



Icelandic Climbing Federation

Climbing certificate card

Sport climbing certification: Guidelines and regulations

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1 Provisions for climbing certificate card

“Climbing certificate card” means a certificate showing that the cardholder has passed the proficiency test for sport climbing.

1. The Icelandic Climbing Federation (ICF) takes care of the issuance, registration and regulations of these cards. Regulations are developed in cooperation with comparable associations in the Nordic countries.
2. An examiner must be approved by the ICF and be registered in the ICF database with valid certification. An examiner must have reached the age of 23 and have attended a course on first aid.
3. To obtain a card, the practitioner must pass a proficiency test, read over and accept the terms of the card with signature. For children (under 18 years old), the parent/guardian must agree to the terms and sign the card (this means that the parent/guardian must be present when the test takes place, or have agreed in advance, to the terms that apply to the card).
4. In general, the card provides access to climbing walls owned by parties who are members of the arrangement. The manager of the wall may set its own provisions in addition to those covered here.
5. The climbing certificate card confirms that the cardholder meets ICF's requirements for knowledge and ability to practice climbing on an indoor sport climbing wall. These cards are accepted by all climbing associations under and in collaboration with the ICF. A yellow card stands for top rope climbing. A red card stands for both top rope and lead climbing.
6. Cards may not be given to children under 13 years of age. Children aged 13-18 who show sufficient maturity and sense of security can be given a card if they pass the proficiency test and have the consent of a parent/guardian. Until the child reaches the age of 18, it is the responsibility of the parent/guardian to maintain the child's knowledge and skills that meet the conditions for being a cardholder. Cards issued in this way automatically expire when a child reaches the age of 18. At the age of 18, a practitioner can take a proficiency test and sign the terms himself.
7. Cardholders over the age of 18 may, in general, have one person without a card along and belay the person in the type of climbing covered by the card. An example of this can be a parent who has a child with them.
8. A climber who is not a cardholder can practice belaying if a certified climber is with them. This should always be reported to the wall manager. The cardholder is responsible and must hold the brake part of the line. The cardholder is then

responsible for ensuring that the belaying is carried out responsibly and that those without a card are made aware of the terms of the card.

9. Climbing certification cards for cardholders over the age of 18 do not need to be renewed, but the cardholder has an obligation to maintain their knowledge and skills in accordance with the terms of the card. Those who no longer meet the terms should attend a course or seek the knowledge they need.
10. Course participants are not required to have a card. In these cases, the course instructor is responsible for the safety of the participants.
11. In case of a lost card, a new card can be obtained from ICF by paying the card fee.
12. The owners of the walls are allowed to instruct, reprimand or, in serious cases, expel climbers, despite having a card.
13. If there are serious or repeated violations of the terms of the card or conduct that endangers one's own safety or the safety of others, ICF, the wall supervisor or the climbing instructor may revoke a certification card. In such cases, the revocation must be reported to ICF with the name and card number of the climber. In order to obtain a new card, the person in question must pass a proficiency test again.

2 A proficiency test for sport climbing

In this document, sport climbing is divided into top rope climbing and lead climbing. It is possible to take a test for top rope climbing, but it does not give a full certificate for sport climbing. This applies if the person in question is not interested or does not trust themselves to belay lead climbing. To be fully qualified, one must take a proficiency test in lead climbing, and must also be familiar with what is stated in chapter 3 on lead climbing. Before the examinee receives a certification card, the person in question must pass a proficiency test to demonstrate the knowledge and skills needed to belay safely.

In the proficiency tests, climbers show that they have the knowledge and skills needed to belay safely on indoor climbing walls. The test is based on climbers demonstrating this orally and practically to an examiner. The test procedure consists of a climb where the examinee has the necessary equipment for themselves and another climber, performs a partner check, belays the other climber and lowers them down.

Climbers are welcome to take the test in pairs, i.e. one climbs while the other belays and vice versa. A partner check must be performed every time the belayer/climber is changed. Approved and safe methods are described in the section "Belaying" below. Climbers are encouraged to bring their own equipment.

