



Name

Age

Emergency Contact

Well done for passing your Silver Award.

Gold the final test – after this you should be a knowledgeable and independent climber, able to assist others with their climbing. Gaining this award will equip you with a good general knowledge of climbing techniques and will place you in a good position to go on and take further training as either an instructor or to further improve your own personal skills. Happy Cragging.

PRACTICAL A

1. Fit a Figure of 8 device to a rope.
2. Demonstrate correct use of Prussic Loops
 - a. To ascend a rope
 - b. To protect an abseil
3. Join two ropes together using
 - a. Double Fishermans Knot
 - b. Double Fishermans with Reef Knot
 - c. Overhand Knot
4. Demonstrate using a Shunt

PRACTICAL B

1. Use a guide book to locate 3 routes of 5a or above
2. Set up chosen climbs without using bolts
3. Climb chosen routes with a move by move commentary
4. Belay for another climber using
 - a. Body Belay
 - b. Direct Belay
5. Set up retrievable Abseil and abseil using a friction device and personal safety backup, stop hands free and continue. Retrieve rope.

WRITTEN TEST

1. Name 3 local climbing walls
2. Explain the difference between multi pitch and single pitch leading
3. Describe 3 different types of climbing ropes and their uses
4. Explain the difference between single, half and twin ropes
5. Explain fall factors
6. Name the B.M.C. General Secretary, President, South East Access and Conservation Officer
7. What's the B.M.C. website address
8. Explain access to
 - a. Boulder Ruckle
 - b. The Roaches
 - c. The Old Man of Stoer
9. List some achievements of Joe Brown, Tom Patey and Courtney Bryson
10. What are the climbing calls you need on single pitch climbs
11. Where are
 - a. Tower Ridge
 - b. Little Chamonix
 - c. Flying Buttress
 - d. Doorpost
12. Plan a weekend trip to a climbing area of your choice (not sandstone), cover travel accommodation, access, equipment, route hit list, emergency procedure and foul weather alternative etc.

Gold Award Test

PRACTICAL A

Equipment Test

Pass

Instructor Initial

PRACTICAL B

Climbing Test

Pass

Instructor Initial

Written Test

May be done at home

Pass

Instructor Initial

Log Book Experience

Pass

Instructor Initial

GOLD AWARD

Date Passed / /

Instructor

LOG BOOK

Your log book should show evidence that you have climbed a minimum of 35 climbs at least three different southern Sandstone Crags and 10 routes at other single pitch locations (not climbing walls) and made at least visit to a climbing wall.