

Organised by the China Hong Kong Mountaineering and Climbing Union Limited
Subvented by the Leisure and Cultural Services Department
Co-organised by the Education Bureau
School Sports Programme – Badges Award Scheme
〈 Sport Climbing 〉

Objective: To provide testing standards and awards for trainees participating in sport climbing training, and encourage them to improve and enhance their skills continuously.

Types of Badges: 1. Three levels of badges, namely Bronze, Silver and Gold
 2. Content of Tests

Levels of Awards	Assessment Items
Bronze	Use of equipment (seat harness, double eight knot, belay device, karabiner)(elementary), knowledge of sports safety (elementary), climbing ability (elementary)
Silver	Use of equipment (seat harness, bunny knot, belay device, karabiner)(intermediate), knowledge of sports safety (intermediate), climbing ability (intermediate)
Gold	Use of equipment (seat harness, rope work, belay device, karabiner, climbing rope)(advanced), belay techniques, fall techniques, climbing ability(advanced)

3. Rating Standard

Trainees must pass the tests of all items in accordance with the skill requirements of the respective levels to obtain the relevant badges.

Award/ Participation Method: All trainees participating in the sport climbing training courses of the Easy Sport Programme and the Outreach Coaching Programme (Level 1) under the School Sports Programme will be assessed by coaches at the end of the courses based on the contents of the respective tests. Trainees who meet the standards will be awarded a certificate by the Leisure and Cultural Services Department (LCSD) free-of-charge.

Collection of Badges and Certificates: Coaches need to submit trainees' results to the LCSD after completion of the assessment. Upon verification of the information, the LCSD will send the certificates of the badges to the schools by post for distribution to qualified participants by teachers.

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Remark: The Badges Award Scheme for Sport Climbing is coordinated and developed by China Hong Kong Mountaineering and Climbing Union Limited.

School Sports Programme – Badges Award Scheme

Standards and assessment of the sport climbing badges

Badge Skill	Bronze	Silver	Gold
1. Understanding and Usage of Seat Harness	Know about the materials of seat harness and wear it correctly	Know about the maintenance of seat harness and wear it correctly	Knowledge and proper use of different types of seat harnesses
2. Understanding and Usage of Rope	Tie the double eight knot and half hitch knot correctly	Tie the bunny knot and half hitch knot correctly	Connect the double eight knot and half hitch knot to the seat harness correctly
3. Understanding and Usage of Belay Device and Karabiner	Connect the karabiner and double eight knot to the seat harness correctly and lock the karabiner	Connect the karabiner, climbing rope and belay device to the seat harness correctly and lock the karabiner	Knowledge on the types of belay devices for Level 1 course
4. Sports Safety	Sports safety (elementary)	Sports safety (intermediate)	(1) Correct belay techniques (2) Correct fall techniques
5. Climbing Techniques	(1) Three Points of Contact rule (2) Balance (3) Core transfer (4) Use of hands and feet (5) Complete 2 designated transverse routes	(1) Complete 2 designated transverse routes (2) Complete 1 designated top rope climbing route (5 m)	(1) Climbing techniques (Including: change of hands/feet, cross hands/feet, grasping, footwork) (2) Complete 1 designated top rope climbing route (6 m or above)
6. General Sports Knowledge	Warm-up games and stretching	Warm up and stretching	Preliminary understanding of competition rules