



Climbing Wall Award (CWA) Assessment (Inc. Top Rope and Abseil module, if applicable)

The Climbing Wall Award is intended for those who wish to supervise groups at climbing walls in the UK. This is a relatively new course and is the first climbing award with a specific module focused on climbing movement. For many climbers the local wall is their first taste of the activity and their chosen wall being a regular climbing venue. The coaching and supervision skills you will have developed will enable you to inspire and instill good practice in generations of climbers to come.

With the top rope and abseil module you also have the option to operate abseil sessions on manmade structures, along with the skills to create belay systems that enable you to belay from the top of such structures or climbing walls. This element is invaluable if you work for organization that uses this type of equipment.

This assessment is the final part of the process towards becoming a CWA holder.

In order to attend a CWA Assessment course you must meet the following requirements, (tick boxes when complete):

- 1. **Be registered for the CWA with one of the Mountain Leader Training Boards** (see below)
- 2. Be over the age of 18.
- 3. Have attended a CWA training course (your logbook should have the appropriately signed training course report form and training sticker attached) or attained “exemption from training” from the relevant training board.
- 4. Have recorded at least 30 visits to at least three different climbing walls.
- 5. Have assisted a qualified instructor on at least 15 instructed sessions. These must be at two different walls, or more, and one should be a large public facility
- 6. Hold a valid First Aid Certificate.
- 7. Be an individual member of a Mountaineering Council (or member of an affiliated club).

Registration

All CWA registrations are administered by the training boards of the 4 home nations: Mountain Leader Training England (MLTE); Scotland (MLTS); Wales (MLTW) & Northern Ireland (MLTNI). It's up to you which training board you register with and, after registration, you will be given a log-book, which contains details of your registration, syllabus and guidance notes along with pages for logging all your experience.

Please note: If you are attending part of the CWA scheme you must be registered specifically for this award and have the appropriate CWA paperwork even if you have already registered for one, or more, of the other awards e.g. SPA, WGL or ML.

If you have any questions regarding registration please do not hesitate to get in touch with us or contact one of the home nation training boards. You can also register online via, for example, the MLTE website, <http://www.mlte.org>

Assessment Objectives

We aim to cover the CWA syllabus in full. Detailed guidance notes on the CWA syllabus should have been provided in the booklet with your logbook. The award Handbooks can also be viewed online via:

www.mlte.org/content.php?nID=7&catID=43

Climbing Wall Award Assessment: Course Format

The course runs for one full day with the top-rope and abseil module (for those who have passed the standard CWA module) taking a further half day session. This is usually conducted into the same evening.

Topics assessed include, but are not limited to:

Use of public and private climbing wall;

Personal lead climb skills;

Belaying and belay devices;

Group supervision;

Coaching of movement during roped and unroped climbing;

Bouldering sessions;

Climbing games;

Warm-ups;

Simple abseil rigs for manmade structures;

Top Belay systems for operating on purpose built climbing structure.

Sample Programme

Day 1 am	Day 1 pm
9.00am Meet at base Course intro 9.30 Depart for local Climbing Wall Personal climbing sessions Use of walls Warm ups Bouldering Roped Climbing – top roping and leading Problem solving Other sessions: Role of CWA and Background knowledge Home paper review	Group orientated sessions e.g. Coaching of Movement Skills Group supervision Climbing games Session planning 6.00pm CWA results and debrief Day 1 evening Top rope and Abseil Module: Abseil Rigging and supervision on Manmade structures. Top rope systems. 9.00pm Top-rope & Abseil module results and debrief 10.00pm Finish

Venues Used.

The CWA Assessment course visits two busy purpose built walls, both being public access facilities. In Sheffield itself, we are spoilt for choice with a number of first class indoor walls – The Foundry; The Edge; The Climbing Works but occasionally we have also used Rock City, in Hull; The Manchester Climbing Centre; Awesome Walls, Stockport, Edale MRT base as well as a number of small private facilities.

Meeting Point

Please meet at 0845 at Edale Mountain Rescue Team HQ on the starting date of your course. Parking is limited so please car share if at all possible.

Directions – Edale MRT is based at the Lafarge Cement Works (yes, the huge chimney visible from anywhere in the Hope valley!). From the A6187 in Hope take Pindale Road (opposite the Spar shop). The cement works entrance is approximately 1km on the left. There is a car park on the left as you enter the site and the MRT base is in the unit opposite. Please observe parking instructions.

What do I need to bring?

As an aspiring CWA instructor we expect you to have the equipment required, and this will form part of the assessment. Peak Mountain Training will supply lead ropes if required.

Specifically however, we would suggest that you include the following:

Warm clothing

Lead climbing equipment

Harness

Rock boots

Belay device

CWA logbook (filled in please)

*Notebook

*Packed lunch/drink etc. Both walls have small café's or alternative facilities nearby for those who would like to purchase lunch.

* Optional items

Accommodation/Food

Accommodation/Food is not included in the course price. If you do not live locally, a central location on the eastern side of the Peak District is ideal for our courses e.g, Hope or Hathersage.

We recommend the Woodbine Café and B&B in particular, but please note that Judith will only accept bookings of two nights at the weekend as do most B&B's in the valley. Tel: 07778 113882 or <http://www.woodbine-hope.co.uk/>
This is close to our course base in Hope.

Further details of Peak District accommodation can be found at <http://www.jamesthacker.co.uk/accommodationpeak.htm> and <http://www.peakdistrictonline.com>

Cancellation

CWA assessment courses must have a minimum of 4 candidates. In the event of course cancellation due to lack of participants, contact will be made no later than 14 days prior to the course start date. If this situation does occur then an alternative date will be given or a full refund made.

What happens now?

We will look forward to meeting you on the first day of your course. However, in the mean time if you have any queries or require further advice please feel free to contact us.