



**DORSET YOUTH**  
CLIMBING ACADEMY

## SAFE CLIMBING

Criteria	Instructor signature		
Climber can work safely in an indoor climbing environment	<table border="1"><tr><td data-bbox="1098 611 1257 701"></td><td data-bbox="1257 611 1417 701"></td></tr></table>		
Climber understands why it is important to warm up prior to climbing	<table border="1"><tr><td data-bbox="1098 806 1257 896"></td><td data-bbox="1257 806 1417 896"></td></tr></table>		
Climber can climb on to and off the wall safely when bouldering	<table border="1"><tr><td data-bbox="1098 1001 1257 1090"></td><td data-bbox="1257 1001 1417 1090"></td></tr></table>		
Climber can spot other climbers safely when bouldering	<table border="1"><tr><td data-bbox="1098 1196 1257 1285"></td><td data-bbox="1257 1196 1417 1285"></td></tr></table>		
Climber can put on a climbing harness safely	<table border="1"><tr><td data-bbox="1098 1391 1257 1480"></td><td data-bbox="1257 1391 1417 1480"></td></tr></table>		
Climber can put on a climbing helmet safely	<table border="1"><tr><td data-bbox="1098 1585 1257 1675"></td><td data-bbox="1257 1585 1417 1675"></td></tr></table>		
Climber can back-up belay	<table border="1"><tr><td data-bbox="1098 1780 1257 1870"></td><td data-bbox="1257 1780 1417 1870"></td></tr></table>		

Climber can discuss 3 dangers associated with climbing indoors

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## CLIMBING KNOTS

Criteria	Instructor signature		
Climber can tie a double figure of 8 knot with a stopper knot correctly and understands its uses and limitations	<table border="1"><tr><td></td><td></td></tr></table>		
Climber can tie an overhand knot and understands its uses	<table border="1"><tr><td></td><td></td></tr></table>		
Climber can tie a clove hitch knot and understands its uses	<table border="1"><tr><td></td><td></td></tr></table>		
Climber can tie an Italian hitch knot and understands its uses	<table border="1"><tr><td></td><td></td></tr></table>		
Climber can tie a bowline knot and understands its uses and limitations	<table border="1"><tr><td></td><td></td></tr></table>		
Climber can identify when any of the above knots are tied incorrectly on themselves or another climber	<table border="1"><tr><td></td><td></td></tr></table>		

Climber checks their partners climbing knot as part of the 'checking me, checking you' process on a regular basis

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## BELAYING

Criteria	Instructor signature		
Belayer can identify the belay loop location on their harness	<table border="1"> <tr> <td></td> <td></td> </tr> </table>		
Belayer can connect the belay device to themselves and to the rope correctly	<table border="1"> <tr> <td></td> <td></td> </tr> </table>		
Belayer can manage the live and dead rope safely to ensure the climber is safe when ascending the wall	<table border="1"> <tr> <td></td> <td></td> </tr> </table>		
Belayer can position themselves safely in relation to stance, rope management and angle of rope to the wall	<table border="1"> <tr> <td></td> <td></td> </tr> </table>		
Belayer can operate safely in an indoor climbing environment	<table border="1"> <tr> <td></td> <td></td> </tr> </table>		

<p><b>Belayer can use two different types of belay device safely when belaying</b></p>	<table border="1"> <tr> <td data-bbox="1098 232 1257 322"></td> <td data-bbox="1265 232 1407 322"></td> </tr> </table>		
<p><b>Belayer can belay another climber to the top of the wall and bring them down safely using correct technique</b></p>	<table border="1"> <tr> <td data-bbox="1098 432 1257 521"></td> <td data-bbox="1265 432 1407 521"></td> </tr> </table>		
<p><b>Belayer can communicate safely with the climber on the rope</b></p>	<table border="1"> <tr> <td data-bbox="1098 631 1257 721"></td> <td data-bbox="1265 631 1407 721"></td> </tr> </table>		



