



Instruction - Guiding - Coaching
JB Mountain Skills
Climbing - Mountaineering - Qualifications

Rock Climbing Instructor Assessment Course Overview

Itinerary:

Day 1 – Bottom roping, group abseiling & climbing wall session with home paper review

Day 2 – Lead climbing, top roping, and abseiling

The order of the days may change due to weather.

Problem solving, access, conservation and group management will be ongoing topics throughout the two days.

To attend the assessment course you will need to have completed your RCI training or have been granted exemption from training and have:

- Climbed a minimum of 40 trad lead climbs, at least 20 at Severe grade or above
- Climbed a minimum of 10 sport lead climbs, at grade F4 or above
- Climbed a minimum of 30 indoor lead climbs, at grade F4 or above
- Assisted on 20 group climbing sessions (10 indoors, 10 outdoors).
- Hold a valid 1st Aid certificate

More detailed info on the Mountain Training site: <http://www.mountain-training.org/climbing/skills-and-awards/rock-climbing-instructor>

You will need to have filled out your online logbook (DLOG) with your experience so far. This must be done before attending the assessment.

The Mountain Training website (www.mountain-training.org) contains the RCI handbook and skills checklist, you can also purchase the Mountain Training instructional book: Rock Climbing.

We don't provide a kit list for assessments as it's expected you'll know what to bring, but if you have any questions or need to borrow anything (such as static rope), please don't hesitate to ask!

The course is based in the Llanberis area and is non residential. We meet 0900 at Caban Cafe, Brynrefail.

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