

**BOLTON SCHOOL**  
**STANDARD OPERATING PROCEDURE**

<b>Activity</b>	Lead climbing (indoor)
<b>Introduction</b>	Standard operating procedure for undertaking lead climbing indoor with students from Bolton School.
<b>Instructor minimum competency</b>	Mountaineering and Climbing Instructor (MCI), Winter Mountaineering and Climbing Instructor (WMCI), Rock Climbing Development Instructor (RCDI) or Climbing Wall Development Instructor (CWDI) with a statement of competence written by technical adviser, once an observation of activity has been carried out.
<b>Normal ratios</b>	1:4
<b>Safety equipment (instructors)</b>	<ul style="list-style-type: none"> <li>• Harness</li> <li>• Mobile phone</li> <li>• First Aid Kit (1 per group)</li> <li>• Prussic</li> <li>• Karabiners</li> <li>• Knife</li> <li>• Belay device</li> <li>• Sling</li> </ul>
<b>Safety equipment (participants)</b>	<ul style="list-style-type: none"> <li>• Harness</li> <li>• Helmet</li> <li>• Chalk if possible</li> <li>• Suitable footwear preferably rock shoes</li> <li>• Suitable clothing</li> </ul>
<b>Initial tasks on arrival</b>	<ol style="list-style-type: none"> <li>1. Staff member to sign group in, establish payment method (invoice preferably)</li> <li>2. Establish a base suitable for storing bags</li> </ol>
<b>Suggested pre activity briefing</b>	<ol style="list-style-type: none"> <li>1. Aim of session</li> <li>2. Harness fastening and adjusting size – buddy checks</li> <li>3. Communication between climber and belayer</li> <li>4. Appropriate route choices</li> </ol>
<b>General safety procedures</b>	<ul style="list-style-type: none"> <li>• To teach a good effective way of clipping the rope into the quick draw when lead climbing.</li> <li>• To teach how to lead belay.</li> <li>• To teach how to hold lead climbing falls.</li> <li>• To teach how to fall in control.</li> <li>• To teach an efficient climbing style whilst lead climbing.</li> <li>• To teach the effect lead climbing and falls (fall factors) has on the equipment used.</li> </ul>
<b>End of session</b>	<ul style="list-style-type: none"> <li>• Clean kit and return to store</li> <li>• Report and damaged kit</li> <li>• Report any accidents</li> </ul>

## Suggested lesson plan

### Introduction

- Check for previous experience

### Clipping

<ul style="list-style-type: none"><li>• How to clip</li><li>• How to unclip</li><li>• Safest place to clip from</li><li>• Clipping positions and preserving energy</li></ul>	<b>Hazards of clipping</b> <ul style="list-style-type: none"><li>• Back clipping</li><li>• Z clipping</li><li>• Skipping clips</li><li>• High clipping</li><li>• Rope behind foot</li><li>• Falling before the first clip</li></ul>
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### Lead climbing

- Warm up
- Picking the correct climb – well within grade
- Flaking out the rope – discuss the importance of flaking out the rope
- Belay device discussion – discuss differences between semi-automatic and manual device
- Ghost roping on a top rope. Ensure buddy checks and climbers communication. Instructor to tail rope.

### Lead belaying

- Demonstrate paying out/taking in rope on the floor. Use games to facilitate lead belaying on the floor
- Climb up and climb down. Discuss slack on the way down. Ensure buddy checks and climber communication. Tail rope.
- Ghost roping with instructor on top rope. Recap flaking the rope. Discuss belayer position before climbing. Climber and belayer communication.
- Introduce clip and drop from the top clip

### Lead falling

- Auto Belay demonstration. Where will you land if you fall from certain clips, both with and without slack.
- Practice taking and catching falls.
- Soft catch vs hard catch.