

# Climbing Wall Instructor (CWI) Details

## Climbing Wall Instructor Course Pre-requisites

- Shows an adequate experience level to the course provider illustrating that he/she is ready for the course. Examples include periodic climbing for 2 – 3 years, a high intensity of climbing in the past few months, etc..
- Can easily put on a harness and tie-in appropriately.
- Can belay with an aperture belay device and an assisted locking device in a competent, comfortable and confident manner.
- Possesses the personal equipment necessary for the course.
- Is capable of comfortably top roping 5.8 on an artificial climbing wall.

## Topics

- Instructor Skills
- Equipment
- Climbing Skills (technical & movement)
- Belay Skills
- Basic Route Setting
- Risk Management

## Climbing Wall Instructor Core Component Skills

### Professional Skills

- Presents her/himself with a professional demeanor and appropriate attire.
- Presents her/himself with essential and well-maintained personal equipment.
- Discusses differences between recreational climbing and climbing instruction and supervision.
- Understands legal and administrative aspects of wall management.
- Designs and demonstrates professional client greeting and facility introduction.
- Discusses options for working with youth populations vs. adult populations.
- Discusses professionalism, professional training programs and the role of organizations such as the PCIA, CWA, ACCT and the AMGA.

### Climbing Ability

- Models a top rope climb at the 5.8 standard, illustrating confident, smooth, and controlled movement.
- Demonstrates a variety of basic and intermediate physical climbing movement skills.

### Technical Understanding

- Possesses a working knowledge of and an ability to inspect basic climbing gear such as ropes, belay devices, carabiners and climbing shoes.
- Demonstrates the ability to confidently tie and discuss the use of the following knots: Figure 8, Overhand and Bowline.
- Demonstrates the ability to confidently belay using a variety of belay methods including aperture devices, assisted locking devices, and the Munter Hitch.

## **Safety Skills**

- Possesses a working knowledge of fundamental gym set-up and on-going inspection tasks such as the maintenance of: holds, landing surfaces, floor areas, bolts, quick draws, and rope set-ups.
- Discusses the creation of safe climbing routes for varying abilities and styles of climbing.
- Designs and demonstrates the administration of a basic climbing skill test.
- Designs and demonstrates the administration of a lead climbing skill test.
- Demonstrates effective skills intervention and skills remediation.
- Evaluates and problem-solves the need for back-up belays and the use of anchors.
- Performs basic assistance and rescue skills such taking over a loaded belay, counter ascending / rappelling, and a climber pick off.
- Prepares an emergency plan for a sample facility.
- Demonstrates effective supervision of both bouldering and roped climbing areas.
- Demonstrates effective spotting techniques.

## **Educational Ability**

- Designs and demonstrates an appropriate teaching sequence of harness application, knot use, belaying and communication.
- Designs and demonstrates a lesson showing effective coaching of movement skills through activities, verbal direction and modeling.

**Difficulty/Skill Level:** Intermediate/ Experience required

**Duration:** 20 hours over 1 weekend; Generally, Friday evening through Sunday evening

## **Climbing Wall Instructor Course Certification Levels**

- CWI - A - Climbing Wall Instructor Assistant
- CWI - Climbing Wall Instructor
- CWI - L - Climbing Wall Instructor with Lead Climbing endorsement
- Audit – Candidate participates in full-course, as normal but without receipt of formal certification at the conclusion

CWI Certifications are valid for 3 years