

OUTDOOR AND ADVENTUROUS ACTIVITIES

Rock Climbing

Unit 2564 (AS)

National Governing Body: British Mountaineering Council (BMC)
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The candidate is assessed in the selection and application of the acquired and developed skills, whilst planning and taking part in a physically and technically demanding days climbing at a suitable outdoor venue, e.g. Idwal Slabs – Snowdonia, Stanage Edge – Peak District, Borrowdale – Lake District, Northumberland Sandstone, Harrisons Rocks – Kent etc.

The following regulations will apply:

- Appropriate safety procedures must be applied.
- The candidate maintains a log which covers both the planning of the expedition and the expedition itself. The log **must** be available at moderation.

The log should contain:

- Details of personal equipment and the reasons for taking it.
- Details of group equipment and reasons for taking it.
- Discussion of the safety principles to be applied.
- Identification of the code of ethics to be followed.
- Detailed planning of the route(s) to be followed with good use of guide books.
- Details of nutritional planning.
- Evaluative comments in relation to the days climbing.

When planning the expedition, due account should be taken of seasonal conditions and unless candidates have considerable experience of multi-pitch climbing then the climbs undertaken should be a single pitch. Expeditions should **not** take place in winter conditions. During the expedition the candidate will be expected to exhibit an understanding of the spirit and content of both the country and mountain codes.

Assessment

Assessment is based on performance in a conditioned competitive situation where the candidate performs the acquired and developed skills under pressure in a strategic situation.

The level of success of the acquired and developed skill is measured through the phases identified below:

- Demonstration of appropriate techniques whilst performing a range of skills which suit the challenges of the route.
- Route finding using guide books.
- Safe preparation of equipment – harness checks, maintenance and regular checking of gear racks, ropes, helmets, etc.
- Organisation and use of equipment.
- Application of safety principles, conservation practices and respect for others.

The assessment phases are used in conjunction with the following assessment criteria for the conditioned competitive situations. The candidate is assessed out of a maximum of 30 marks.

Marks	Description
25 – 30	Candidate demonstrates a very high level of acquired and developed skills that show a consistently high standard of accuracy, control and fluency. There is successful selection and application of more advanced techniques where accuracy, control and fluency remain despite pressures. The candidate introduces strategies at a high level and demonstrates an understanding of survival and safety techniques. Performances in the expedition are excellent and progress has allowed them to achieve their performance-based targets. An excellent level of physical endeavour and sportsmanship is evident combined with flair.
19 – 24	Candidate demonstrates a high level of acquired and developed skills that illustrates a very good standard of skill production. There is consistent success in the selection and application of advanced techniques in the expedition. Under pressure the level of technical accuracy, control and fluency is normally good. The candidate has shown a good understanding of the perceptual requirements to perform and introduces a range of survival and safety techniques. Performances in the expedition are very good and improvement has been such as to allow a high standard of learning and understanding. A high level of physical endeavour and sportsmanship is evident combined with flair.
13 – 18	Candidate demonstrates a good level of acquired and developed skills that allows for a sound standard of performances in the expedition. There is a sound level of success in the selection and application of advanced techniques in the expedition and under pressure the level of accuracy, control and fluency is reliable. The candidate is able to introduce and use sound survival and safety techniques. Performances in the expedition are good and improvement reflects satisfactory learning and understanding. A good level of physical endeavour and sportsmanship is evident combined with some flair.
7 –12	Candidate demonstrates an improving level of acquired and developed skills that allows for an average level of performances in the expedition. There is an attempt to select and apply advanced techniques in the expedition and under competitive pressure accuracy, control and fluency are usually achieved. The candidate has a perception of the requirements of performance and is able to introduce and use survival and safety techniques at a satisfactory level. Performances in the expedition become more consistent and progress has allowed some in learning and understanding. A competent level of physical endeavour and sportsmanship is evident combined with a little flair.
0 -6	Candidate demonstrates a moderate level of acquired and developed skills that leads to a moderate level of performance. There is an attempt to select and apply advanced techniques and under pressure there is a level of technical accuracy, control and fluency. The candidate is able to incorporate some survival and safety techniques with a limited perception of the requirements of performance. Performances in the expedition have some consistency with a degree of learning and understanding. A level of physical endeavour and sportsmanship is evident.

