



## MCI HOME PAPER

This question paper is designed to help you focus on your forthcoming assessment. As it is a home paper you are expected to have an answer or an opinion to all the questions. It covers a wide range of topics. Some of it will involve a little reading for background knowledge.

The paper will not be formally marked, however an opportunity will be given to informally discuss some of the questions. Your assessment team may use the answers in your paper to inform them as to your understanding of the topics covered.

### PROBLEM SOLVING

1/ Give 1 potential problem of having your abseil back up below the belay device whilst abseiling.

2/ In what situation is it acceptable to clip a snaplink to snaplink?

3/ The impact of a fall is absorbed by numerous parts of the safety chain. Repeated falls, as sometimes happens in sport climbing, has the effect of changing where the forces are absorbed. Can you explain this and suggest a simple remedy?

4/ What is the greatest cause of ropes breaking?

## **SHORT ROPING**

5/ List 3 considerations that you would take into account before deciding whether short roping your students is an appropriate course of action.

6/ Briefly list the considerations of short roping a traverse:  
When students are below.

When students cannot go below due to terrain restrictions.

7/ What information would you give to your students prior to short roping them?

## **NGB AWARDS**

8/ What are the criteria for and how do you go about becoming an ML course director?

9/ What are the 4 main criteria used for defining “Suitable terrain for the HML award”?

10/ With respect to the RCI give three criteria which would make a crag unsuitable for use with this award?

11/ How do you become an RCI provider?

## **ENVIRONMENT**

12/ List three distinctively different geological mountain areas within the UK and briefly describe how they were formed.

13/ Which birds are likely, by their presence/nesting on sea cliffs, to bring about a restriction on climbing?

- 14/ List four mountain berries and give a brief but clear aid to their identification.
- 15/ What animal, absent from the Scottish Highlands for nearly 300 years, has been returned to woodland in the Scottish Highlands. Why have they been returned?
- 16/ Briefly list the impact human activity has had on the Highlands in the past 1000 years.
- 17/ There are plans, some ongoing, to reintroduce previously extinct animals such as bison, wolves, beavers and Lynx back into the Scottish Highlands. What in your opinion are the pros and cons of such plans?

## **MULTI PITCH CLIMBING**

- 18/ Your friend who has been climbing for 18 months tells you he is about to purchase a pair of 8.1mm ropes for a climbing trip what equipment advice would you offer him.

19/ What are the pros and cons of linking all your anchors to a single point using a long sling?

20/ List some considerations that help you select an appropriate multi pitch route to teach leading on.

21/ Give three advantages of leading 2 students on a multi pitch climb:  
In Parallel.

In Series.

## **TEACHING CLIMBING**

22/ Briefly outline an appropriate teaching leading progression for a novice climber (who has led indoors at F5 and seconded 10+ single pitch trad climbs at VDiff/Severe).

- 23/ Is having a student take a lead fall whilst learning to lead acceptable? Explain your response.
- 24/ A proficient lead climbing performance could be broken down into four areas of proficiency - tactical, technical, physiological and psychological (TTPP). Identify some of the key areas of skills required for a student to reach proficiency in lead climbing and list them in their relative area of TTPP.
- Tactical:
- Technical:
- Physiological:
- Psychological:
- 25/ Is our students learning enhanced by limiting our verbal input during our teaching? Please explain your answer.

## TEACHING NAVIGATION

- 26/ Give an advantage and disadvantage of using these maps to teach mountain navigation:  
1:10,000?
- 1:25,000?

1:50,000?

27/ List 2 methods of teaching an understanding of contours.

28/ Name three common errors made by inexperienced navigators?  
Briefly suggest one idea you like to teach to rectify these?

## **GROUP ADVENTURE ACTIVITIES**

29/ Where would you find information about tide levels if you were going to do a coastal traverse?

30/ Gorge walking, in particular wet gorge scrambles require more than mountaineering knowledge. List some specific areas of additional knowledge required.

- 31/ List 5 hazards potentially encountered in a gorge scramble. How can you manage them?