

SCSU Outdoor Endeavors
Climbing Wall – Belay Recertification Requirements

Name: _____ **Date:** _____

Month/Year of Last Certification: _____ **Card Present:** _____

Recertification Requirements

Belay certification is valid for one year from date of initial certification. In order to recertify a participant is required to:

1. Register for Climbing Wall Recertification on dates we are offering clinics.
2. Present Outdoor Endeavors staff with previous certification card.
3. Meet the requirements of the Climbing Wall Skills Clinic checklist.
4. Complete the recertification written exam with a score of 80% or higher.
5. Teach one of the skills outlined below.
6. Pay \$5 for recertification and be issued a new belay certification card.

This policy is meant to keep operational procedures consistent at the SCSU Climbing Wall, allow a of refresh skills, maintain the culture of safety and offers an option for not taking the entire Climbing Wall Skills Course over again.

Teaching Topics

As a requirement of the Belay Recertification participants must teach one of the following topics, with a high level of competency, in order to complete the process.

- Figure 8 on bight (include radial bend, dressing, tail length)
- Proper sizing/fit for climbing harnesses (fit, hard points, styles)
- Anatomy of a carabiner (parts/pieces, safe working loads)
- Compare/Contrast different belay devices(ATC vs. Gri Gri)
- Climbing wall etiquette (general safety for belayers & climbers)
- Safe climbing practices at the SCSU Climbing Wall (process, rules, procedures)
- Physiological mechanics of climbing (coaching, muscle groups, movement)
- Climbing commands (standard set)

Written Test

1. Name three of the posted rules for unsupervised bouldering:

2. What is the maximum height you can have your hands while bouldering at the SCSU Climbing Wall?

- a) 4 feet b) 6 feet c) 8 feet d) 12 feet

3. When bouldering at the climbing wall it is acceptable to put your hands above the bouldering line?

True False

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4. Name three issues that arise when a participant is lowered too quickly:

5. Name three issues that arise when belaying a participant on an overhang route:

6. When belaying a participant heavier than yourself, check all that apply:

- a) Maintain an athletic stance b) Use a back-up belayer
c) Move further away from the wall d) Move closer to the wall

7. Where is an injury most likely going to occur at the SCSU Climbing Wall?

- a) On the ground b) Initial 3' up the wall c) Middle of the wall d) Top

8. Dynamic moves (Dynos) (vertical jump to next hold) moves are acceptable at the SCSU Climbing Wall?

True False

9. Lead climbing is available at the SCSU Climbing Wall:

True False

10. SCSU Outdoor Endeavors staff reserve the right to approve or disapprove of certain activities and behaviors at the climbing wall:

True False

SCORE: _____/10 PASS FAIL *CONTINUED

NEW CARD ISSUED: YES NO

Participant Signature: _____

Climbing Wall Staff: _____

***If continued, please indicate skills that need to be tested on at a further date. There is no cost for completion of continuation, unless the participant fails to meet the above criteria to the satisfaction of the recertification process.**