

CRCC Climbing Wall Level 1 Orientation: Bouldering Only

To Be Completed With CRCC Staff Member at Time of Certification

Climber Name (print clearly) _____ Date of Birth ____/____/____

Staff Member Administering Orientation _____

Waiver

- Climber (or parent/guardian if climber is under age 18) has read and signed the CRCC Climbing Wall Waiver

Certifications and age requirements

- With this certification, no roped climbing, belaying, or use of auto-belays is allowed. For these activities you will need a Level 2 or 3 certification. Climbers with prior knowledge may become Level 2 or 3 certified during Facilitated Climbing Hours. Lessons are also available for children and adults to learn these skills.
- Climbers under 14 cannot be certified, they must be belayed/supervised by a certified climber age 14 or older. If you would like more information on policies for climbers under age 14 please ask a staff member.
- During weekly Facilitated Climbing Wall Hours, a climbing wall instructor is available to conduct certifications, provide equipment, and answer questions. Please see current brochure for seasonal schedule.

Bouldering and spotting

- Bouldering (i.e. climbing low without a rope) is allowed without additional certification; it is our policy that bouldering is limited to climbing with feet no higher above the ground than the eye level of each climber.
- Climbers are responsible for staying below their safe bouldering height even if marked climbs finish beyond it.
- We encourage climbers to “spot” each other while bouldering. Spotting entails standing with an athletic stance behind (not underneath) a climber on the wall, hands raised in front of your face with your fingers together and your elbows bent, ready to help the climber land on their feet and not their head or neck should they suddenly fall. You may ask other climbers or staff members (when available) to spot you while you are climbing.
- Even with a spotter, avoid risky movements, but spotters may provide additional protection or reassurance.
- The “fall zone” is anywhere a climber could land if falling from the wall. It is larger when the climber is higher or climbing dynamically. Move all objects from the fall zone, including personal belongings, athletic equipment, and auto-belays clipped to ground anchors. Pay special attention to the yellow benches and cover corners/edges with pads if necessary. Pads may also be used for extra cushion.
- Do not walk, sit, or stand below other climbers, and do not climb above other climbers or bystanders.

Useful Information

- Climbing shoes can be borrowed from the front desk, however we do not lend out harnesses or other equipment except during Facilitated Climbing Hours.
- The climbing wall is open during most normal business hours of the CRCC, except for times during which the wall is being used for special programming. Please see the front desk for a current schedule.
- No food or drink allowed in the climbing area except water bottles

Climber Initials _____

CLIMBER MUST READ AND AGREE TO STATEMENT BELOW BEFORE USING FACILITY

I agree to follow the rules listed in this document, posted in the facility, and stated in any subsequent CRCC climbing wall certifications that I receive and that failure to do so may result in the loss of my climbing wall privileges. I understand that while climbing at the CRCC I may only partake in activities which I have been certified to perform by a CRCC staff member in accordance with CRCC certification policies and that if I cannot remember something, to ask before proceeding. I also recognize that the CRCC climbing wall is a community-policed wall and therefore agree to speak up if I see a user using the wall unsafely and share with other potential users that certification is required before using the wall. I assume full responsibility for my actions and will do my best to ensure my safety and the safety of others.

Climber's Signature _____ Date ____/____/____

CRCC Climbing Wall Level 2 Exam: Top-Rope and Auto-Belays

To Be Completed With CRCC Staff Member At Time of Certification

Climber Name (print clearly) _____ Date of Birth ____/____/_____

Participant seeking certification must independently and correctly complete all tasks below without assistance. Certifications are not guaranteed after completion of the exam; a passing grade (100%) will be awarded at the discretion of the instructor listed above. Correctness is based on industry standards of practice and determined at discretion of instructor. This exam may not be taken within 24 hours of completion of the CRCC Top-Rope Climb and Belay Clinic, or retaken within 24 hours of failing the exam.

If you have questions about what is expected of you during the exam please feel free to ask your instructor!

Top-Rope Belaying and Climbing

- Harness is correctly put on and secured
- Climber is tied-in to the rope using a figure-8 follow-through knot that is correctly tied and attached to harness at proper point(s).
- ATC belay device is correctly set up and connected to belayer
- Appropriate safety checks between climber and belayer are performed before climbing
- Appropriate communication is used before, during, and after climbing
- Belayer demonstrates proper and safe belay technique with an ATC belay device using the “pull-brake-under-slide” method
- Belayer maintains appropriate tension in the rope while climber is moving
- Demonstrates and responds to a “take” command as belayer and climber
- Belayer safely catches an unexpected fall
- Belayer lowers climber slowly and smoothly
- Climber demonstrates proper body position while lowering

Auto-Belay Use

- Climber correctly attaches auto-belay using appropriate point on harness
- Climber checks that carabiner was properly locked, and that webbing is damage-free
- Climber comfortably demonstrates climbing and lowering on the auto-belay
- Climber can demonstrate/explain two different auto-belay storage methods

Instructor Name _____

The climber named above has received a grade of ____/15 on this exam

on date ____/____/_____

and thus has (circle one) PASSED / FAILED this exam

Climber Initials _____