. COURSE STRUCTURE

TRAINING

Training will involve a minimum of 8 hours contact time.
Results: Completed, Not yet completed, Withdrew, Did not show, Exemption.

ASSESSMENT

Assessment will involve a minimum of 6 hours contact time.
Results: Pass, Defer, Fail, Not yet completed, Withdrew, Did not show.

There is no exemption from any element of the assessment.

3. COURSE DELIVERY

TRAINING

Course directors must hold the Mountaineering Instructor Award or higher plus national Mountain Training organisation requirements. Additional staff must be Climbing Wall Development Instructor or higher plus national Mountain Training organisation requirements.

Min. course size: 2, max. course size: 8, max. ratio: 1:4.

ASSESSMENT

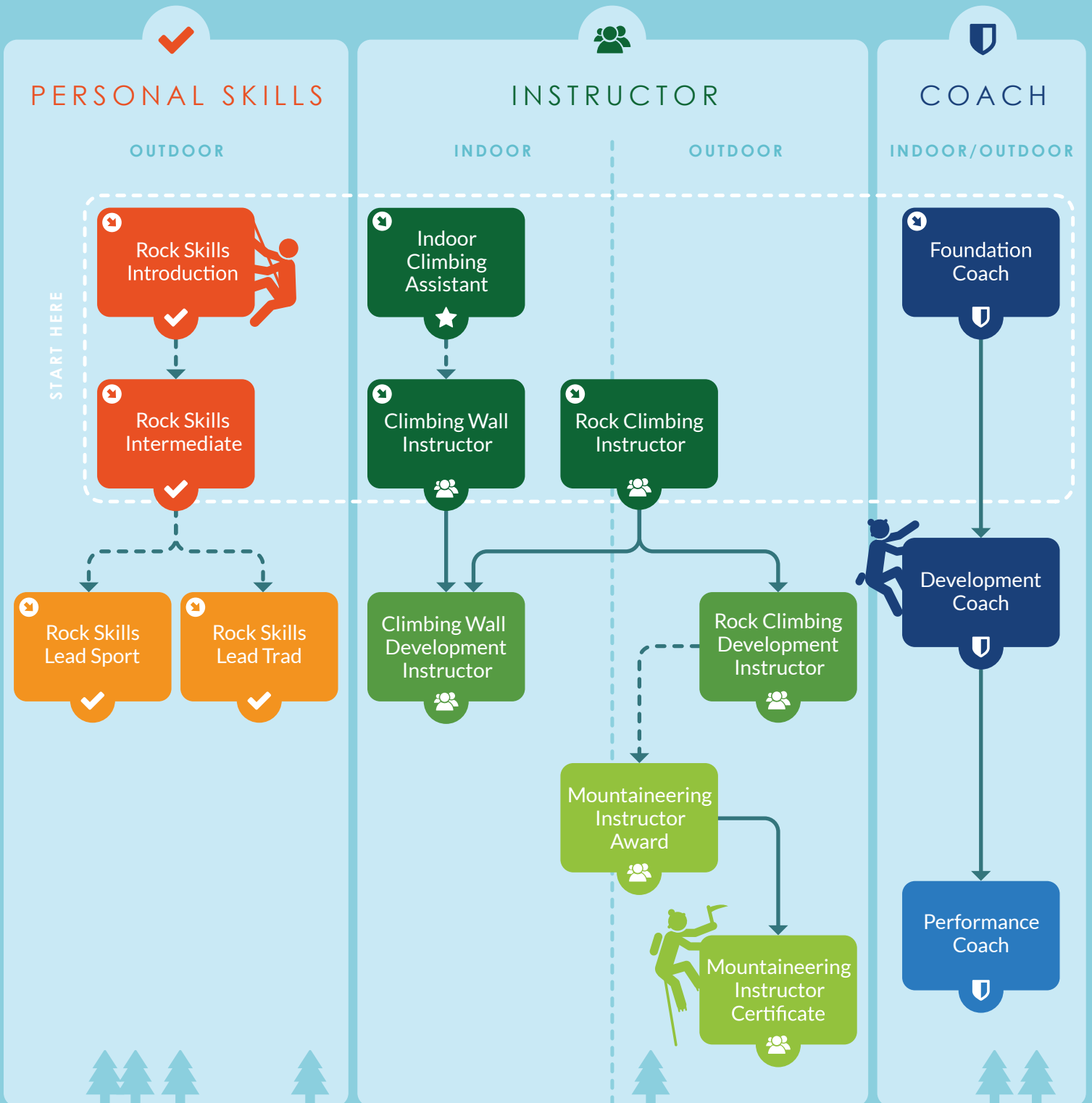
Course directors must hold the Mountaineering Instructor Award or higher plus national Mountain Training organisation requirements. Additional staff must hold the Mountaineering Instructor Award or higher plus national Mountain Training organisation requirements.

