

SWLCAT CLIMBING 4-6 PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	15

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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- 1. When a pole is raked, it should be climbed on the ? side.**
 - A. Low
 - B. Front
 - C. High
 - D. Back
- 2. Which statement best describes traditional climbing protection?**
 - A. It uses pre-placed bolts along the route.
 - B. It relies on fixed anchors installed by others.
 - C. It uses quickdraws as the primary protection.
 - D. It relies on removable gear placed by the climber to build protection.
- 3. A harness should be immediately removed from service if there are**
 - A. broken fibers
 - B. broken webbing
 - C. leather strength components
 - D. broken fibers, broken webbing, and leather strength components
- 4. When attaching a WPFR device to the body belt, carabiner/snaphook gates should face which direction?**
 - A. In
 - B. Out
 - C. Up
 - D. Down
- 5. When storing climbing hardware, why should you avoid direct sunlight?**
 - A. It can degrade materials
 - B. It helps dry gear
 - C. It makes gear stronger
 - D. It improves color

- 6. One good climbing practice that will help avoid accidents is to practice taking extra-large steps when ascending, climbing, or descending.**
- A. True
 - B. False
 - C. Not necessary
 - D. Always safer to sprint
- 7. A system that consists of an anchorage, connectors, and body harness, and includes a lanyard/deceleration device, lifeline, or combination thereof, is called a personal fall arrest system. This statement is:**
- A. Not related
 - B. Cannot determine
 - C. True
 - D. False
- 8. If the pole is in good shape, two people can climb or descend a pole at the same time.**
- A. Yes
 - B. Only with a belay
 - C. No
 - D. Depends on weather
- 9. If a harness shows signs of minimal fraying, it should be discarded.**
- A. True
 - B. False
 - C. Not sure
 - D. Only if it worsens
- 10. How is a rappelling setup different from a lowering setup?**
- A. Rappelling uses friction to control descent with the climber on rope; lowering is controlled by a belayer from a fixed anchor
 - B. Rappelling is always faster
 - C. Lowering requires no device
 - D. Rappelling and lowering are identical in setup

Answers

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1. C
2. D
3. D
4. B
5. A
6. B
7. C
8. C
9. B
10. A

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Explanations

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1. When a pole is raked, it should be climbed on the ? side.

- A. Low
- B. Front
- C. High
- D. Back

When a pole is raked, its top leans to one side. Climbing on the high side—the side toward which the pole tilts—lets gravity and the pole's lean work in your favor. You can press your body into the pole, maintain three points of contact, and use your legs to brace against the lean while you move your hands and feet. If you climb on the low side, the pole can rotate away from you as you shift weight, making the grip less secure and increasing the risk of losing balance. So the high side provides better stability and control while ascending.

2. Which statement best describes traditional climbing protection?

- A. It uses pre-placed bolts along the route.
- B. It relies on fixed anchors installed by others.
- C. It uses quickdraws as the primary protection.
- D. It relies on removable gear placed by the climber to build protection.

Traditional climbing protection centers on placing removable gear into natural rock features as you climb. You carry and place pieces like nuts, cams, and hexes in cracks, pockets, and other features, and then clip your rope into them with quickdraws. These pieces stay in place to catch you if you fall, but they aren't fixed to the rock by someone else and can be removed or moved as you continue or retreat. This approach depends on the climber's ability to read the rock and place solid protection wherever the route warrants, rather than relying on pre-placed bolts or fixed anchors installed by others. Quickdraws are used to link the rope to the protection, not as the primary protection themselves. That's why this statement best describes traditional protection.

3. A harness should be immediately removed from service if there are

- A. broken fibers
- B. broken webbing
- C. leather strength components
- D. broken fibers, broken webbing, and leather strength components

Any fall-arrest harness relies on its load-bearing parts to stay strong under stress. When those parts are damaged, their ability to safely hold and distribute forces is compromised, so the harness can fail in a fall. Broken fibers mean the strands inside the straps are no longer reliable; broken webbing shows the fabric itself is compromised; and damaged leather components reduce the strength where leather is used to reinforce or connect parts. Because any one of these failures can lead to a dangerous collapse of the system, the harness must be removed from service immediately if such damage is observed. Regular checks help catch these issues before use.

4. When attaching a WPFR device to the body belt, carabiner/snaphook gates should face which direction?

- A. In
- B. Out**
- C. Up
- D. Down

Gates should face outward, away from your body. This keeps the gate out of the line of contact with the belt and any rope or gear you're clipping, reducing the chance that the gate could be pried open or snagged during movement or loading. It also makes it easy to visually confirm the gate is closed and locked. When the gate faces inward toward the body, clothing or rope can press on the gate or spring, increasing the risk of accidental opening or snagging under load. So orienting the gate outward provides a safer, more reliable connection.