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## EQUIPMENT

Criteria	Instructor signature		
<p><b>Climber can identify the following items of climbing kit: <i>belay device, helmet, rope, quick draw, carabineer, harness, rock shoes, rope bag &amp; chalk bag</i></b></p>	<table border="1"> <tr> <td data-bbox="1098 1303 1257 1393"></td> <td data-bbox="1265 1303 1407 1393"></td> </tr> </table>		
<p><b>Climber understands how to check to see if an item has a CE marking on and can locate CE markings on equipment</b></p>	<table border="1"> <tr> <td data-bbox="1098 1496 1257 1585"></td> <td data-bbox="1265 1496 1407 1585"></td> </tr> </table>		
<p><b>Climber has an understanding of breaking strains and equipment limitations</b></p>	<table border="1"> <tr> <td data-bbox="1098 1688 1257 1778"></td> <td data-bbox="1265 1688 1407 1778"></td> </tr> </table>		
<p><b>Climber understands how equipment is checked on a regular basis and can discuss what to look for during a visual check on all the equipment listed above</b></p>	<table border="1"> <tr> <td data-bbox="1098 1881 1257 1971"></td> <td data-bbox="1265 1881 1407 1971"></td> </tr> </table>		

Climber can coil a rope safely ready for future use	<table border="1"> <tr> <td data-bbox="1098 232 1257 322"></td> <td data-bbox="1257 232 1417 322"></td> </tr> </table>		
Climber knows where to purchase equipment and can offer advice to other climbers based on prices and what equipment would best suit their ability.	<table border="1"> <tr> <td data-bbox="1098 425 1257 515"></td> <td data-bbox="1257 425 1417 515"></td> </tr> </table>		
Climber can discuss the lifespan of equipment listed above accurately	<table border="1"> <tr> <td data-bbox="1098 622 1257 712"></td> <td data-bbox="1257 622 1417 712"></td> </tr> </table>		



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## INDOOR TOP ROPING LEVEL 1

Criteria	Instructor signature		
Climber can climb to the top of the wall on at least 10 different climbs	<table border="1"> <tr> <td data-bbox="1098 1366 1257 1456"></td> <td data-bbox="1257 1366 1417 1456"></td> </tr> </table>		
Climber can descend from the top of a route with confidence	<table border="1"> <tr> <td data-bbox="1098 1563 1257 1653"></td> <td data-bbox="1257 1563 1417 1653"></td> </tr> </table>		
Climber can communicate by using the climbing calls 'ready to climb', 'climbing when ready' & 'climbing'	<table border="1"> <tr> <td data-bbox="1098 1760 1257 1850"></td> <td data-bbox="1257 1760 1417 1850"></td> </tr> </table>		

Climber can use the grade table to select a route appropriate to their ability	<table border="1"> <tr> <td data-bbox="1098 232 1257 322"></td> <td data-bbox="1257 232 1417 322"></td> </tr> </table>		
Climber can demonstrate basic climbing movement as they ascend the wall	<table border="1"> <tr> <td data-bbox="1098 432 1257 521"></td> <td data-bbox="1257 432 1417 521"></td> </tr> </table>		
Climber can identify possible dangers associated with top rope climbing indoors	<table border="1"> <tr> <td data-bbox="1098 631 1257 721"></td> <td data-bbox="1257 631 1417 721"></td> </tr> </table>		
Climber has climbed at 3 different indoor climbing venues	<table border="1"> <tr> <td data-bbox="1098 831 1257 920"></td> <td data-bbox="1257 831 1417 920"></td> </tr> </table>		



## INDOOR TOP ROPING LEVEL 2

Criteria	Instructor signature		
Climber has logged a minimum of 20 top rope climbs of F5 or above	<table border="1"> <tr> <td data-bbox="1098 1641 1257 1731"></td> <td data-bbox="1257 1641 1417 1731"></td> </tr> </table>		
Climber can discuss the terms <i>flash</i> , <i>redpoint</i> , <i>onsight</i> & <i>project</i> in relation to approach to a climbing route	<table border="1"> <tr> <td data-bbox="1098 1836 1257 1926"></td> <td data-bbox="1257 1836 1417 1926"></td> </tr> </table>		