Min. course size: 2, max. course size: 8, max. ratio: 1:4.

4. AWARDING ORGANISATIONS

- Mountain Training Cymru
- Mountain Training England
- Mountain Training Scotland
- Mountain Training Board of Ireland

CLIMBING PATHWAY





Climbing Wall Development Instructors will have a sound knowledge of lead climbing on fixed protection. They will be able to identify and evaluate commonly used indoor climbing equipment and demonstrate its use to individuals during a lead climbing session. They will be personally competent in a range of indoor lead climbing techniques and be able to provide clear demonstration and effective tuition when teaching novice climbers to lead on fixed protection. They will be able to:

SYLLABUS

1. EQUIPMENT

1.1. Select and fit suitable climbing equipment for personal and group use when leading routes.

2. BELAYING

2.1. Demonstrate a range of belaying techniques appropriate for lead climbing.

2.2. Hold leader falls and control lowers.

3. PERSONAL SKILLS

3.1. Choose and lead routes at French 6a in a safe, competent and assured manner.

3.2. Demonstrate ability to take leader falls in a controlled manner.

3.3. Demonstrate an understanding of the safety chain and fall factors with relevance to lead climbing.

GUIDANCE NOTES

As a Climbing Wall Development Instructor you may be asked for advice from novice lead climbers, experienced climbers and other instructors. Your significant experience will support you choosing appropriate equipment both for personal lead climbing and teaching leading to novices. When lead climbing, climbers need to have good fitting rock shoes and a well-fitting and specifically designed harness. The nature of lead climbing presents the possibility of falling, which can cause the climber to invert or pendulum resulting in the possibility of head and other injuries. Instructors should be fully conversant with the advantages and disadvantages of wearing a helmet while lead climbing.

Lead belaying with a range of different devices, including assisted braking ones and compatible karabiners and ropes may be new skills for a novice lead climber. Your familiarity with using

such equipment is therefore very important and will help to shape the way you introduce new belaying skills which lend themselves more to lead climbing. You should be fully conversant with, and be accomplished at, dynamic belaying; paying out and taking in rope in anticipation of the climber's movements. You should be able to hold a fall in such a way so as to prevent the climber slamming against the wall. Consider how you might adapt dynamic belaying techniques to compensate for leaders and belayers of differing weights.

When lead climbing, elements of the safety chain include the rope attachment to the climber, the quick draws and top anchor and the belayer. Belayer position and equipment choice can compromise the safety chain when a climber is leading and falling. You must be able to recognise and make others aware of the risks posed and how to avoid them.



KEY PRACTICE POINTS

- Practise lead belaying with a range of different devices, including assisted braking devices and consider how you would teach correct use to novices.
- Familiarise yourself with different ropes suitable for lead climbing including their wear and handling characteristics.
- Gain experience of belaying at a competition. The mountaineering councils have details of regional competitions that welcome competent volunteer belayers.





