

Swedish Climbing Association – official standard for

CERTIFIED

ICE CLIMBING INSTRUCTOR

Valid from 2012



Svenska
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Utbildning

Swedish Climbing Association – official standard for **CERTIFIED** **ICE CLIMBING INSTRUCTOR**

Purpose

The purpose of certification of ice climbing instructors is to ensure and continuously improve the level of competence among the instructors of the Swedish Climbing Association, and to point out the direction for safe and consistent ice climbing courses in a sub alpine environment. Beginners as well as more experienced climbers are thus guaranteed the skills and know-how taught are provided by a competent instructor, who through the examination has documentation of this. The certification is also intended as a support for the climbing community when in contact with the general public, authorities, and others.

Goal

A certified ice climbing instructor must be able to head ice climbing activities (Basic course, Advanced course, Mixed terrain climbing course, and trial activities) in a sub alpine environment and in areas where avalanches are not a hazard.

Examination

The examination is a test where the candidate, orally, and in writing are expected to fulfill all skill and knowledge items according to the standard herein described in order to pass the examination and to be awarded the status of certified ice climbing instructor. The examination takes place on two consecutive days, where the first day is a technical examination and the second day is a pedagogical examination. The examination is set by the Training Committee of the Swedish Climbing Association, provided that at least 4 candidates fulfilling the prerequisites are registered.

A local climbing club or similar which is affiliated to the Swedish Climbing Association can, provided there are a sufficient number of candidates, order a separate examination from the Training Committee.

The examination is conducted by examiners who are members of the GIKE group within the Training Committee.

Application for examination

The candidate registers directly to the examiner within the Training Committee responsible for a particular examination. After registering with the responsible examiner, the registration fee must be paid to the Swedish Climbing Association's Postal Giro, 67 32 65-5. The last registration date is one month prior to the examination in question. Dates and prices for the examinations are continually published in "Bergsport", the official magazine of the Swedish Climbing Association, as well as on the Association's web site (www.klatterforbundet.com). The registration is not valid until full payment has been received. The fee covers cost for material, examiners, etc. In case of impediment or "no show", the candidate cannot invoke the fee for a later examination or request a refund. An exception is made if a doctor's certificate or other valid reason can be provided as proof of impediment. In such cases, the registration fee is refunded with administrative costs subtracted. In case of a cancelled examination the registration fee is refunded in full.

Information before examination

After registration and payment of the registration fee has been received by the Training Committee, information regarding the examination is sent to the candidate along with a theoretical exam, which must be available to the examiner minimum one week before the examination. The candidate must bring the following basic equipment:

- Sit harness, helmet, first aid kit
- Carabiners, slings of different lengths (including 120cm), screwgate carabiners (including HMS), belay device, figure-of-eight for abseiling/rappelling, some type of "guide plate" (magic, ATC guide, Reverso).
- At least eight ice screws that can be hand placed without the aid of a tool.
- Two technical ice axes.
- Boots, crampons, and tools for sharpening ice axes and crampons.
- One single rope and one half-rope, each at least 50 m in length, prussic cords of varying lengths and diameters.
- Tool and sling material (min 7 mm) for the making of Abalakov anchors.
- A small rock rack, with chocks, SLCDs (Spring Loaded Camming Devices) and pitons.
- The candidate must also bring a photo for the certificate after completed and passed examination.
- Also bring certificates from CPR and first aid courses.

Prerequisites for the candidate at examination

- Ice climbing instructor candidates must be members of the Swedish Climbing Association and be certified rock climbing instructors (UIAA rock climbing instructors).
- The candidate must have experience from at least three seasons of active ice climbing and must be able to lead grade 4 ice (75-85°) free, and grade ice (85-90°) with or without leashes.
- The candidate must have experience from mixed climbing and must be able to lead at least M 5 mixed routes.
- The candidate must have experience as an assistant instructor from at least one ice climbing course, and must have headed at least three rock climbing courses as a certified rock climbing instructor (documented in a log book, e.g. the log book of the Swedish Climbing Association).
- The candidate must have climbed at least 5 long ice routes, documented in log book.
- The candidate must possess solid theoretical knowledge and practical skills of ice climbing in a sub alpine environment, and must be familiar with all equipment used for this type of climbing.
- The candidate must be familiar with the Swedish Climbing Association's official standards for ice climbing.
- The candidate must know how to treat frostbite and hypothermia.
- The candidate must have taken part in CPR and first aid courses during the last two years. This is important.'

Items at examination

Day 1:

Section 1:

Formalities

Section 2, practical skills

Movement skills:

The candidate must show different techniques for moving on ice and snow of different inclinations using ice axes and crampons. The candidate must also show different techniques for resting on ice.

