

Unsupervised Junior Assessment [checklist version]

Name of Aspirant Junior: Date of Birth:

Has the customer previously had EITHER an induction session OR four independent bouldering sessions? If 'NO', do not proceed and advise the customer to return after having gained the necessary experience.

Checklist below to be completed by staff after posing the questions to the customer verbally. Discussion of the questions is permitted but the need to give advice to multiple questions should be considered indicative of the lack of experience necessary to climb unsupervised. Acceptable answers are given in the accompanying documentation to this form.

		PASS/FAIL
1	What is the safest way for you to get down from the top of the wall?	
2	How should you attempt to land on the matting?	
3	Name the three stages of a climbing-specific warm-up.	
4	Name two common injuries that can occur when climbing.	
5	How would you avoid long-term injury?	
6	Does the matting under the bouldering walls make it safe?	
7a	Where would you not leave your spare gear and personal belongings?	
7b	Why?	
8a	When two climbers are on the wall who has 'right of way', the higher or lower?	
8b	Why?	
9	Name the hold/grip that is most stressful on the fingers.	
10	If you see a loose or broken hold, what should you do?	
11	What would you do if you witness an accident?	
12	If you sustain an injury what should you do at the Centre?	
13	Where would you find information regarding grades, safety etc?	
14	Why should you not use the training facilities (e.g campus boards, hang boards, free weights) without an instructor's guidance?	
Has the unsupervised junior assessment been passed?		

Staff initials	
Staff signature	
Date	

STAFF: ENSURE THAT THE FOLLOWING CHECK LIST IS COMPLETED

Note: 14- & 15-year-olds require a parental visit to the centre for a safety briefing and tour. 16- & 17-year-olds can bring a completed and signed form but we reserve the right to call parents to verify consent.

- Parent & Junior to watch induction video
- Centre tour completed including typical hazards (a tour will be given at each LCC site)
- Entry policy understood (junior cannot sign in other people)
- Assessment form completed
- Electronic registration form completed by parent or legal guardian
- Copy of Conditions of use and Rules of LCC London offered to parent (available online)
- Parent given opportunity to ask any questions concerning use of Centre and Assessment

PARENT

I agree that the above has been carried out to my satisfaction and I understand that my child will be allowed to use all bouldering walls within LCC London Facilities without supervision by The Lakeland Climbing Centre staff and they will be subject to the rules outlined in the young user information.

Print Name _____

Signature _____ **Date** _____

JUNIOR

I agree that the above has been carried out to my satisfaction and I understand that I will be allowed to use all bouldering walls within the LCC London Facilities without supervision by the Lakeland Climbing Centre staff and that I will be subject to the rules outlined in the Young User Information. I agree to abide by The Conditions of Use and Rules of LCC London Facilities.

Print Name _____

Signature _____ **Date** _____