5. When storing climbing hardware, why should you avoid direct sunlight?

- A. It can degrade materials**
- B. It helps dry gear
- C. It makes gear stronger
- D. It improves color

Direct sunlight exposes climbing hardware to UV light and heat, which break down the polymers and coatings used in gear like slings, plastic housings, rubbers, and lubricants. UV rays cause photo-oxidation, making materials weaker, brittle, or cracked over time, while heat from the sun speeds up aging and degradation. Because of this, storing gear in direct sun can shorten its lifespan and compromise safety. Sunlight might dry gear, but the long-term damage to materials is the real risk, and it can also fade colors or wear finishes. So the best answer is that direct sunlight can degrade materials.

6. One good climbing practice that will help avoid accidents is to practice taking extra-large steps when ascending, climbing, or descending.

- A. True
- B. False**
- C. Not necessary
- D. Always safer to sprint

Safe climbing relies on controlled, precise foot placements and keeping your weight over solid holds. Taking extra-large steps breaks that control: reaching far with a foot can cause a slip or miss on small footholds, twist your hips, or overextend a knee, making balance unstable. The better approach is to place each foot firmly in a stable position before moving the next limb, stay close to the wall with your hips, and maintain steady contact with the surface. On descent, lower in a controlled, deliberate way rather than rushing to reach distant holds. Sprinting or rushing isn't safer and generally increases the risk of missing holds or losing balance. So this statement is false.

7. A system that consists of an anchorage, connectors, and body harness, and includes a lanyard/deceleration device, lifeline, or combination thereof, is called a personal fall arrest system. This statement is:

- A. Not related
- B. Cannot determine
- C. True**
- D. False

Focus on what defines a personal fall arrest system. In fall protection, such a system is built from an anchorage, connectors, and a body harness, and it must include a lanyard or deceleration device (or a lifeline, or both). These components work together to arrest a fall and limit the forces on the worker, with the deceleration device absorbing energy as the fall is stopped. Because the described setup matches this definition exactly, the statement is true.

8. If the pole is in good shape, two people can climb or descend a pole at the same time.

- A. Yes
- B. Only with a belay
- C. No**
- D. Depends on weather

One climber at a time is the safety rule for using a single pole. Having two people on the same pole at once creates collision risk, makes grip control unreliable, and can destabilize the pole under combined loads. Even if the pole is in excellent condition, managing two climbers simultaneously is unsafe and difficult to supervise. A belay helps control a single climber, but it doesn't allow two people to move together on the same pole. Weather doesn't fix this limitation. So two people cannot safely climb or descend a pole at the same time.

9. If a harness shows signs of minimal fraying, it should be discarded.

- A. True
- B. False**
- C. Not sure
- D. Only if it worsens

The idea being tested is how to judge when a harness should be retired based on wear. A little fraying on a harness does not automatically mean it must be discarded. Safety gear is retired when its structural integrity is compromised, not merely because wear exists. If fraying is only superficial, confined to non-load-bearing areas, and there's no exposed core, no distortion of the webbing, no torn stitching, and the harness still passes your routine inspection for the critical load-bearing parts, it may still be safe to use. The key is to watch for signs that wear is affecting strength: deeper fraying, exposed fibers, cuts, ripped or loose stitching, significant stretching, glazing, or damage around buckles and attachment points. If any of these appear or if the wear worsens, retirement is necessary. So, minimal fraying alone is not a guaranteed reason to discard; decisions should be based on whether the wear compromises the harness's ability to safely bear loads, in line with manufacturer guidelines and your organization's safety policy.

10. How is a rappelling setup different from a lowering setup?

- A. Rappelling uses friction to control descent with the climber on rope; lowering is controlled by a belayer from a fixed anchor
- B. Rappelling is always faster
- C. Lowering requires no device
- D. Rappelling and lowering are identical in setup

The key idea is who controls the rope and how that control is applied. When you rappel, you descend on the rope using a friction device and your own brake hand to modulate speed; the rope runs from the top anchor down to you, and you actively manage your descent with the device. In a lowering setup, a partner at the top uses a belay device to control the rope and slowly lower you, so the descent is managed from above rather than by you on the rope. The difference is basically self-control of descent with friction versus control from the top belayer. That's why this description fits best: rappelling relies on friction to control descent with the climber on rope, while lowering is controlled by a belayer from a fixed anchor.

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Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://swlcatclimbing4to6.examzify.com>

We wish you the very best on your exam journey. You've got this!

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