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## Learning Methods, Learning Outcomes & Assessment Criteria

### 1.1 Introduction

This manual is designed to be used as a basis for qualified route setters to ensure that their knowledge base is up to date and allow them to evidence their continued professional development and demonstrate that they meet the necessary standards to maintain their qualification.

Although the course and the notes are intended to cover all aspects of route setting at all climbing walls since no wall nor any route is identical, these notes may not lend themselves to being applied in all situations.

### 1.2 Learning Methods

There are five principle learning methods, these are:

- a. *Direct instruction and practical application*
- b. *Self Reflective Logs ('srf')*
- c. *Peer Review Reports ('prr')*
- d. *Evidence Logs*
- e. *Correspondence seminars.*

Direct instruction in this context is study of this manual and correspondence, with necessary, with the tutor, correspondence will be via email and will deal with specific questions and general guidance. The trainee will be expected to apply the instruction in practical situations and record the outcomes.

Self Reflection is where the trainee, having taken and or applied direct instruction records in a 'reflective log' how they approached the situation, how the situation developed (for example, were the events as expected or not) and what the trainee learned from the situation.

Peer review is where, having undertaken a planning or practical exercise the trainee seeks peer review of their planning or practical exercise and then considers the feedback and how this might be incorporated into the trainees practice.

Evidence logs are where the trainee records evidence of their practical application of instruction and discussion and validated by another.

### 1.3 Assessment Criteria

Trainees will have to complete a portfolio containing evidence demonstrating that they have the following:

- a. Technical knowledge  
Safe working at height  
Health & Safety  
Legal aspects of route setting  
Grades

- b. **Practical effectiveness**
  - The ability to set a route within 40 minutes
  - The ability to set a boulder problem within 20 minutes
  - The ability to set routes and problems to a client brief
  - The ability to set high quality routes and problems
- c. **Creative skills**
  - The ability to set interesting and challenging routes.
- d. **Professionalism**
  - Complete and maintain meaningful risk assessments and records of route setting.

## Health & Safety

### 3.1 Personal Safety

The obvious risks of route setting are systems failure leading to traumatic injuries sustained in a fall. There are however a number of other risks to your health and safety that you ought to consider. This section is not intended to be complete or provide medical information rather allow you to consider matters and how you might deal with them.

#### *Heat stroke and dehydration.*

Many walls get very warm in summer and suffer from poor ventilation. This can be compounded if halogen lights are used as these create lots of heat which can be trapped at the top of the wall, as such even if it's not too hot on the floor the temperature at the top of the wall can be a real risk. Heat stroke like hypothermia comes on gradually and leads to poor decision making and greatly increases the chance of human error. If you're working in a hot gym make sure you're adequately hydrated and carry a Camelback™ or similar system so you drink while working.

#### *Positional Stress*

Stress positions have been used as a means of torture for centuries and from personal experience spending hours in a harness route setting is not a very comfortable experience. It is also possible that long periods in a sit harness increase the risk of deep vein thromboses, a serious condition.

As such consider the most comfortable harness or making / obtaining a 'sissy seat', that is a padded rigid seat that you can attach to your working rope and thereby take the weight off your harness. Also don't forget to return to the floor at regular intervals (perhaps every 30 minutes on a hot or cold day) to loosen your harness and stretch.

#### *Repetitive Strain Injury 'RSI' and Vibration White Finger*

Loosening and tightening hundreds of bolts every day can lead to RSI a painful condition which although little understood is well recognised. Try using an electric screwdriver and ensure that you take plenty of breaks and spread the work, it's better to have 4 one hour sessions stripping a wall than 1 four hour session. Vibration White Finger is a painful condition associated with the use of power tools. If you're going to use an electric screwdriver or impact driver wear gloves and only use the power tools for short periods.

#### *Chalk dust and atmospheric pollution.*

We all know holds get caked in chalk and that stripping a wall can be a dirty job, if there's a lot of chalk flying around or they gym is really dusty wear a face mask.

**Assessment Requirement. Report on these issues in an Self Reflective Log.**

## Route Setting Practicalities

### 5.1 Working at Height

Unless you're working on a low level traversing wall route setting will require you to work at height. There are no hard and fast rules about how to work at height other than you must do so safely.

**Assessment Requirement. Provide an Evidence Log showing your assessment of the appropriateness of different methods of working at height.**

### 5.2 Ladder Safety.

Ladders should only be used when:

- a. They are secured to the wall.
- b. The floor is firm and level (a maximum of 15° side slope and 5° back slope)
- c. Placed against a strong, 'flat' surface,
4. The ladder is at not more less than 25°, that is for every m of height it should be 25cm away from the wall

You should not attempt to work more than an arms length from a ladder or step off the ladder using the wall for one foot with one foot on the rungs. Additionally you should not stand on the top three rungs of the ladder.

### 5.3 Rope Systems

**Assessment Requirement. Provide a Peer Review Log evidencing efficient and competent working on rope systems.**

### 5.4 Working on Platforms

Most platforms will have an inbuilt fall arrest system. This is not a system that is intended to allow you to work in a suspended manner, rather should you fall, arrest that fall. The harnesses used in fall arrest systems are not suitable for use on rope systems.

### 5.5 Personal Equipment

There are a range of harness for climbing and working on rope systems and the choice of which is the most comfortable is a matter for you. You may also consider adapting your harness with additional padding for route setting.

Most route setters will have a variation on a tool belt, often coupled with a fanny pack or even a pocketed vest. I tended to use a tool belt with a fisherman's pocketed vest to carry all sorts of small items, boiled sweets, mobile phone etc!

**Assessment Requirement. Provide an Self Reflective Log showing how you have considered how to make route setting as comfortable as possible.**