Technicalities and equipment:

The candidate must show how natural ice formation can be utilized as anchor points. The candidate must also be able to identify and name different aids used for anchoring in ice, and be able to show correct placements and know their approximate strengths. The candidate must be

able to account for the use of fall dampeners. The candidate must have good knowledge of different models of ice axes and crampons, as well as fitting and sharpening.

Belay:

The candidate must choose a suitable location for the arrangement of a hanging belay. The belay must be arranged using only ice screws as well as using a combination of rock anchors and ice screws. The candidate must account for the pros and cons of belaying directly from the harness by running the rope through a directional carabiner clipped to an ice screw placed high, as well as belaying directly from the anchor.

Top rope:

The candidate must choose a suitable location for the safe arrangement of a top rope anchor in the middle of a frozen waterfall. The candidate must have experience and knowledge of different anchoring methods, ice screw angles, melt-out, etc.

Abseil/Rappell:

The candidate must arrange an abseil/rappell on ice with Abalakov threads that are backed up, and must be able to account for the strength of this arrangement. The candidate must also account for methods suitable for abseiling/rappelling on icy ropes. The candidate must be aware of the risks involved in using ice screws that have been in place for a longer period of time.

Climbing:

The candidate must in a safe manner, and with a wide margin of safety, be able to lead one pitch of grade 5 ice with or without leashes, and be able to lead WI 4 and M 5 free (leashless). The examiner will state the minimum number of running belays to be placed as well as the maximum time allowed. The candidate must be able to account for the risks involved in lead climbing and seconding.

Section 3,theoretical exam

The candidate will receive a theoretical test prior to the examination. The answers must be available to the examiner minimum one week prior to the examination.

The theoretical test covers e.g.:

- Current official ice climbing standards.
- Ice climbing equipment knowledge
- Movement technique, ice types and ice formations terminology
- Ratings, history, and first aid for winter accidents
- Ice climbing course planning, safety precautions, etc.

Day 2:

Section 4,Multipitch climbing.

During day 2, the candidate will climb a multipitch route with pupils. Special attention is paid to route finding, belay locations, and rope handling.

Reference literature

Recommended literature is:

Craig Leubben: 1999, How to ice climb

Sean Isaac: 2005 Mix climbing

Technical items					
Here follows a list of technical items the candidate must master. The list is not complete, but should be viewed as a guidance while training for an examination.					
Definition of grades : 1= not at all, 2=I have tried but not mastered, 3=proficiency level suitable for teaching/instructing	1	2	3		ex
1. Technical knowledge of basic ice climbing equipment					
2. Technical knowledge of equipment for mixed climbing (bolts)					
3. Technical knowledge of equipment traditionally protected mixed climbing					
4. Belay anchor set-up on ice					
5. Setting up a belay for a team of more than 2 climbers					
6. Different belaying methods for e.g. icy ropes					
7. Knowledge of ropes and knots for ice climbing					
8. Tying in for trial activities					
9. Understand the concepts of static / dynamic belaying technique + direct and indirect transfer of load/force					
10. Understand when and why fall dampeners are used					
11. Climbing as leader or second in a team (planning, calls, etc.)					
12. Can climb M 5 leashless					
13. Can climb WI 4 leashless					
14. Can climb WI 5 with or without leashes					
15. Arranging a top rope anchor from solid objects					
16. Arranging a top rope anchor on vertical ice					
17. Arranging an abseil/rappell point with an Abalakov anchor					
18. Arranging an abseil/rappell from improved ice formations					
19. Arranging an abseil/rappell from solid objects					
20. Routines for multiple, consecutive abseils/rappells on ice					
21. Experience from long ice routes					
22. Effective and safe use of different chocks and SLCDs in icy cracks					
23. Bolt placement knowledge and piton placement skills (different piton types)					
24. Ice screw placement knowledge					
25. Planning and placement of ice axes and crampons					
26. Movement technique on ice					
27. Movement technique on mixed terrain, e.g. steinpull, torqueing, layback, etc.					
28. Knowledge of effective handling and adaption of clothing					
29. Understand how capacity decreases with cooling and hypothermia					
30. Have basic knowledge of hypothermia and treatment of a hypothermic person					
31. Knowledge and routines in case of accident, alert and cooperate with rescue personnel					
32. Organize a logical plan of action and choose suitable methods for rescue operations on ice					
33. Method for transportation of injured person in rugged terrain (not climbing terrain)					
34. Knowledge of risks, problem prevention, injuries, insurance, and first aid for climbers					