



Name

Age

Emergency Contact

Well done for passing your Bronze Award.

The Silver Award will take you to new crags that you may not have been to before and will get you ready to start climbing with your family and friends without an instructor checking everything you do. We obviously need to be sure you are behaving safely at all times and all that you have learnt has really sunk in. Good luck

PRACTICAL A

- 1. Demonstrate 3 different ways to attach to a rope.
2. Demonstrate correct use of various belay devices
3. Demonstrate tying on with a. Bowline b. Figure of eight

PRACTICAL B

- 1. Use a guide book to locate 2 x 4b routes
2. Set up chosen climbs using a. Tape slings b. rope sling
3. Climb chosen route showing good technique.
4. Belay for another climber (showing correct technique a. Gri Gri b. Italian Hitch

WRITTEN TEST

- 1. Who owns a. Harrisons b. Bowles
2. What is the difference between top roping and bottom roping?
3. Name 3 things the B.M.C does to benefit climbers
4. What is the best rope for use on Southern Sandstone and why.
5. Explain access to a. Penns Rocks b. Under Rocks c. High Rocks
6. Where are a. Denny Bottom b. Hermitage Rocks
7. Name 5 things you must not do on Southern Sandstone
8. List equipment required for a day on Southern Sandstone
9. What is a HMS karabiner used for?
10. Explain the grading system used in the UK

LOG BOOK

Your log book should show evidence that you have climbed a minimum of 25 climbs at least three different southern Sandstone Crags

Silver 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

SILVER AWARD

Date Passed / /

Instructor