All approved assisted braking devices for belaying are permitted in the test. The examiner needs to assess whether the correct method is applied with regard to the belaying device used. Note, this means that the examiner must be familiar with the belay device used. The belayer must always have a closed grip on the brake part of the line.

2.1 Qualifications

Examiners must demonstrate the following skills and knowledge in order to obtain a certificate card for sport climbing.

2.1.1 Responsibility

Examiners need to know the common sense rules in climbing and understand the meaning of responsibility. Climbers are responsible for their own behavior and need to understand associated responsibility for the safety of their partner and other climbers on site.

The common sense rules include:

- Be considerate of everyone on and near the wall.
- Be helpful and patient with those who are new to the sport.
- Let people know politely if you see anything that could create danger.
- Recognize that sport climbing is inherently dangerous (although the odds are slim, the consequences can be serious).
- Respect the importance of safety regulations.
- Respect the importance of the partner check.
- Respect and follow the house rules.
- Ask if anything is unclear.
- Don't create unnecessary danger for oneself or others.

2.1.2 Preparation

Examiners need to know the condition and expiration date of the equipment used. Examiners need to understand when a top anchor is to be considered adequate and safe. A top anchor is considered safe if it has two connection points in the wall and a locked carabiner. If there is no locked carabiner, at least two carabiners are needed.

It is important to use the climbing harness according to the manufacturer's instructions and check that the buckles are threaded back. Beware of wearing clothes that overshadows the climbing harness or may become entangled in a belay device. If the belayer has long hair, it must be arranged in such a way that it cannot become entangled in the belay device. The examinee must use the figure eight knot (UIAA approved knot) correctly into the belt (according to the belt manufacturers). The loose end of the line must have a secure stop knot that cannot be pulled through the belay device. The belay device must be thread correctly (according to the manufacturer) and a locked carabiner must be used.

2.1.3 Partner check

A partner check must be executed before every climb when a new climber ties themselves in. The harness, the tie in knot and the belay device need to be inspected. The carabiners must be locked and the end of the line secured with a knot at the end. The examinee must review their own tie in before executing the partner check. The partner check shall be carried out in such a way that the examiner sees or hears that the examinee covers all issues. The partner check is an examination of the following safety equipment:

- Climbing harness (all of above in chapter 2.1.2)
- The belay device (all of above in chapter 2.1.2)
- The line (all of above in chapter 2.1.2)

2.1.4 Climbing

The examinee is not required to climb in order to pass the proficiency test. It is required for the examinee to explain, whether climbing or orally, that they understand what to avoid in order to climb safely. The examinee should be familiar with the danger of pendulum fall (a fall out from the wall and to the side). It is important for the belayer to warn the climber if they are doing something that can lead to danger. The climber must take a fall for the belayer to show that he can catch a fall safely.

2.1.5 Belaying

It is important to keep in mind the following:

- Correct method to give and take in slack (according to the manufacturer).
- Give and take in slack in rhythm with the climber without pulling the climber.
- At all times have the brake hand on the brake part of the line.
- Avoid having the brake hand above the belay device.
- Avoid holding the belay device in such a way that you prevent it from braking.
- Try to stand close to the wall and near the first connection point on the wall.
- Avoid having a slack when the climber is below 3 meters to prevent a ground fall.
- Have a safe amount of slack according to the climber's position.
- Have a safe amount of slack to prevent a pendulum fall.
- Always be prepared to catch a fall when belaying in sport climbing.
- Be prepared to take in slack if the climber wants to rest on the wall and lower them down safely even if they are not at the anchor.
- Have knowledge of using an anchor.
- Locking carabiner should always be locked.
- Never have another line laying in the same carabiner (or an anchor ring) that is being used for climbing or lowering a climber down.
- The climber should be lowered down with a safe speed, such that the climber feels comfortable and there is no danger of the belay device obtaining too much heat from the line.

