**Tools: Example Rock Climbing & Abseiling Log Book**

***Note:*** *This is not an activity. It is the Log Book entry that students complete every time they undertake a rock climb or abseil. It needs to viewed in conjunction with the case study: Rock climbing: a school based year 11 outdoor education experience. Link to:* ***Rock climbing: a school – based year 11 outdoor education experience.***

**PARAPARAUMU COLLEGE**

**Year 11 OE Rock Climbing & Abseiling Log Book 2011**

**Student name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**This log book forms part of the requirements for unit standards:**

20210 (v1) Experience rock climbing (L1 – 1 credit)

20152 (v1) Experience and complete abseiling sessions (L1 – 1 credit)

You must complete at least four rock climbing sessions and two abseils (including the Wellington Climbing and Abseiling session in early July) and complete this log book at the end of each practical session.

Ask one of your belay team and the teacher to sign it off at the end of each session.

*Remember they will only sign it off if you made a reasonable and fair effort!!!*

**Note: you must make a reasonable and fair effort and climb to an acceptable standard on a range of climbs.**

* Note what you did for the warm up e.g. jogging on spot, stretches, bouldering for 5 mins.
* Name the panel and colour climb you did and comment on: e.g. “*Right slab - R – all colours - reached top, no problems*”
* features of the climb (e.g. slab, corner, chimney, crack, shelf, overhang)
* techniques used (e.g. smearing, pinch grip, cling grip, jugs, mantelshelf, chimneying, bridging, edging, front point, crimp etc)
* how you got on (e.g. balance, confidence, efficiency of effort etc).

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| **Date:** *22/5/11* | **Something I learnt today was…** *That I need to use my feet more rather than just my arms when climbing so I don’t get so tired.* |
| **My effort rating for today:\_*8*\_/10** |
| **Warm up (what you did):** *Jogged 4 lengths of gym, skipped high knees 2 lengths, did passive stretches. Bouldered for 5 minutes.*  **Climbs attempted & how you went:**  *1. Left slab – middle – Face climb used all holds. First climb went ok. Big holds so mostly jugs and used cling grip.*  *2. Overhang – middle – face climb used all holds. Couldn’t get up overhang – ran out of strength. Know how to approach it next time.*  **Belayer name & signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **Teacher signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** | |
| **Abseil Date: \_\_\_\_\_\_\_\_\_ Location: College Gym / \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **Method of safety back up (circle):** *Prussik Top rope safety* | |