Climbing Wall Development Instructors should be able to independently organise, plan, manage and deliver safe and progressive learning-to-lead climbing sessions to novice climbers. They should be able to:

SYLLABUS

4. PLANNING AND STRUCTURE OF SESSIONS

- 4.1.** Plan individual sessions and programmes of activities with appropriate aims and objectives.
- 4.2.** Build in flexibility when planning activities; respond to changing circumstances.
- 4.3.** Demonstrate an awareness of responsibility to the wall management, authorising organisations, parents/guardians, group members and other site users.
- 4.4.** Be familiar with Mountain Training's National Guidelines.

5. MANAGEMENT OF PARTICIPANTS

- 5.1.** Select appropriate management techniques to safeguard all participants, irrespective of whether or not they are directly involved in the climbing activity.
- 5.2.** Utilise effective communication skills to:
 - 5.2.1.** Set and review targets.
 - 5.2.2.** Identify and react to the needs of students in relation to the development of lead climbing skills.
- 5.3.** Manage time appropriately in relation to the plan, activity and conditions.
- 5.4.** Avoid common lead climbing problems.
- 5.5.** Solve common lead climbing problems if they occur.

GUIDANCE NOTES

Teaching leading is not something that can take place in one session. It is very important that you can plan and execute a series of progressive sessions that develop the skills required for leading in the people you are instructing. Further to this, remember that people develop at different rates and you will need to adapt to their needs. You should be calm and respectful of other users of the space and be prepared to follow instructions from the wall managers; even if it means you have to change your plans. Preparation time that includes speaking to the managers of any wall you are likely to be using to teach leading, and discussing your requirements, will always be time well spent.

Part of the process of teaching lead climbing will involve discussions around the risk assessment process and it is vital that this is brought into your progressive sessions. This will require you to be crystal clear when communicating. Key issues will include appropriate target setting and developing their understanding of risk and its mitigation. This

includes the importance of safety at all times whether climbing or not.

You have very little control over a lead climber once they have left the ground. The whole point of a progressive, differentiated approach to teaching lead climbing is to avoid things going wrong in the first place. Making the decision to progress onto teaching lead climbing will require the instructor to be fully confident that the fundamental basics of tying in and belaying are well mastered and have been demonstrated in a competent manner. Being able to foresee common issues in advance (such as 'Z' clipping and 'back clipping') and choosing routes which minimise the chances of these occurring will allow the instructor to focus on the basics of lead climbing and not needing to overwhelm the client with excessive amounts of information before they set off. A progressive approach will allow the fine tuning of techniques and as the climber slowly gains experience you will be able to encourage them to identify potential issues themselves.



KEY PRACTICE POINTS

- Get into the habit of using well thought-out, timed session plans and reviewing them after the session.
- Consider how you might discuss motivation and target setting with your climbers to make sure you are delivering appropriate sessions.
- Make sure that the climber and belayer are comfortable with the task you have given them and check for understanding of your instructions.





SYLLABUS

6. DECISION MAKING

- 6.1.** Carry out dynamic risk assessments throughout each lead climbing session.
- 6.2.** Assess the abilities of individuals to lead routes and belay lead climbers.
- 6.3.** Make appropriate judgements regarding the suitability of various techniques for instructing and coaching the skills required for individuals to belay lead climbers and lead climb effectively.

7. KNOWLEDGE AND DEMONSTRATION OF TECHNIQUES

- 7.1.** Deliver technical instruction to individuals and the group including:
 - 7.1.1.** Effective lead belaying.
 - 7.1.2.** The principles of appropriate route choice.
 - 7.1.3.** Use of leader placed and in situ quick draws.
 - 7.1.4.** Effective communication between leader and belayer.
 - 7.1.5.** Falling and holding a fall.
 - 7.1.6.** Lowering to the ground.
- 7.2.** Teach and demonstrate basic lead climbing skills.
- 7.3.** Demonstrate the use of appropriate climbing and non-climbing activities to develop lead climbing techniques.
- 7.4.** Supervise climbers belaying and leading.