<p><b>Climber has watched a climbing film and can discuss this with their peers</b></p>	<table border="1"> <tr> <td data-bbox="1098 232 1257 322"></td> <td data-bbox="1257 232 1417 322"></td> </tr> </table>		
<p><b>Climber can give a brief 3 minute presentation on an item of climbing equipment suitable for indoor climbing</b></p>	<table border="1"> <tr> <td data-bbox="1098 425 1257 515"></td> <td data-bbox="1257 425 1417 515"></td> </tr> </table>		
<p><b>Climber has climbed indoors at 5 different venues which offer top rope climbing</b></p>	<table border="1"> <tr> <td data-bbox="1098 620 1257 710"></td> <td data-bbox="1257 620 1417 710"></td> </tr> </table>		
<p><b>Climber can discuss climbing movement and offer basic analysis of another climber in action identifying moves and tactics</b></p>	<table border="1"> <tr> <td data-bbox="1098 815 1257 904"></td> <td data-bbox="1257 815 1417 904"></td> </tr> </table>		
<p><b>Climber has attempted a minimum of 10 top rope simulated lead climbs</b></p>	<table border="1"> <tr> <td data-bbox="1098 1010 1257 1099"></td> <td data-bbox="1257 1010 1417 1099"></td> </tr> </table>		



## LEAD CLIMBING LEVEL 1

Criteria	Instructor signature		
<p><b>Climber can complete a top rope simulated lead climb placing all of the clips safely</b></p>	<table border="1"> <tr> <td data-bbox="1098 1827 1257 1917"></td> <td data-bbox="1257 1827 1417 1917"></td> </tr> </table>		

<p><b>Climber can demonstrate correct clipping positions when attempting a top rope simulated lead climb</b></p>	<table border="1"> <tr> <td data-bbox="1098 232 1257 322"></td> <td data-bbox="1257 232 1417 322"></td> </tr> </table>		
<p><b>Climber can discuss 5 dangers associated with lead climbing</b></p>	<table border="1"> <tr> <td data-bbox="1098 425 1257 515"></td> <td data-bbox="1257 425 1417 515"></td> </tr> </table>		
<p><b>Climber understands the fall factors associated with lead climbing</b></p>	<table border="1"> <tr> <td data-bbox="1098 620 1257 710"></td> <td data-bbox="1257 620 1417 710"></td> </tr> </table>		
<p><b>Climber can select a route suitable for lead climbing based on ability and appropriate grade</b></p>	<table border="1"> <tr> <td data-bbox="1098 815 1257 904"></td> <td data-bbox="1257 815 1417 904"></td> </tr> </table>		
<p><b>Climber is aware of dangers that other lead climbers present when operating in an indoor climbing environment</b></p>	<table border="1"> <tr> <td data-bbox="1098 1010 1257 1099"></td> <td data-bbox="1257 1010 1417 1099"></td> </tr> </table>		
<p><b>Climber can logged a minimum of 10 lead climbs at F4 or above</b></p>	<table border="1"> <tr> <td data-bbox="1098 1205 1257 1294"></td> <td data-bbox="1257 1205 1417 1294"></td> </tr> </table>		



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## LEAD CLIMBING LEVEL 2

Criteria	Instructor signature
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<p><b>Climber can lead climb with confidence clipping safely and avoiding z-clips and back clips</b></p>	<table border="1"> <tr> <td data-bbox="1098 232 1257 322"></td> <td data-bbox="1257 232 1417 322"></td> </tr> </table>		
<p><b>Climber can lead belay safely with confidence and has belayed a minimum of 20 lead climbs</b></p>	<table border="1"> <tr> <td data-bbox="1098 425 1257 515"></td> <td data-bbox="1257 425 1417 515"></td> </tr> </table>		
<p><b>Climber is happy to take a lead fall off a route under the supervision of an instructor</b></p>	<table border="1"> <tr> <td data-bbox="1098 620 1257 710"></td> <td data-bbox="1257 620 1417 710"></td> </tr> </table>		
<p><b>Climber can discuss the risks associated with lead climbing and understands rope dynamics</b></p>	<table border="1"> <tr> <td data-bbox="1098 815 1257 904"></td> <td data-bbox="1257 815 1417 904"></td> </tr> </table>		
<p><b>Climber understands PPE (Personal Protective Equipment) and can identify appropriate equipment for lead climbing</b></p>	<table border="1"> <tr> <td data-bbox="1098 1010 1257 1099"></td> <td data-bbox="1257 1010 1417 1099"></td> </tr> </table>		
<p><b>Climber has completed lead climbs at 3 different indoor venues</b></p>	<table border="1"> <tr> <td data-bbox="1098 1205 1257 1294"></td> <td data-bbox="1257 1205 1417 1294"></td> </tr> </table>		
<p><b>Climber has logged 10 x F6a lead climbs and 20 x F5 routes indoors</b></p>	<table border="1"> <tr> <td data-bbox="1098 1400 1257 1489"></td> <td data-bbox="1257 1400 1417 1489"></td> </tr> </table>		



