

## Climbing Instructor Training with WILD GUYde Adventures: Skills and Experience Checklist

Name \_\_\_\_\_ Organization \_\_\_\_\_

Address \_\_\_\_\_

Ph. No. \_\_\_\_\_ Cell \_\_\_\_\_ Email \_\_\_\_\_

Age at Course Time (18 minimum): \_\_\_\_\_ DOB \_\_\_\_\_

I am registering for the:

- PCIA Top Rope Climbing Instructor course (Sept. 24-26, 2018)
- Virginia Camp Climbing Staff Training Seminar (May 31 - June 1, 2018)

Current medical credential (check all that apply):

- CPR  First Responder, or WFR
- Red Cross First Aid  EMT or WEMT
- Wilderness First Aid, or Advanced Other: \_\_\_\_\_

Please briefly describe your recreational climbing (how many years, what type – top-rope, indoor/outdoor, sport leading, traditional leading, multi-pitch); use back if necessary:

Briefly describe your outdoor leadership/teaching experiences (camp counselor, adventure leading, etc.); use back if necessary:

For each item below, check the most appropriate box →	Unfamiliar	Reasonably proficient	Able to teach
Bowline knot			
Fig. 8 Retrace knot			
Fig. 8 Loop knot			
Super (2-loop) 8 knot			
Double Fisherman's knot			
Clove Hitch knot			
Prussik knot, Kleimheist, and Autoblock			
Girth Hitch			
Water knot			
Non-Tension Hitch			
Munter Hitch			
Mule knot, or Munter Mule			
Belaying and signals ( <i>preferred device?</i> )			
Rappelling ( <i>preferred device?</i> )			
Building top-rope anchors (natural: trees and boulders)			
Building artificial anchors (nuts and cams)			
Building releasable rappel anchors			
Escaping the belay			
Counter-weight rope ascent			
Belay takeover (unweighted and weighted)			
Raises (2:1, 3:1, 3:1+1)			
Personal climbing level (TR)	≤5.5	5.6 - 5.8	≥5.9