GUIDANCE NOTES

Judgement and decision making within a risk assessment framework is central to this qualification. Climbing Wall Development Instructors will have a range of techniques through which climbers will learn the skills of leading; it will be up to you when, and if, they are ready to lead for real. You will use your experience to make sound, educated and informed decisions about what is right for the people you are teaching. It is important that you are clear about your duty of care when teaching lead climbing, especially with regard to minors. This level of judgement will only come through spending time in environments where new leaders are being taught and are experiencing their first leads.

Through your own experience you will have built up a range of appropriate progressive exercises for teaching leading which involve both climbing and ground based activities into your session plans. These exercises should develop the skills referred to in section 7.1 and 7.2. The wider your knowledge and range of exercises here the more likely you are to be successful in achieving your aims of safely teaching sound leading skills.

As a Climbing Wall Development Instructor your ability to demonstrate and explain the significance of a climber's centre of gravity and its relevance to lead climbing is a fundamental element of teaching novices this new skill. For example; clipping the rope proficiently requires the adoption of the most stable and efficient position possible within reach of the quickdraw. This will be a new consideration for many climbers who have only top/bottom-roped and will take time to develop.

Smooth and fluid movement when bouldering or bottom-roping can be transformed to stiff and jerky movements when leading a route. Such radical changes in style can often be due to anxiety and you should be able to identify activities to help a novice lead climber transfer their movement skills to lead climbing situations. Climbing Wall Development Instructors should be able to support participants psychologically preparing to lead climb e.g. reducing anxiety by reducing the grade, providing calming breathing exercises etc.



KEY PRACTICE POINTS

- Practise teaching route reading to your climbers. Get them to mentally rehearse their route, including when they will clip, miming their movements, identifying key holds, rests and any challenging sections.
- Discuss the decision making process with regards to letting novices lead for the first time with more experienced instructors.
- Don't forget to introduce backing off and down climbing as an important safety and tactical technique.
- Research how the level of your duty of care varies with the age of your students and how you might adapt your practice accordingly.





Climbing Wall Development Instructors need to give tuition and support to novice climbers who are learning and developing their climbing skills. They should be able to:

SYLLABUS

8. TEACHING AND LEARNING SKILLS

- 8.1.** Create and maintain a positive learning environment for all participants.
- 8.2.** Communicate effectively and appropriately with a group and individuals, checking for understanding.
- 8.3.** Demonstrate an ability to adapt the teaching style to meet individual needs.
- 8.4.** Continue to develop positive attitudes towards climbing and lifelong participation.
- 8.5.** Understand and introduce progressive activities to ensure development of appropriate knowledge, skills and experience over time.
- 8.6.** Observe and analyse individual performances to provide appropriate, effective and timely feedback for participants.
- 8.7.** Evaluate a session and its outcomes to inform the planning of future sessions.

GUIDANCE NOTES

Climbing Wall Development Instructors need to quickly build an environment of trust and confidence with their climbers so that they feel ready to tackle more challenging activities with greater personal responsibility. Age, ability, individual requirements, confidence and energy levels will all influence the best approach to achieve this with each individual climber.

Well-developed communication skills are essential. The foundations of effective teaching include the ability to create rapport, communicate at an appropriate level, use positive language, provide a variety of demonstration techniques, check for understanding through skilled questioning and give useful feedback and encouragement to individuals. In addition to these well-practised communication skills your accurate observation and assessment of individuals' abilities and confidence levels will form the basis of your sessions. The progressive nature of the activities you choose will build up an individual's skills in a safe and consolidated way. Lead climbing requires many techniques to be acquired

autonomously, combined and applied in a range of environments (slab, wall, overhang etc.). This can be challenging for the climber and therefore these techniques should be introduced progressively.

Individualised feedback significantly supports the developing climber. This may focus on technique, tactics, fitness or motivation depending upon the situation. By observing their strengths and weaknesses you can then prioritise feedback to ensure participants are safe and inspired to progress further.

