



Leader Card Demonstration Form

Name.....

Address.....

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Date of birth.....

Registration number.....

Date of assessment.....

Instructor taking assessment

Instructor's signature on pass of assessment

Instructor comments

Instructor's comments if further work required to gain assessment pass

Issued by.....

Date of issue.....

I have read, understood and agree to abide by the Foundry's Condition's of use.

Signed.....

This is not an assessment of the young person's climbing ability but that they can safely lead climb and lead belay in the Centre.

Instructor - please indicate where improvement is required to pass the demonstration

Leading – You will be asked to climb two routes, one chosen by the instructor and one of your own choice.

- Choosing your route – understanding the grading system. Appropriate choice of route.
- Preparation of rope.
- Tying in with knot snug to harness and no long stopper knot.
- Awareness of risks at the start of a lead climb, particularly clipping the first two bolts – not pulling too much slack through and clipping the quickdraw the correct way around.
- Awareness of falling – making sure rope is not behind feet or legs which may cause climber to be turned upside down and/or give rope burns.
- Communication with their belayer when clipping or when they anticipate falling off or resting.
- Awareness of other lead climbers in your climbing space and visa versa.
- Be aware of not pulling lead rope from under your last clipped in quickdraw - a 'z' clip - how to avoid this.
- Be aware of not backclipping the karabiner. The lead rope should come from below you and pass through the krab coming out towards you to the knot on your harness.

Belaying - Responsible for anticipating the leader climbers next requirements with the rope or possible falls.

- Preparation of rope.
- Awareness of very vigilant belaying particularly at the first two clips should the leader fall having pulled slack through.

- Good anticipation when the leader wants rope for clipping and when they may be about to fall. Taking rope back in if the leader fails to make a clip and no longer needs the rope they pulled through straight away.
- Smooth belaying - when leader takes a fall the belayer needs to be aware that taking in too sharply may cause leader to be pulled into the wall sharply which can in itself cause injury.
- Good positioning on the floor area depending on where the leader is on the route. Making sure you are not too close or far away.
- Lowering the leader safely.
- Fall factors – You should be aware of fall factors. This is the peak impact force placed on the leader's rope when they take a fall and lies between 0 and 2. It is calculated by:

Fall factor = length of fall divided by length of rope paid out by belayer.

So severity is lower as more rope is paid out in comparison to the length of the fall.

Top roping on lead walls

- Taking special care to clip the end of the rope you are climbing on through enough quickdraws so as to prevent yourself from endangering other users on the floor.
- Seconding on the correct end of the rope.
- General ethics - not 'hogging' routes for an overlong period of time when there are many other climbers wanting to try the same route - particularly a problem when busy.

Health and Safety in the centre

- You should be aware of the various warning and information signs.
- It is your responsibility to be aware of other users in the facility and take care with regard to them and yourself when taking part in climbing activities.

Helmets

The Foundry does not insist that under 18's wear helmets whilst climbing in the centre. The decision is that of the young persons parent/guardian.

Parents/Guardian's Consent – As the parent / guardian of the above named person, the statement below must be signed

I understand that the named young person will be allowed to climb unsupervised at the centre.

Parental/guardian's signature

Full name - please print