**SAREA Top Rope Climbing Guide**

**Assisting Hours Log Book**

As part of the top rope climbing guide qualification you are required to complete 50 hours of assisting. This needs to be completed within the course timeframe. All assisting hours are to be conducted with a qualified SAREA guide/instructor who is conducting a climbing program for a commercial or school group.

You are required to present this log book to the SAREA guide/instructor when you are completing your assisting hours.

The guide/instructor will need to:

* Sign the box below for the hours assisting.
* Tick and sign the practical sections that you have assisted in and that you have performed them competently. All practical sections need to be completed at least once.

**Assisting hours**

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| Date | Climbing program | Where | Instructor/Guide | Hours | Signed |
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**Group safety and equipment briefing**

 Brief outline of hazards and management procedures

 Emergency response information

 Discussion about cliff edge safety

 Discussion about loose rocks and other falling objects

 Checks harnesses and helmets are correctly fitted and secured

 Walking on ropes

 Dropped equipment

 Toilet and minimal impact procedures

**Instructor: Signed: Date:**

**Comments:**

**Top rope set up climb names**

 Personal safety at cliff edge whilst setting up climb/s

 All knots, including tape knots

 Check carabiners are correctly closed

 Checks for sharp edges in contact with rope/s

Equalised, appropriate angles and no extension

**Instructor: Signed: Date:**

**Comments:**

**Climbing and belaying instruction**

 Setting up safe bottom belay anchor points

 Checks harness and helmet are correctly fitted and secured before climbing

 Instruction of knots

 Instruction and demonstration of belaying

 Belayer clipped to ground anchor

 Instruction of and use of belay device

 Use and effectiveness of back up belayer

 Supervision of belayer while other participants climb

 Clear unambiguous climbing calls and methods of communication

 Knots are correctly tied before climbing

**Instructor: Signed: Date:**

**Comments:**

**Abseiling set up and guide Abseil location:**

 Personal safety at cliff edge whilst setting up climb/s

 Set up a load releasing abseil

 All knots, including tape knots

 Check carabiners are correctly closed

 Checks for sharp edges in contact with rope/s

Equalised, appropriate angles and no extension

 Edge safety

 Assisting guide whilst setting up and while guiding

 Participants near and at cliff edge

 Stopper knot tied in end of rope/s

 Checks harness and helmet are correctly fitted and secured before abseiling

Attachment of safety rope to participant

Effective upper body support provided by chest harness

Checks carabiners are correctly closed

Avoidance of hazards (loose clothing etc)

**Instructor: Signed: Date:**

**Comments:**