An effective Climbing Wall Development Instructor plans their sessions strategically, building up the skills and experiences of their students over time. The ability to review the outcomes of each session and to build upon these in the future is essential. Understanding that progress is rarely linear and that different climbers may require different strategies are key concepts at this level. Instructors should understand how learning develops, and how this is applied to structuring activities at an appropriate level.



KEY PRACTICE POINTS

- Review climber profiles before meeting them and discuss their experience and goals with them when you meet them.
- Review progress with climbers and make sure they are taking on board the lessons being taught.
- Build up skills and risk levels gradually, consolidating each phase. Be aware of contextual interference when new environments appear to erode skill.
- Discuss next steps and provide signposting to ways ahead (beyond you if necessary).





Climbing Wall Development Instructors should be informed and experienced in the indoor climbing wall environment, including both small and large scale (commercial) venues. They should be able to:

SYLLABUS

9. ACCESS

9.1. Describe both general and locally important rules and regulations, and demonstrate an ability to obtain and comply with this information.

10. ETIQUETTE AND ETHICS

10.1. Identify appropriate and inappropriate areas of a wall to teach lead climbing and other associated skills.

10.2. Be aware of the hazards presented to other site users by lead climbers and act in a way to keep these minimised.

10.3. Be aware of the site-specific requirements and agreements relating to teaching leading on different climbing walls and artificial structures.

GUIDANCE NOTES

Climbing wall managers have a duty of care to protect members of the public from foreseeable risks, be they climbers or spectators, and this extends to preparing codes of conduct, guidance and policy for wall users. Where these are absent Climbing Wall Development Instructors should be aware of good practice defined by the industry. Some climbing walls may require visiting instructors to produce specific documentation such as qualifications and insurance before commencing a session, therefore having prior knowledge of these requirements will help.

Having a good understanding of a climbing wall's layout, route selection and overall setup will give the instructor greater levels of knowledge in which to draw from when planning a lead climbing session with clients.

Teaching lead climbing involves the additional likelihood of both climbers and belayers moving quickly and unexpectedly. Party management must reflect this state of affairs bearing in mind the other wall users.



KEY PRACTICE POINTS

- Develop the ability to focus on key risk areas whilst remaining situationally aware of the wider wall environment.
- Become familiar with climbing walls' age policies with regard to lead climbing and parental consent.



APPENDIX 1 – ADDITIONAL INFORMATION

COURSE DELIVERY

Mountain Training courses are delivered by approved providers throughout the UK and Ireland. Providers of Climbing Wall

Development Instructor courses will appoint a course director for each course.

Courses can be found by searching on the Candidate Management System (CMS) <https://mt.tahdah.me> or on our website <http://www.mountain-training.org/find/find-a-course>.

Your training and assessment result will be recorded on the Candidate Management System (CMS).

EXEMPTION FROM TRAINING

Experienced climbers who already have substantial personal climbing experience and experience of supervising groups on climbing walls may apply for exemption from training. To qualify for exemption candidates must, at the very least, meet the minimum experience requirements for attendance at an assessment course and demonstrate that they have received relevant training in the management of climbing groups and assistants.

Further details of the exemption process can be found on the Mountain Training website.

There is no exemption from assessment.

FURTHER EXPERIENCE

Once you have passed the Climbing Wall Development Instructor assessment you are responsible for remaining current and up to date with good practice for as long as you are using your qualification. Mountain Training would like to encourage you to regularly dedicate some time to your development both as a climber and as a Climbing Wall Development Instructor.

The Mountain Training Association is a membership association designed to support both trainee and qualified candidates by providing access to developmental workshops, conferences and peer learning events among other member benefits.

The responsibility for ensuring that instructor receive refresher training must lie with the provider of the service, or the individual in the case of self-employed leaders. Climbing Wall Development Instructors who wish to operate beyond the scope of their qualification(s) by virtue of their additional experience and/or training, for example a Rock Climbing Instructor taking a group climbing at a sport climbing quarry may be enabled to do so either through in-house training and/or within the context of a site specific scheme.

