



NICAS 3 DETAILED KNOWLEDGE OF INDOOR CLIMBING EQUIPMENT

For NICAS level 3 you will need to retrieve information from a climbing website (3.7) and demonstrate a detailed knowledge of basic indoor equipment. This test will cover both of these assessment criteria. For each question you will need to use climbing websites to find the information needed to provide an answer. The hyperlinks can all be found on our website; www.theclimbingstation.com/nicas.

CLIMBING SHOES

This section should equip you to make an informed decision when buying climbing shoes. As you progress with your climbing you will find that better, well-fitted shoes, will help you on many routes/problems.

You can use any websites you like to find information but two good ones are:

<https://www.tauntonleisure.com/climbing-shoe-buying-guide/i76>

<https://www.ukclimbing.com/articles/page.php?id=3844>

Name three features often found in beginner shoes?

- a.
- b.
- c.

Name three features often found in performance shoes?

- a.
- b.
- c.

Which category of shoe does the one pictured right belong to?

.....



How should beginner shoes be fitted?

.....

Give the brand and model of a beginner shoe

.....

HARNESSES

This section aims to give you the information needed to purchase and use a harness. Again, you can source information from any climbing websites but you may find the pages below particularly useful:

<https://www.ellis-brigham.com/advice-inspiration/guides-and-advice/buying-guides/climbing-harness-buying-guide>

<http://www.outside.co.uk/advice/gear-info/climbing-gear/all-climbing-gear-info/Harnesses>

1. Name each of the harness parts pictured right

- a.
- b.
- c.
- d.



2. Name each of the harness parts pictured right

- a.
- b.
- c.
- d.
- e.



3. The harnesses pictured above use different buckles. Describe a key difference between the buckles used on each harness and give one advantage and disadvantage for each.

4. What's wrong with the fitting of this harness?

- 1.
- 2.
- 3.



MAINTENANCE

For this section it is recommended that you use the BMC Care and Maintenance booklet mentioned. This can be downloaded from the following link:

http://www.bmcshop.co.uk/product_info.php?cPath=347_498&products_id=5512

This document contains advice to help you evaluate equipment for use. This information will help you to look after any climbing equipment you have or may acquire in the future. To answer the questions in this section you will need to look at the short chapters on ropes and harnesses. In particular, the content under the headings "Routine care and maintenance" and "Degradation and discard criteria"

Name two things we check when evaluating a harness for use?

How do we evaluate whether a rope is suitable for use?