OUTDOOR AND ADVENTUROUS ACTIVITIES

Rock Climbing

Unit 2567 (A2)

The candidate is assessed in the selection and application of the acquired and developed skills, tactical awareness and behaviour whilst planning and taking part in a physically and technically demanding three day climbing expedition at a suitable outdoor venue, e.g. Idwal Slabs – Snowdonia, Stanage Edge – Peak District, Borrowdale – Lake District, Northumberland Sandstone, Harrisons Rocks – Kent etc.

The following regulations will apply:

- Appropriate safety procedures must be applied.
- The candidate maintains a log which covers both the planning of the expedition and the expedition itself. The log **must** be available at moderation.

The log should contain:

- Details of personal equipment and the reasons for taking it.
- Details of group equipment and reasons for taking it.
- Discussion of the safety principles to be applied.
- Identification of the code of ethics to be followed.
- Detailed planning of the route(s) to be followed with good use of guide books.
- Details of nutritional planning.
- Evaluative comments in relation to the days climbing.

The expedition should include at least four hours climbing each day.

When planning the expedition, due account should be taken of seasonal conditions and unless candidates have considerable experience of multi-pitch climbing then the climbs undertaken should be a single pitch. Expeditions should **not** take place in winter conditions. During the expedition the candidate will be expected to exhibit an understanding of the spirit and content of both the country and mountain codes.

Assessment

Assessment is based on performance in a formal expedition where candidates perform the acquired and developed skills under pressure in a strategic situation. The level of success of the climbing skills is measured through the phases identified below:

- The range and quality of the candidates climbing skills.
- Route finding using guide books.
- Safe preparation of equipment – harness checks, maintenance and regular checking of gear racks, ropes and other safety equipment.
- Organisation and use of equipment.
- Application of safety principles, conservation practices and respect for others.

The assessment phases are used in conjunction with the following assessment criteria for the formal expedition.

Outdoor and Adventurous Activities: Rock Climbing**Unit 2567**

Marks	Description
25 – 30	Candidate demonstrates a very high level of acquired and developed skills that show a consistently high standard of accuracy, control and fluency. There is successful selection and application of more advanced techniques where accuracy, control and fluency remain despite pressures. The candidate introduces strategies at a high level and demonstrates an understanding of survival and safety techniques. Performances in the expedition are excellent and progress has allowed them to achieve their performance-based targets.
19 – 24	Candidate demonstrates a high level of acquired and developed skills that illustrates a very good standard of skill production. There is consistent success in the selection and application of advanced techniques in the expedition. Under pressure the level of technical accuracy, control and fluency is normally good. The candidate has shown a good understanding of the perceptual requirements to perform and introduces a range of survival and safety techniques. Performances in the expedition are very good and improvement has been such as to allow a high standard of learning and understanding.
13 – 18	Candidate demonstrates a good level of acquired and developed skills that allows for a sound standard of performances in the expedition. There is a sound level of success in the selection and application of advanced techniques in the expedition and under pressure the level of accuracy, control and fluency is reliable. The candidate is able to introduce and use sound survival and safety techniques. Performances in the expedition are good and improvement reflects satisfactory learning and understanding.
7 – 12	Candidate demonstrates an improving level of acquired and developed skills that allows for an average level of performances in the expedition. There is an attempt to select and apply advanced techniques in the expedition and under competitive pressure accuracy, control and fluency are usually achieved. The candidate has a perception of the requirements of performance and is able to introduce and use survival and safety techniques at a satisfactory level. Performances in the expedition become more consistent and progress has allowed some in learning and understanding.
0 -6	Candidate demonstrates a moderate level of acquired and developed skills that leads to a moderate level of performance. There is an attempt to select and apply advanced techniques and under pressure there is a level of technical accuracy, control and fluency. The candidate is able to incorporate some survival and safety techniques with a limited perception of the requirements of performance. Performances in the expedition have some consistency with a degree of learning and understanding.