Mountain Training publishes a digital document called the National Guidelines which provides advice on good practice for anyone with a responsibility for climbing, walking and mountaineering related activities, and encompassing the principles of safety management.

CANDIDATE MANAGEMENT SYSTEM AND DLOG

Mountain Training uses software powered by *tahdah* to record your journey through our schemes.

You can use the system to:

- register for a qualification
- search for a training or assessment course
- join an association or mountaineering council
- buy recommended books from the Mountain Training shop
- record your experience in DLOG (the digital logbook)
- access e-learning modules

<https://mt.tahdah.me>

LOGGING YOUR EXPERIENCE

The foundation of your success as a Climbing Wall Development Instructor is your experience. It is this experience that enables you to learn from the training course, consolidate your learning, pass an assessment and then continue to develop as an instructor and climber.

There are fourteen activities you can log, including indoor climbing, trad climbing and outdoor bouldering and all of them start by searching the database. There are some information boxes on the screen - please read these to help with the logging process.

Top tips:

- 'Indoor climbing' should be used to record any personal climbing or instructing/assisting on artificial structures.
- You can use the 'Frequency' drop down to insert multiple records in one go. For example, if you ran a similar session each week for four weeks, select 'Weekly' from the drop down menu, select the appropriate date range and when you save the record, it will create four entries.
- If you can't find the climbing wall/tower/centre you are looking for please let us know and we will add it to the database.

UPLOADING PREVIOUS EXPERIENCE

If you have recorded your experience in another format already and want to start using DLOG, you can upload your existing logbook as a file to the Files tab. (The Files tab accepts various file formats including word, excel, pdf, jpg and png.)

Many candidates who do this also choose to create DLOG records for their most recent or most significant sessions.

SHARING YOUR DLOG

When you book on to a training or assessment course, your logbook will become visible to the course director. If you would like some feedback prior to this, you can share your logbook with a mentor/friend/future course director by clicking on the Share tab, entering their email address and selecting the length of time they can access it.



The **Mountain Training Association** is a voluntary membership organisation designed to support candidates working towards our qualifications and provide development opportunities for those who already have them.

It is committed to fostering progression and encouraging good practice amongst its members so that others can enjoy professionally-led activities.

Join the MTA and get the support you need to succeed.

"The workshops I've done have been brilliant and have definitely made me a better leader"

- Alex Kendall (MTA member, 2016)

WHO CAN JOIN

Anyone that has registered for a Mountain Training qualification is welcome to join the Mountain Training Association. The sooner you join the quicker you can take advantage of all of the great benefits on offer.

HOW TO JOIN

Membership is annual. Simply pay online via your Mountain Training account or visit the website for more information.

MEMBER BENEFITS

- Access to accredited CPD workshops
- Quarterly magazine and monthly e-newsletter
- Big savings on outdoor gear and courses
- Specially negotiated rates for civil liability insurance*
- Online resources and guidance
- Regional networking and training events
- MTA branded merchandise
- Advertise and promote yourself online*
- Use the MTA logo to promote yourself*

*full members

MOUNTAIN TRAINING – PUBLICATIONS

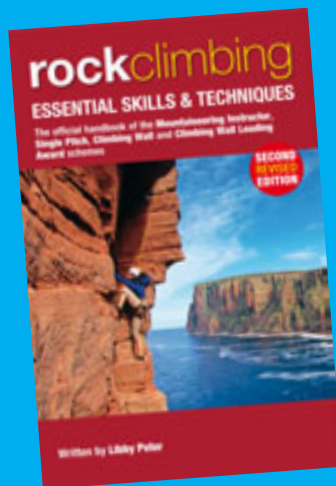
Official handbooks to support you through our schemes.



Hillwalking

STEVE LONG
ISBN 978 0954 151195

The official handbook of the Mountain Training walking schemes.



Rock Climbing

LIBBY PETER
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Essential skills and techniques for all aspects of single-pitch, multi-pitch and indoor climbing.



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www.mountain-training.org