**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:**