## Rock climbing

This may be assessed either indoors or outdoors

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<tr>
<th>The performance of skills and techniques in isolation/unopposed situations</th>
<th>Application of skills, techniques and decision making under pressure during a conditioned practice and conditioned/formal/competitive situation</th>
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| Candidates will be assessed on any **four** of the skills listed below when performed in isolation/unopposed practice as appropriate to rock climbing indoors or outdoors.  
- The ability to ascend a rock face making route assessment, re-assessment and carry out safe climbs employing a range of climbing holds and moves  
- Rope management (e.g. coiling, uncoiling, preparation and carrying)  
- Select and use a single anchor to set up top rope  
- Select and use multiple anchors/understand grading used for boulder problems  
- Ability to belay with different devices/detailed knowledge of protecting a bouldering climber, this may include spotting but also e.g. positioning pads, landings, etc  
- Ability to demonstrate different climbing techniques  
- Tie clove hitch, overhand knot and as appropriate figure of 8 on the bight  
- Set up and undertake an abseil demonstrating the ability to lock off the abseil device during decent/descend from boulder problems safely  
- Use rope systems to demonstrate a range of secure anchors (e.g. wires, camming devices and fixed equipment) | Candidates will be assessed on the quality of appropriate skills, techniques and decision-making processes to meet the challenges during a conditioned/formal/competitive situation, including using the skills/techniques from isolation/unopposed situations, as well as:  
- adhering to rules, health and safety guidelines, and considering appropriate risk management strategies. |

### Ability to climb different routes (either indoor or outdoor)

- Use a climbing wall or bouldering area  
- Assess and use a variety of pre-placed anchors  
- Belay another climber, hold a top-roped fall and perform a ‘lower’  
- Demonstrate confident movement on and sequencing on rock/wall employing a variety of appropriate techniques reflecting body position, balance, foot and hand holds to make use of different rock/wall features  
- Precise footwork on small holds  

Candidates should be assessed on their control of the skills used and techniques executed, showing mastery of external factors (competitors and/or environment)  
- Fluid movement utilising momentum.  

Timing of skills and techniques means there is always fluency to the performance.  
- Climbs completed on time
**Assessment criteria for rock climbing**

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<thead>
<tr>
<th>Level</th>
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<tbody>
<tr>
<td>0</td>
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<td>No rewardable evidence</td>
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| 1     | 1–2  | Demonstrates an *ineffective* level of technical accuracy, with little or no precision, control and fluency, when:  
  - fitting a harness and helmet with instructor support  
  - belaying with instructor support  
  - communicating ineffectively with partner  
  - ascending and descending correctly from route but with errors. |
| 1     | 1–5  | Demonstrates *ineffective* skills, techniques and decision making, with little or no precision, control and fluency, during a conditioned/formal/competitive situation, to include the following.  
  Demonstrates a limited level of precision when executing skills and techniques, such as:  
  - missing key holds  
  **Inadequate** control, fluency and/or accuracy when under pressure from external factors (competitors and/or environment), including:  
  - kicking and scraping feet  
  - getting stretched out  
  Timing of skills and techniques means there is *no fluency* to the performance, including:  
  - getting stuck for periods on the climb. |
<p>| 0     | 0    | No rewardable evidence |</p>
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| 2     | 3–4  | Demonstrates a **basic** level of technical accuracy, with little precision, control and fluency, when:  
• belaying with peers supervised by instructor  
• putting on harness and helmet with instructor prompts  
• tying in with rethreaded figure of eight with support  
• a basic level of climbing communication used  
• demonstrating basic climbing techniques when ascending and descending with errors | 2     | 6–10 | Demonstrates **basic** skills, techniques and decision making, with little precision, control and fluency, during a conditioned/formal/competitive situation, to include the following.  
Demonstrates basic level of precision when executing skills and techniques:  
• using the correct hold inefficiently (wrong part of foot or wrong hand technique)  
**Basic** control and accuracy is evident when under pressure from external factors (competitors and/or environment):  
• jerky actions and lunging due to out of balance movement  
Timing of skills and techniques means there is **basic** fluency to the performance:  
• moves up the wall without major stops |
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| 3     | 5–6  | Demonstrates a **competent** level of technical accuracy, with some precision, control and fluency, when: • belaying competently with backup  • fitting harness and helmet independently  • tying in independently  • safety checks self and partner consistently  • demonstrating climbing styles (ascending and descending) with competent techniques | 3     | 11–15| Demonstrates a **competent** level of skills, techniques and decision making, with some precision, control and fluency, during a conditioned/formal/competitive situation, to include the following.  
Demonstrates a good level of precision when executing appropriate skills and techniques:  
• using holds correctly (hand and foot positions)  
Control of the skills and techniques executed, showing **competent** control and accuracy when under pressure from external factors (competitors and/or environment):  
• able to rest in balance with relaxed stance  
Timing of skills and techniques means there is **competent** fluency to the performance:  
• moves up the wall with a competent, steady pace |
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| 4     | 7–8  | Demonstrates a **good** level of technical accuracy, with precision, control and fluency, when:  
|       |      | • belaying independently and holding a bottom rope fall consistently  
|       |      | • handling climbing equipment fluidly, e.g. carabiners and belay devices  
|       |      | • demonstrating climbing techniques (ascending and descending) with good technique | 4     | 16–20| Demonstrates a **good** level of skills, techniques and decision making, with good precision, control and fluency, during a conditioned/formal/competitive situation, to include the following.  
|       |      | Demonstrates a good level of precision when executing appropriate skills and techniques:  
|       |      | • accurate footwork  
|       |      | Consistently in control of the skills and techniques executed, showing **good** control and accuracy when under pressure from external factors (competitors and/or environment):  
|       |      | • Good weight transfer  
|       |      | Timing of skills and techniques means there is **very good** fluency to the performance:  
<p>|       |      | • climbing appears fluid with good body positioning for balance |</p>
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| 5     | 9–10 | Demonstrates a **very good** level of technical accuracy, with accurate precision, control and fluency, when:  
- able to belay with two further devices  
- able to demonstrate climbing techniques (ascending and descending) faultlessly and fluidly  
- tie clove hitch, overhand knot and figure of 8 on the bight and understand their uses | 5     | 21–25| Demonstrates a **very good** level of skills, techniques and decision making, with very good precision, control and fluency, during a conditioned/formal/competitive situation, to include the following.  
Demonstrates a very good level of precision when executing appropriate skills and techniques:  
- precise footwork on small holds  
Always in control of the skills and techniques executed, showing **very good** mastery of external factors (competitors and/or environment):  
- fluid movement utilising momentum.  
Timing of skills and techniques means there is **always very good** fluency to the performance:  
- climbs completed fluidly |