2.1.6 Communication and attention

Climbers must communicate actively and clearly at all times. For example:

- Before each climb, to be sure the climbing partner is ready.
- While climbing, when communication is needed.
- Eye contact before the climber is lowered down (if possible).
- The belayer should notify if the climber does something that could create a danger (e.g. a possible pendulum fall).

Climbers and belayers should show respect for safety on and near the wall by:

- The belayer should stay focused and pay full attention to the climber.
- Climbers should not disturb others or allow others to disturb them while they are preparing for and during a climb.
- Practitioners should not be in a possible drop zone of a climber.
- Be aware of a possible pendulum fall.
- Be calm and disciplined in demeanor.

2.2 After the proficiency test

The proficiency test ends with the examinee reading the terms of the certificate card (chapter 4) and accepting them with a signature. The test examines the knowledge and ability to belay. Therefore, the examinee is not required to climb or to be able to climb a certain grade.

If there are gaps in knowledge or skills in belaying that can create danger, the examinee does not obtain a card. If this happens, the examiner will advise the examinee what preparation is needed to pass the test. For example, going to a course or practicing with more experienced climbers. In the case of minor errors, the examinee can be handed a card if the person in question understands the error and corrects it at the suggestion.

2.2.1 In the case of not passing the test

Examinees are not permitted to repeat the test on the same day, but it is advisable to consult with an examiner, ICF or coach in their association. They are welcome to take the test again later in accordance with an agreement with one of the aforementioned parties.

3 A proficiency test for lead climbing

To get the certification for lead climbing the examinee must demonstrate the following skills and knowledge:

3.1 To belay in lead climbing

- Correct position and a safe slack for on the line.
 - Stand close to the first bolt (connection point) and close to the wall unless it creates a danger.
 - Have the right amount of slack on the line according to the position of the climber based on the last clipped bolt.
 - Have the line tight on a climber when he is only a couple of meters off the ground so that there is no risk of them falling to the ground.
 - Have more slack on the line when it is safe based on the position of the climber to soften their fall and reduce the risk of a pendulum fall.
- To catch a short fall in lead climbing.
 - The belayer should react that way so that the catch is as soft as possible, based on the features on the wall.
 - Examinees should know the difference between falling on a top rope and leading.
 - Keep in mind if there is a big feature below the climber that could be dangerous, you might have to take in the slack quickly.
 - The slack can be taken in by pulling it fast through the belay device.
 - The slack can be taken in by stepping backwards.

3.2 Climbing

The examinee is not required to lead climb in order to pass the proficiency test. It is required for the examinee to explain, whether climbing or orally, that they understand what to avoid in order to lead climb safely. Subjects that need to be mentioned are:

- Safe height when the line is clipped in.
- To clip the line correctly in the quickdraws so that the line goes through the lower carabiner of the quickdraw and the climber's end of the line goes out from the wall.
- Know the danger of Z clipping.
- Know the risk of having the foot or a heel in between the line and the wall while climbing.

4 Terms for climbing certificate card

By signing below, the examinee confirms that they have read and agree to the following terms:

- Climbing can be dangerous and is practiced at your own risk.
- It is your responsibility to maintain knowledge through regular practice or attend courses if needed.
- You are responsible for your own actions on and near the climbing wall.
- You are responsible that your equipment is inspected and in good condition.
- Neither the owner of the wall, the supervisor nor staff are responsible for accidents and incidents on or near the climbing wall. You need to follow the ICF regulations for safe climbing while you are on and near the wall.
- You should do your best to be careful for your own safety and the safety of others on and near the wall.
- You will follow the instructions from the staff when using the climbing facilities.
- You will ask for help if you are in doubt how to use the equipment or the wall.
- For repeated violations of terms or other regulations concerning safety at the climbing wall, the climber's card may be revoked.
- Insurance that applies to climbing accidents is yours to provide.
- Defects on the wall that threaten safety should be reported to the wall staff.
- If you, as the cardholder, have someone who does not have the certification belaying under your supervision, all parties are your responsibility.

Type of card:

Toprope

Date _____

Lead climbing

Card number _____

Examinee

Social Security number

Examiner

Social Security number

Examiners association
