



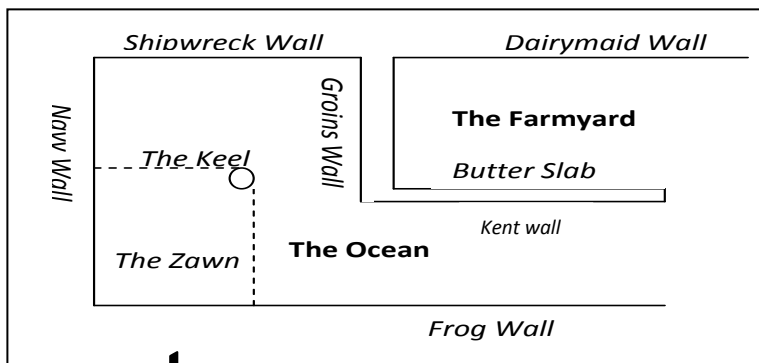
Name

Age

Emergency Contact

Well done for getting your Level One now you need to really start improving your climbing.

To pass Level Two you need to show your instructor that you can climb some easy climbs and know a little bit about the centre. The instructor will probably ask you to go over the centre rules again to check you have not forgotten them and will then get you to do some basic climbs to demonstrate how good your climbing is getting. Don't worry if you don't pass 1st time go away and practice and try again in a week or two.



LEVEL TWO TEST

PART ONE

Learn the wall names

Pass Instructor Initial

PART TWO

Show 5 warm up exercises and explain why they are important.

Pass Instructor Initial

PART THREE

Climb 4 routes set by your instructor (max grade 3). You must complete each route within 3 Tries.

Pass Instructor Initial

Date Passed / /

Instructor

Homework

When climbing set problems at Evolution we have certain rules to make climbs a set grade. When climbing a route the climbers' hands must ONLY ever use a single colour of bolt on holds but there are 3 different options for feet.

- **AF = Any Feet** (Climbers feet can use any footholds)
- **F4F = Features For Feet** (Features are the lumps and bumps on the wall not the coloured bolt on holds, and climbers feet must only use these)
- **FF = Feet Follow** (Climbers feet must use ONLY the same coloured holds as the climbers hands)

Learn types of routes you will need it for Level Three