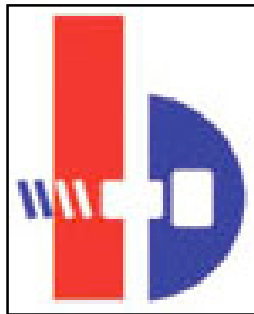


# ***Certification Tests***

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**Student Guide**



## **Boulders Climbing Gym** Performance Improvement Project

Prepared November 21, 2005

By

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# Introduction

## Course Overview

The purpose of this course is to instruct new managers of Boulders Climbing Gym how to conduct Certification Tests. The instruction will cover the two tests that Boulders Climbing Gym provides for its customers:

1. Belay Certification Test
2. Lead Certification Test

The course will last a total of two hours and covers everything from the safety policies of Boulders Gym to test simulations. The instruction is highly interactive, so learner participation is required during each of the four different instructional segments:

1. Boulders Climbing Gym Safety Policies
2. Demonstrations of Certification Tests
3. Simulations of Certification Tests
4. Recording Certification Test Results

Each segment contains activities and content that encourages collaboration and interaction. No one employee is smarter than all of you, so each activity allows everyone to learn from mistakes and discuss possible solutions.

This workbook contains valuable information for conducting certification tests, along with practice activity materials. At the end of the workbook, you will also find a course evaluation form. Information you provide about this course will help determine the effectiveness of this course, so we appreciate honest answers.

Above all, remember that the content in this course is valuable. Your managerial actions greatly affect the effectiveness of Boulders Climbing Gym's mission and business goals. For this course, it is imperative that you understand that adhering to safety policies is relevant for the employee, the organization, and the customers who enjoy spending time at Boulders Climbing Gym.

Enjoy the course!

## Course Agenda

Lesson	Estimated Time
Introduction <ul style="list-style-type: none"> <li>❖ Welcome</li> <li>❖ Icebreaker Game</li> <li>❖ Workshop Format</li> <li>❖ Logistics</li> </ul>	15 minutes
Lesson 1: Boulders Climbing Gym Safety Policies	20 minutes
Lesson 2: What's Wrong With This Picture?	30 minutes
Lesson 3: Test Me	45 minutes
Lesson 4: Record Results	10 minutes

Estimated Total Time 120 minutes

# Lesson 1: Boulders Gym Safety

## Lesson At-A-Glance

<b>Time:</b>	20 minutes
<b>Prerequisites:</b>	<p>General knowledge of gym safety including</p> <ul style="list-style-type: none"> <li>✓ Boulders Climbing Gym belay and lead certification</li> <li>✓ Climbing and belaying techniques</li> <li>✓ Different types of climbing knots</li> <li>✓ Pull-cover-slide-lock belay method</li> <li>✓ Knowledge of belay commands</li> </ul>
<b>Materials:</b>	<ul style="list-style-type: none"> <li>❖ Climbing Rope</li> <li>❖ Belay Devices</li> <li>❖ Clip-in System</li> <li>❖ Belay Command Poster</li> </ul>

<b>Lesson Objectives:</b>	<p>The main objective for this lesson is for you to properly identify Boulders Climbing Gym safety policies and be able to describe them to a customer. Upon completing this lesson you will be able to:</p> <ul style="list-style-type: none"> <li>❖ Recall the purpose for safety policies</li> <li>❖ Describe acceptable knots</li> <li>❖ Describe acceptable belay commands</li> <li>❖ Describe acceptable belay devices</li> <li>❖ Describe acceptable techniques</li> </ul>
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## **Step 1: Safety Purpose**

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**Why does Boulders have safety guidelines?**

Use this space to brainstorm some ideas.

**How do certification tests impact the overall safety in the gym?  
Who is impacted by gym safety?**

Use the space provided to record answers.

**What observable behavior should we enforce during certification tests?**

Use the space provided to record answers.

## Step 2: Belay Devices and Knots

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Which knots *must* a customer demonstrate during a certification test?

Circle the correct pictures.



Bowline



Figure 8



Clove Hitch



Münter Hitch



Single Fisherman's



Double Fisherman's



Overhand

**Which belay device(s) *must* a customer use during a certification test?**

Circle the correct pictures.



Black Diamond® ATC



ATC-XP



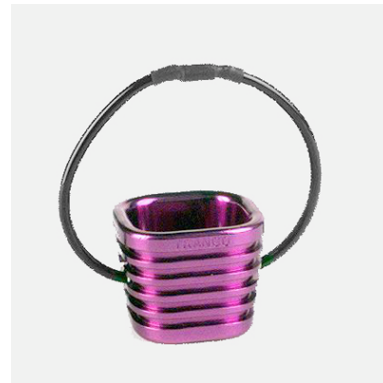
Petzl® Reverso



Figure 8



Trango® Jaws



Trango® Pyramid



Petzl® GriGri

## Step 3: Belay Commands

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**What are the common climbing commands?**

Use the space provided to record answers.

**Why are climbing commands important?**

Use the space provided to record answers.

## Step 4: Belay Technique

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**Why should a climber use the pull-cover-slide-lock or pull-lock-cover-slide belay technique?**

Use the space provided to record answers.

