

Bouldering Only Supervisor Questions

Name of Supervisor:

D.O.B:

You should not complete this assessment unless you are an experienced Boulderer. Minimum 1 hour with an instructor or 4 independent bouldering sessions. If you do not have this, talk to a member of staff about booking instruction.

Please READ the Bouldering Guidelines carefully and then ANSWER the following questions:

SECTION A	QUESTION	Staff P or F
1	Can a junior/novice be left unsupervised in the climbing areas?	
2	Does matting under the bouldering walls prevent all injuries for a falling boulderer?	
3	Where would you leave spare gear (incl. food and drinks) and why?	
4	When two boulders are on the wall, which has the 'right of way', the higher or the lower, and why?	
5	What is the best way of encouraging your junior/novice to descend from the wall?	
6	What is spotting and how/when might you do it?	
SECTION B		
7	Explain how your junior/novice should be encouraged to land on the matting?	
8	How far from a vertical wall might a falling climber land?	
9	What are the most common injuries that occur in bouldering? How can you prevent those injuries from happening?	
10	What is an appropriate warm up for a junior/novice?	
11	If you suspect your child/novice sustains a finger injury what would you do at the centre?	
12	If you see a loose or broken hold, what should you do?	
13	What type of hold/grip is the most stressful on the fingers?	
14	How would you avoid long-term injury?	
15	Why would you not use the training equipment with a junior/novice?	

Supervisors Declaration: I confirm I have been briefed by or have completed an induction given to me by a member of staff at Corby Climbing Centre. I confirm that the answers above reflect my knowledge and ability to supervise a novice or junior in the bouldering areas of the centre

Signature:

Date:

If you have any questions about safety or sessions, please contact a member of staff

Staff:

Please indicate in the column above, the responses given by the supervisor, as outlined below.

Section A

P = Pass or F = Further training required

All answers must be a P, without prompting, in order to supervise without further training being required.

Section B

P = Pass or A = Advice given

A number of incorrect responses are acceptable but advice must be given to reflect best practice and recorded above. If multiple answers need advice, responses are unclear or depth of knowledge is poor, please refer to a senior member of staff.

To be completed by staff

Registration Number:

Has a coach led induction been completed? **Y/N** (With whom and when?):

Has the Supervisor Assessment been passed? **Y/N**

Signature: _____ **Date:** _____