

The competency test helps us maintain a safer climbing environment. It's a quick and simple observation, which gives you the opportunity to demonstrate the necessary skills for safe and competent climbing.

YOU will need to do the following:

1. Put on a harness correctly
2. Tie in to the harness correctly using a suitable knot
3. Belay a climber
4. Lower a climber
5. Identify good and bad practice on some images.

Our expectation is that a competent and suitably experienced climber will be able to do all the above correctly, smoothly and without uncertainty, error or prompting.

ARE YOU READY? Do any of the below apply to you?

"I haven't done this for a while"

"I've only climbed once or twice"

"It might take me a couple of goes"

If yes, then bare in mind the competency test is not the time for practise; staff cannot offer help or instruction, and we wouldn't expect a friend to have to show you what to do. If you don't feel ready, be honest with yourself. You may just need a few refresher sessions under the supervision of a competent climber before you're ready. **#SafetyFirst**

If you feel ready to climb –get your harness on!