Climbing Wall Orientation Quiz

1. When you enter the climbing wall area you should familiarize yourself with the climbing wall guidelines. Where can these guidelines be found?
   a. In the office
   b. On the wall next to the office door
   c. On the climbing wall
   d. On the sign in the hallway

2. What must every person successfully complete before they are permitted to climb at our wall?
   a. A video orientation
   b. A one hour hand’s on orientation
   c. Pass a written
   d. All of the above

3. Because bouldering does not use any ropes, what safety points must be considered?
   a. Whenever possible, use a spotter
   b. Never climb above any other climbers or objects that may injure you or another climber in the event of a fall
   c. Top rope climbers always have the right of way
   d. All of the above

4. When putting on the climbing harness it is important to?
   a. Loosen all of the buckles first and make sure the belay loop is in the front
   b. Tighten the waist loop sufficiently above your hip bones so that only one finger can be inserted
   c. Tighten the leg loops last
   d. All of the above

5. When clipping into a rope you must always check to be sure that the carabiner is fully locked. What method is used to test this?
   a. The “looks safe” method
   b. The “squeeze check” method
   c. The “fall test” method
   d. The “B.U.S.” method

6. When attaching the rope or belay device into your harness, where must you always clip the carabiner?
   a. The belay loop
   b. The leg loops
   c. The waist loop
   d. The metal buckle

7. When belaying a climber what must you always do?
   a. Touch the belay device
   b. Keep your brake hand on the rope
   c. Give the climber slack
   d. Talk to other climbers

8. Where is your dominant (brake) hand positioned for optimal holding power?
   a. Below your knees
   b. As far above your waist as possible
   c. Down by your waist
   d. At eye level

9. Who are the only people allowed to administer orientations?
   a. Any climbing member with a climbing card
   b. Climbing Wall staff
   c. Facility Supervisors
   d. Membership Services staff

10. How do you register for a one hour climbing skills and safety orientation?
    a. On line through the climbing wall web site
    b. In person at the ARC Membership Services desk
    c. At the climbing wall the day of the orientation
    d. Just A and B