

Rock Climbing Development Instructor Home Paper.



Describe the process of a lead climber working a sport route.

What is 3 sigma rating?

Where did the modern nut evolve from?

What does TTPP refer to in a coaching context?

What do you understand about Long Term Athlete Development?

What climbing equipment would you class as PPE?

What is informed consent?

Describe an ideal location in an indoor wall to teach falling for confidence?

What are the Why, What and How of warming up?

What constitutes a well placed climbing nut?

How would you assist a client learning to route read?

What are the components of fitness?

How might a training programme differ for a boulderer verses a lead climber?

What is the AALS? How may this affect a centre planning on introducing children to rock.

What would you put in a programme for indoor top rope climbers wishing to lead their first trad route?

How would you reduce the risk of injury with a long term client wishing to push their grade?

What is the FITT principle for training?

How would you introduce double ropes?

Describe your understanding of a base of support and a point of suspension?

How would you get a nervous lead climber back to the ground?

How can you use bouldering (inside and out) to help develop a lead climber?

How would you coach a drop knee?

Rate these techniques in order of importance for a new lead climber, Endurance, Head Game, Gear Placements, Footwork, Route Reading, Judgement, Lead Belaying, Guidebook Interpretation? Be prepared to discuss your thoughts.

What should you include in your consent form?

How do you know when someone is ready to lead climb?

