

Advice on passing your Single Pitch Award

Before assessment

Ensure that you can do the following:

- Put on a sit harness and a chest harness
- Tie in using a figure of eight and a bowline
- Coil a rope
- Lead severe grade comfortably and protect it
- Set up a belay after climbing a route
- Belay correctly a leader and a second
- Lower someone and tie off a belay plate
- Set up an abseil (not a group abseil)
- Set up a number of bottom rope stations using a rigging rope
- Understand the use of a variety of belay devices
- Run a session for a group with a few games
- Solve simple problems such as stuck climber, someone traversing off route, someone climbing over the top (none of the problems on the SPA require the use of pulleys or ascending the rope, although a method for ascending should be learned).
- Set up a group abseil
- Can equalise slings
- Can teach some basic climbing skills

Ensure your log-book is neat and tidy (assessors do not want to spend their evenings deciphering log books)

The required number of routes and supervisory sessions is a minimum (if you have doubts then so will the assessor)

Make sure that you have a variety of climbing areas in the UK included in your log book (you should have climbed on three different rock types)

Ensure there is climbing wall experience in your log book

Ensure that your first aid is included and the personal profile page is filled in.

Swot up on the history of climbing

Understand the uses and abuses of climbing equipment

Swot up on the area the assessment is taking place including environmental issues.

On assessment

Look the part - Turn up clean, neat and tidy

Ensure your kit is tidy, in good condition and works (even if it is not yours!)

Don't worry if you make a mistake...It's not the end of the world...Well with us it isn't.

If you are not sure what is being asked of you by the assessor ask for it to be repeated

Look after your own safety when at the edge of the cliff

Be polite and don't be afraid to put a different point of view forward, but don't argue with the assessor