Accompany notes for AQA GCSE Climbing Videos

All the points listed below are commentary of the good things the climbers are doing in the videos, unless clearly stated that the point is talking about something that could be improved upon.

2-3 Points Of Contact

- There are three points on contact from the climbers hands and feet with the climbing holds throughout the climb.
- This rule is broken at for a brief moment at 15 sec as the move is too big to physically do without using just two points of contact
- In the above moment the climber maintains full control and minimises the time with reduced contact with the holds.

Belaying Using A Petzl Gri-Gri

- The belayer opens, load and closes the Gri-Gri correctly.
- Buddy buddy checks are completed, including a physical squeeze of the belay carabiner
- Belayer: “Climb when ready”, Climber: “Climbing”, Belayer: “Ok”
- Between taking the rope in, the belayer ensures the rope is held in the locked position (below the belay device)
- On a two occasions, the belayer doesn’t grab the dead rope (the rope out of the bottom of the belay device) immediately with his left hand. This is slightly less than perfect, but safety is maintained as there is always at least one closed hand on the dead end of the rope
- The belayer spends a lot of time looking at the belay, but would be better looking at the climber. This is not a serious safety concern; looking at the climber helps to ensure they have just the right amount of rope.
- When lowering, the belayer puts one foot forward and braces to lower.
- The lower in slow / steady and controlled.

Belaying Using An Assisted Breaking Device (Mammut Smart)

- The belayer loads and attaches the belay device to his harness correctly.
- Buddy buddy checks are completed where the belayer checks the climbers knot and the climber physically squeezes the belayers carabiner.
- Belayer: “Climb when ready”, Climber: “Climbing”, Belayer: “Ok”
- The belayer keeps his eyes on the climber throughout the climb
- There is good communication between the belayer and climber.
- The belayer braces to lower
- The lower in slow / steady and controlled.

Dynamic Movement With Control

- On a slab
- One single movement that requires core tension to hold the landing in control.

Dynamic Movement With Control_1

- On an overhang
- There are several moments where the climber uses a “Deadpoint” (a dynamic moment where a climber throws their body weight up to create a moment of weightlessness. Like being able to do a clap-press-up).

Dynamic Movement With Control_2

- At 20 seconds a large swing of the body is created during the move
- The swing is controlled with the left hand presses against the wall and through core tension

Finger-Crack- Finger-Jam

- The climber uses a specialist hold designed for finger crack climbing
- The climbers moves from regular holds in to the finger crack
- The crack is used mostly as a layback with a moment of actual finger jamming with the right hand at the very beginning of the crack.

Fist Jam

- The climber climbs up to place a clenched fist between two volumes, creating a fist jam.
- Although the climber does not then progress with the route, he shows good understanding of how to use a fist jam.

Layback

- The climbers hands remain further left than his feet, enabling him to hold a vertical edge

Mantle Shelf (& Layback)

- Up to 32 seconds we see the climber doing a Layback move
- From 32 seconds, the climber moves in to position to surmount the wall with a mantel shelf move
- He does this with just his hands and feet to maintain maximum control. He does not use a knee or roll up on to the top.

Overhanging/Steep Terrain

- The climber maintains straight arms
- Good use of stepping through to keep hips in to the wall and feet on the wall as much as possible
- When breaking his feet loose from the wall, this is done in control, with good core tension
- A good use of flagging
- Good fluid and controlled movement

Selecting & Climbing A Lead-Climbing Route

- Identifies the grade of the route and the general direction that it is traveling in
- Identifies key elements of the route, such as the crux and rest positions
- Correctly finds stable positions to clip the quickdraws when they are between waist and eye height
- Climbs the route with no rests of falls with a constant, steady pace

Selecting & Climbing A Traditional Route 1

- The route is identified. As the student has climbed this route before there is not as much time given to reading where the route goes.
- Ideally, the first bit of gear would have been placed lower down, however due to there being a scramble traverse to the main crack line, this is not possible. So, the first piece of gear is placed at the first opportunity
- Gear is then placed at regular intervals, often before harder moves
- Rest is taken when possible
- The student climbs the route with no rests or falls with a steady and controlled pace

Selecting A Top-Rope Route, Pre-Climb Checks, Reading A Route, Climbing A Route

- The student ties in with a well-dressed rethreaded figure eight knot and double stopper knot.
- The climber and belayer then carry our pre-climb checks
    - The climbers checks that the belayer has loaded the belay correctly, that it is connected correctly to the belayers harness and that the screw-gate is screwed closed with a physical squeeze
    - The belayer checks that the climbers knot goes through both parts of the harness, that the figure eight knot is well dressed, that there is a double stopper knot and that there is sufficient tail sticking out
- The student reads the route by going through the moved with his hands in the air, identifying the holds, crux and rest positions
- Good pre-climb communication is carried out
    - Belayer: Climb when ready
    - Climber: Climbing
    - Belayer: O.K.
- The route is climbed in a steady and controlled way with no rests of falls

Static Movement & Foot Swaps

- All movement is controlled with no dynamic movement
- When swapping feet on holds, the climber does a good job of ensuring that he has places the first foot on the hold in a way that leaves space to add the second foot at a later stage. This then enables him to swap the feet in a controlled, non-jerky way

Traversing Showing Weight Transfer 2

- The student shows good technique in leading the traverse with his right foot, transferring his centre of gravity over the right foot as much as possible before removing the left foot from the wall
- The student also shows good technique in leading the traverse with his left foot by stepping through, inside is right leg.
- Movement is fluid and controlled

Traversing Showing Weight Transfer

- Between 5 and 18 seconds this shows good technique for transferring weight between the feet during a traverse (which accompanied with some layback/side-pull hand moves)

Tying In Using A Bowline And Stopper Knot

- The climber correctly threads the harness from the top down
- At 20 seconds we see the climber correctly pulling the bowline tight in all directions
- A quality double stopper knot is tied on the inside of the rope loop and then pulled tight
- If perfect, the rope loop would be the same size as the belay loop. In this case the rope loop is slightly smaller, but this is very acceptable and a quality safe knot.

Tying In Using A Rethreaded Figure 8 & Stopper Knot

- The initial figure eight is tied in the rope and then adjusted to have the correct amount of tail to tie the rest of the knot with
- The rope is correctly threaded from the tope of the harness down
- The rethreaded figure eight is perfectly dressed with all parts of the knot neatly sat together
- A double stopper knot is tied well and pressing up against the figure eight knot
- There is a suitable amount of excess tail rope sticking out the end of the stopper knot