

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