



Climbing Course for Beginners

This course is aimed at those who are new to the sport, have been away for a while or just want to brush up on the basics. It is the first step to becoming a competent climber, capable of tackling many routes indoors and outdoors, and opening a whole new dimension in the outdoors. No previous experience is necessary, and all equipment is provided in the cost of the course.

Previous Experience + Age:

No previous experience is necessary for this course. This is an adult course so, all participants must be aged 14 or over. Under 18's will need parental consent in order to take part.

Course Content:

Correct fitting of a harness.
Tying into the harness using a figure of eight knot.
Climbing Etiquette and general climbing wall procedures.
Correct use of a belay device for climbing and lowering.
Climbing Calls, communication with your partner.
Basic movement technique.
Equipment selection.

Please see below for a full breakdown of the course syllabus.

Duration:

2 Hours a week for 3 consecutive weeks. 6 hours total instruction. Various dates available, please see the website for current course start dates.

Location:

The Pinnacle Climbing Centre, Main Road, Far Cotton, Northampton, NN4 8ES

The wall has a variety of wall types and professionally set routes, along with a spacious bouldering room.

Please see our website for details of how to find us: www.thepinnaclecentre.co.uk

Instruction:

All instruction will be provided by the Pinnacle Centre Staff.

The course instructor will hold a minimum of CWA (Climbing Wall Award), and will be happy to answer any questions you may have about the sport. Maximum instructor to client ratio of 1:6.

Equipment and Clothing:

All equipment will be provided by the Pinnacle Centre and fitted for best performance.

Participants should wear comfortable clothes that allow for good freedom of movement (i.e. not jeans), shoes will be provided. Long hair should be tied back. No jewellery or watches should be worn while climbing.

Cost:

The cost of the course will be £75.

Your place on the course will only be guaranteed if we have received a completed and signed booking form along with full payment.

Booking:

Please contact us at climbing@thepinnaclecentre.co.uk or phone: 01604 875996 and can happily get your place booked.

Terms and Conditions:

The Pinnacle Centre reserves the right to cancel the course if participant numbers are below 4 for each course. In the case that The Pinnacle Centre cancels a course for any reason, a full refund or course exchange will be offered. Places will be issued on a first come first served basis. The word of the instructor is final, and we reserve the right to eliminate anyone from a session or the course without refund if they pose a threat to staff or other participants. We will accept a name change for the course (so long as a new booking form is received), however no cancellations will be accepted within 4 weeks of the start date. Any known medical condition that could affect your participation on this course must be notified on the registration form. We are happy to help people with disabilities; however the nature of this sport can make it difficult in some cases. If you have any queries, please do contact us, and we will be only too pleased to help. Full Terms and Conditions are available on our website.

The Pinnacle Climbing Centre, Main Road, Far Cotton, Northampton, NN4 8ES Tel: 01604 875996

www.thepinnaclecentre.co.uk

Full Beginners' Course Syllabus

Course Content

Harness fitting

- Different types of harness and the important differences between them
- Visual inspection of harness
- Doubling-back of buckles and self-locking buckles
- Correct fitting of a harness, waist band adjustment, leg loop adjustment.

Tying into the harness using a figure of eight knot:

- Points of attachment of knot into harness
- Tying of figure of eight knot with correctly positioned stopper knot

Climbing behaviour and general climbing wall procedures:

- Safe use of climbing walls, path of routes, brief explanation of grades.
- Awareness of other climbers and potential dangers
- Difference between bouldering, top-roping (i.e. bottom-roping) leading and seconding
- Trusting the equipment – visual inspection, breaking strain of equipment
- Assuming correct body position for falling/resting on top-rope and for lowering off
- The 'Buddy' system, checking your partner.

Correct use of a belay device for climbing and lowering:

- Different belay devices, ATC, ATC XP, VC Pro, Reverso, Stitch plate, HB Sheriff, Fig of 8, Gri-gri, SRC.
- The difference between 'slick' and 'forgiving' belay devices.
- Different karabiners and the correct matching of karabiner with belay device.
- Assessing whether or not a ground-anchor is required
- Threading belay device and attachment to belay loop.
- Orientation of krab and awareness of potential krab turning over whilst belaying.
- Safe belaying technique and communicating with climber,
- Holding falls and locking-off from all possible hand positions
- Lowering off in a controlled manner

Climbing Calls:

Communication before climbing – *taking in, that's me, climb when you're ready, climbing, ok*
Communication during climbing – *take, slack, slow down*, and when to use them
Communication at top of route before lower-off commences

Basic movement technique:

Warming up and down and why this is important
Efficient use of feet
Types of holds – crimps, pinches, jugs, slopers, undercuts and how to use them
Not over-gripping holds
Hand-swapping
Foot-swapping
Using features for footholds - smears
Thinking ahead
Moving to reach holds - rockovers

Equipment Selection:

Choosing the right harness, belay and karabiner, boots, use of helmets where appropriate, ground anchor sling, chalkbag