

PRE-COURSE ASSIGNMENT – CGI 1

Review the Climbing Gym Instructor Technical Manual. Complete and submit the pre-course assignment as instructed below

Please submit these electronically to *Appointed Course Leader* in either a .pdf or .docx format no later than *Noted Date* so they can be returned to you on *Noted Date*.

LEVEL 1 QUESTIONS:

Based on your own personal experience and the information found in the Climbing Gym Instructor Manual answer the following questions.

Note: This is a professional document and an assessed component of the course.

PART 1, TOPIC PLANS:

1. Prepare four 10-15 minute topic plans, two from the technical top rope climbing lesson skill set (harness, knot, belay ground school, checks/communication and lowering) and two from the basic movement lesson skill set (balance and weight shift, posture/positioning, edging, smearing, etc.). Each plan must contain enough detail to demonstrate a strong understanding of the material and should be formatted similar to the sample topic plans in the CGI manual.

PART 2, RISK MANAGEMENT:

2. Prepare a brief climbing gym orientation script that could be delivered to a new customer. In your script, clearly outline five risks specifically associated with climbing gym use and one rule commonly used to mitigate each risk.
3. Waivers are a key component of a climbing facility's risk management plan, briefly describe three reasons why a waiver could be invalidated and explain how these scenarios could be avoided.
4. Prepare a brief outline explaining the process you would use to deliver of a top rope belay test. In the outline highlight five common top rope belay test risks and one tactic for managing or mitigating each.
5. Explain the concept of 'demonstrated competence' and why as a climbing gym instructor it's important to be able to assess the competence level of your students *throughout a top rope climbing lesson*.
6. High quality supervision is a key component to managing risk and student safety in a climbing gym. Describe five factors an instructor should take into consideration when determining their ability to safely supervise a group of new climbers.