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# OUTDOOR CLIMBING LEVEL 1

Criteria	Instructor signature		
<b>Climber has attended a DYCA rock day and climbed outdoors under supervision of a DYCA instructor</b>	<table border="1"><tr><td data-bbox="1094 387 1257 477"></td><td data-bbox="1262 387 1425 477"></td></tr></table>		
<b>Climber is aware of PPE equipment appropriate to climbing outdoors</b>	<table border="1"><tr><td data-bbox="1094 582 1257 672"></td><td data-bbox="1262 582 1425 672"></td></tr></table>		
<b>Climber has completed a personal abseil from the top of an outdoor crag demonstrating correct technique</b>	<table border="1"><tr><td data-bbox="1094 777 1257 866"></td><td data-bbox="1262 777 1425 866"></td></tr></table>		
<b>Climber has completed 5 x boulder problems outdoors on rock</b>	<table border="1"><tr><td data-bbox="1094 972 1257 1061"></td><td data-bbox="1262 972 1425 1061"></td></tr></table>		
<b>Climber demonstrates safe behaviour in an outdoor climbing environment</b>	<table border="1"><tr><td data-bbox="1094 1167 1257 1256"></td><td data-bbox="1262 1167 1425 1256"></td></tr></table>		
<b>Climber can identify 5 dangers associated with outdoor climbing that differ from indoor climbing</b>	<table border="1"><tr><td data-bbox="1094 1361 1257 1451"></td><td data-bbox="1262 1361 1425 1451"></td></tr></table>		
<b>Climber has logged 10 x climbs outdoors</b>	<table border="1"><tr><td data-bbox="1094 1556 1257 1646"></td><td data-bbox="1262 1556 1425 1646"></td></tr></table>		



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## OUTDOOR CLIMBING LEVEL 2

Criteria	Instructor signature		
<b>Climber can identify a safe approach to climbing routes and operates safely in a range of non-tidal climbing venues</b>	<table border="1"><tr><td data-bbox="1098 611 1257 701"></td><td data-bbox="1257 611 1417 701"></td></tr></table>		
<b>Climber has climbed at 5 different outdoor crags</b>	<table border="1"><tr><td data-bbox="1098 806 1257 896"></td><td data-bbox="1257 806 1417 896"></td></tr></table>		
<b>Climber has completed 15 boulder problems outdoors</b>	<table border="1"><tr><td data-bbox="1098 1001 1257 1090"></td><td data-bbox="1257 1001 1417 1090"></td></tr></table>		
<b>Climber can discuss impact of rock climbing on the environment</b>	<table border="1"><tr><td data-bbox="1098 1196 1257 1285"></td><td data-bbox="1257 1196 1417 1285"></td></tr></table>		
<b>Climber can use a guidebook to identify a route to climb based on ability and grade</b>	<table border="1"><tr><td data-bbox="1098 1391 1257 1480"></td><td data-bbox="1257 1391 1417 1480"></td></tr></table>		
<b>Climber can belay safely in an outdoor climbing environment and use floor anchors where required</b>	<table border="1"><tr><td data-bbox="1098 1585 1257 1675"></td><td data-bbox="1257 1585 1417 1675"></td></tr></table>		
<b>Climber has logged 20 climbs outdoors graded between F4-F6a+</b>	<table border="1"><tr><td data-bbox="1098 1780 1257 1870"></td><td data-bbox="1257 1780 1417 1870"></td></tr></table>		















**Codes:**

TR = Top Rope

L = Lead Climb

B = Boulder route

OS = Onsight

F = Flash

P = Project

RP = Red point