

Bouldering Only Supervisor QuestionsName of Supervisor: Date of Birth:

You should not complete this assessment unless you are an experienced Boulderer. Minimum 1 hour with an instructor or 4 independent bouldering sessions. If you do not have this, talk to a member of staff about booking instruction.

Please READ the Bouldering Guidelines carefully and then ANSWER the following questions:

SECTION A	Essential Safety	Staff P or F
1	Can a junior/novice be left unsupervised in any of the climbing areas?	
2	Does matting under the bouldering walls prevent all injuries for a falling boulderer?	
3	Where would you leave spare gear and personal belongings (inc. drinks and food) and explain why?	
4	When two boulderers are on the wall, which has 'right of way', the higher or lower and why?	
5	What is the best way of encouraging your junior/novice to descend from the wall?	
6	What is Spotting and how/when might you do it?	
SECTION B		Staff P or A
7	Explain how your junior/novice should be encouraged to land on the matting?	
8	How far, from the base of a vertical wall, might a falling climber land?	
9	What are the most common injuries that occur in bouldering? How can you prevent these injuries from happening?	
10	What is an appropriate warm up for a junior/novice?	
11	If you suspect your child/novice sustains a finger injury what would you do at the Centre?	
12	If you see a loose or broken hold, what should you do?	

13	What type of hold/grip is the most stressful on the fingers?	
14	How would you avoid long-term injury?	
15	Why would you not use the Training equipment with juniors/novices?	

Supervisors declaration : I confirm that I have been briefed by or have completed an induction given to me by a member of staff at the Lakeland Climbing Centre. I confirm that the answers given above reflect my knowledge and ability to supervise a novice or junior in the Bouldering areas of the Centre.

Signature Date

If you have any questions about safety or sessions, please speak to a staff member

Staff notes

Please indicate in the column above, the responses given by the supervisor, as outlined below:-

Section A

P = Pass or F =further training required

All answers must be a P, without prompting, in order to supervise without further training being required

Section B

P = Pass or A = advice given

A number of incorrect responses are acceptable but advice must be given to reflect best practice and recorded above. If multiple answers need advice, responses are unclear or depth of knowledge is poor please refer to a senior member of staff

THIS PART TO BE FILLED IN BY STAFF		<i>Has an Induction Plus been given (with whom & when)</i>	
Registration Number	<input style="width: 150px; height: 20px;" type="text"/>	Has the Supervisor assessment been passed?	<input style="width: 100px; height: 20px;" type="text"/>
Signature	<input style="width: 200px; height: 20px;" type="text"/>	Date	<input style="width: 100px; height: 20px;" type="text"/>