AWESOME WALLS CLIMBING CENTRE

GCSE ASSESSMENT SHEET

Fig 8																			
Retie fig 8 and stopper knot																			
Attach rope to harness																			
Low level traverse																			
Anchoring the belay																			
Belaying																			
Belay a fall																			
Climb 4a																			
Foot Jam																			
Hand Jam																			
Mantle																			
Layback																			
Communication																			