## Step 4: Make It Clear

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**During a *belay* certification test, what should you inform the customers about? What will you be looking for during the test?**

Use the space provided to record answers.

**During a *lead* certification test, what should you inform the customers about? What will you be looking for during the test?**

Use the space provided to record answers.

## Lesson 2: What's Wrong With This Picture?

### Lesson At-A-Glance

<b>Time:</b>	30 minutes
<b>Prerequisites:</b>	Lesson 1: Boulders Gym Safety
<b>Materials:</b>	<ul style="list-style-type: none"><li>❖ Climbing Rope</li><li>❖ Belay Devices</li><li>❖ Climbing Partner or Pair of Climbers</li><li>❖ Belay Command Poster</li></ul>

<b>Lesson Objectives:</b>	<p>The main objective for this lesson is for you to properly identify Boulders Climbing Gym safety policy infractions and be able to describe them to a customer. Upon completing this lesson you will be able to:</p> <ul style="list-style-type: none"><li>❖ Identify Climbing Safety Infractions</li></ul>
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Student Guide

*Instructions:* For scenarios 1-4, put an “X” next to infractions that are demonstrated  
 For scenarios 5-6, write out the infractions you observe

SCENARIO				INFRACTION
1	2	3	4	
				Wrong knot
				Lack of finishing knot
				Wrong finishing knot
				Wrong belay device
				Improper use of harness
				Lack of belay commands
				Wrong belay commands
				Improper belay technique
				Back-clip
				Z-clipping
				“Clean” a route
				Skip protection while leading
				Other:
1	2	3	4	

Scenario 5:

Scenario 6:

# Lesson 3: Test Me

## Lesson At-A-Glance

<b>Time:</b>	45 minutes
<b>Prerequisites:</b>	Lesson 2: What's Wrong with this Picture?
<b>Materials:</b>	<ul style="list-style-type: none"> <li>❖ Climbing Rope</li> <li>❖ Belay Devices</li> <li>❖ Climbing Partner or Pair of Climbers</li> <li>❖ Belay Command Poster</li> <li>❖ Certification tests (Belay and Lead)</li> </ul>

<b>Lesson Objectives:</b>	<p>The main objective for this lesson is for you to properly conduct a certification test. Upon completing this lesson you will be able to:</p> <ul style="list-style-type: none"> <li>❖ Conduct certification tests</li> </ul>
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### **Task: Conduct a certification test**

*Instructions:* Your fellow employees will act as customers and you will need to conduct a belay or lead certification test. Use the sample tests located at the end of this workbook.

Conduct as many tests as time will allow; *at least* one belay test and one lead test.

# Lesson 4: Record Results

## Lesson At-A-Glance

<b>Time:</b>	10 minutes
<b>Prerequisites:</b>	Lesson 3: Test Me
<b>Materials:</b>	<ul style="list-style-type: none"> <li>❖ Certification tests (Belay and Lead)</li> <li>❖ ACT!</li> </ul>

<b>Lesson Objectives:</b>	<p>The main objective for this lesson is for you to properly record the results of the certification test. Upon completing this lesson you will be able to:</p> <ul style="list-style-type: none"> <li>❖ Recoding test results into ACT!</li> <li>❖ File test paperwork in correct location</li> </ul>
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**Why is it important to record the tests results?**

Use the space provided to record answers.

**Where should you record the test information?**

Use the space provided to record answers.

# Appendix Section

## Course Evaluation

**Course:** Certification Tests    **Date:** \_\_\_\_\_

**Name (optional):** \_\_\_\_\_

Please take a few minutes to complete this form and offer your feedback. Read each item carefully and select the rating that most reflects your opinion.	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
<b>Overall Course Content</b>	1	2	3	4	5
The course had information that I needed.					
I feel as though I will be able to conduct a certification test with confidence.					
The course content used relevant, real-world examples and scenarios.					
The course content was not well organized or sequenced.					
There was too much information to be presented in the time given.					
<b>Instructor Staff</b>	1	2	3	4	5
The instructor(s) adequately communicated the learning objectives.					
The instructor(s) displayed professional behavior, attitude, and appearance.					
The instructor(s) did not ask questions or elicit feedback from the class.					
The instructor(s) seemed knowledgeable about the topics presented.					
I would feel comfortable following up with the instructor(s) in the future.					
<b>Learning Environment</b>	1	2	3	4	5
The classroom/workshop area was free from distractions and interruptions.					
The classroom temperature, lighting, etc was/were distracting and not conducive to learning.					
The arrangement/configuration of the classroom(s) promoted participation.					

## About You

What percentage of this course's content was new to you? \_\_\_\_\_%

What percentage of this course's content do you feel you will retain? \_\_\_\_\_%

What percentage of this course's content will you use when you conduct tests? \_\_\_\_\_%

The most useful/valuable topic/activity in this course for me was \_\_\_\_\_

I wish I had learned more about \_\_\_\_\_

\_\_\_\_\_

How do you plan to use this course's content to conduct certification tests? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What suggestions for improvement to this course do you suggest? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_