



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

Rock Climbing Instructor Assessment Home Paper

Please complete this prior to the course and bring it with you.

1 - Who did the first ascent of:

- a The Sloth
- b Indian Face
- c Little Brown Jug

2 - Which crag are these routes located on:

- a Spartan Slab
- b Exposure Explosion
- c Comes the Dervish

3 - Which term best describes a GriGri?

- a Self locking belay device
- b Assisted braking belay device
- c Auto locking belay device

4 - What does AALS stand for and, briefly, what do they do?

5 - What does BMC stand for and, briefly, what do they do?

6 - Name three sources of information we can use to find out if we are allowed to use a crag with groups.

7 - What is the minimum breaking strain of a sling?

8 - What is back clipping?

9 - Briefly, how are limestone, rhyolite and slate formed?

10 - Can an RCI holder teach lead climbing? Please explain your answer.

11 - Who invented cams and why did they refer to them as "Friends"?

12 - When inspecting a harness, what should we check for?

13 - Name 3 plants we might find at crags.

14 - How long does do apple cores and orange peels take to degrade in the UK?

15 - What's the best crag in the UK?

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