

RockeeZ-KIDS CLIMBING CLUB

Ages 6 upwards

Aims

- To provide an opportunity for young climbers to meet and participate in climbing activities
- To have lots of fun climbing and making new friends
- To promote awareness of current good practice in climbing
- To promote the awareness of safety rules and hazards, at The Pinnacle Climbing Centre, including appropriate dress and behaviour
- To guide young climbers through the requirements for the National Indoor Climbing Achievement Scheme (NICAS – visit www.nicas.co.uk)
- Level 1 RockeeZ – Saturday mornings 9:00 am - 11:00 am.
This session introduces safety and good practice towards the NICAS level 1 and 2 achievement certificates
- Level 2 RockeeZ – Saturday mornings 11:00 am – 13:00 am.
After achieving NICAS level 2, this session coaches climbing techniques and movement skills to NICAS levels 3, 4 and 5
- Mixed RockeeZ – Friday Evenings 6 pm – 8 pm
This session is a mix of level 1 and 2 RockeeZ

Cost and Booking:

6 week half term - £80

1 week 'taster' - £20

Payment is taken on booking. If you have any questions, or to book sessions please contact us on climbing@thepinnaclecentre.co.uk or phone: 01604 875996.

Terms and Conditions:

- We ask that a parent or guardian remains in the centre for a minimum of the first two sessions to ensure that both the instructors and the child are happy for parents not to be present
- Any sessions missed will not be refunded. At the discretion of the centre, it may be possible to move one session per 6 week block to an alternative RockeeZ group
- The Pinnacle Climbing Centre reserves the right to cancel the course if participant numbers are below 4 for any 6 week period.
- If The Pinnacle Climbing Centre cancels a course for any reason, a full refund or course exchange will be offered.
- The word of the instructor is final, and we reserve the right to remove anyone from a session or 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 child's participation on this course, or could affect any other child's participation within the group, must be notified on the registration form. All effort is made to include all abilities.
- 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 contact us, and we will be only too pleased to help.

Level 1 RockeeZ – Age 6 - 14

The National Indoor Climbing Achievement Scheme (NICAS) is a UK wide scheme designed to promote climbing development and accredit individual achievement on artificial climbing structures. It can be used as a starting point for people wishing to take up climbing and mountaineering.

NICAS level 1 covers:

- Awareness of safety rules and hazards, appropriate dress and behaviour
- Putting on a harness and helmet correctly
- Participating in warm ups
- Connecting a harness to a rope correctly
- Climbing with confidence
- Safely belaying under supervision
- Descending the wall correctly
- Basic climbing moves

No experience is necessary.

NICAS Part 1 Log Book:

All participants will need to be registered on the NICAS Scheme, for this they will require a Part 1 logbook which includes the level 1 and 2 certificates, the cost of this is £4.00

Level 2 RockeeZ – Age 8 - 16

The National Indoor Climbing Achievement Scheme (NICAS) is a UK wide scheme designed to promote climbing development and accredit individual achievement on artificial climbing structures. It can be used as a starting point for people wishing to take up climbing and mountaineering.

NICAS Level 2 Covers:

- Connecting self and others to rope correctly
- Pre-climb checks
- Belaying and lowering using a suitable belay device
- Ground anchor systems
- Holding a fall in a bottom rope situation
- Effective communication and teamwork with a climbing partner
- Knowledge of indoor climbing (French sport) and bouldering grades
- Selection of appropriate routes
- Effective safe use of a bouldering/ traversing wall
- Simple climbing technique – the use of feet and legs, relaxed upright stance, confident approach, smooth movement and observation of holds.

NICAS Part 2 Log Book:

All participants will need to be registered for NICAS level 3, for this they will require a Part 2 logbook which includes a NICAS folder and the level 3, 4 and 5 certificates, the cost of this is £7.50

Instruction:

All instruction will be provided by The Pinnacle Climbing Centre.
The lead instructor will hold a minimum of CWA (Climbing Wall Award) or SPA (Single Pitch Award), and will be happy to answer any questions you may have.

Equipment and Clothing:

All equipment will be provided by The Pinnacle Climbing Centre.
Participants should wear loose, comfortable clothing that allows freedom of movement (not jeans), and a pair of socks. Long hair should be tied back and no jewellery should be worn.

Name

REGISTRATION FORM

Course (please tick):

- Mixed RockeeZ Saturday 9am to 11am
- Level 2 RockeeZ Saturday 11am to 1pm
- Mixed RockeeZ Friday 6pm to 8pm
- Mixed RockeeZ Tuesday 5pm to 7pm

NOTES:

1. This form is to be completed and returned by the parent or legal guardian of all under 18's taking part in a RockeeZ club before the start of the first session.
2. One Registration Form is to be filled out for each participant.
3. The Form must be filled out clearly in block capitals. Please double check all telephone numbers.
4. It is your responsibility to inform us of any change in the details that you have entered on this form.

CONSENT:

I agree to my son/daughter (name)
Date of Birth: taking part in the RockeeZ Kids Climbing Club at The Pinnacle Climbing Centre, Unit 1 Minton Business Centre, Main Road, Far Cotton, Northampton, NN4 8ES.

I acknowledge the need for responsible behaviour and compliance with the instructor's directions and the Centre's Conditions of Use on my child's part.

I agree that if my child is collected from the RockeeZ Kids Climbing Club by anyone other than the person named below I will inform the Centre of those person's details at the start of the session.

I agree that I have read and understood the Terms and Conditions of the RockeeZ Saturday Kids Climbing Club.

From time to time we may take photos during sessions. These may be used on our website or in other marketing material. We will never include your child's name or any of their details if we use their image. Please tick if you are NOT happy for us to use images of your child

Signature: Date:

Print Name: Relationship:

Name

MEDICAL INFORMATION:

- a) Does your daughter/son suffer from any medical, physical, emotional or behavioural conditions which might affect his/her safety and the safety of others during the Saturday Kids Club? E.g. claustrophobia, vertigo, asthma, heart conditions, diabetes, epilepsy, etc.

Yes / No

If "yes" please specify:

.....
.....
.....
.....

- b) Is your son/daughter currently undergoing and form of medical or psychological treatment, including medication at the moment? Will they need to take treatment or medication during the club session?

Yes / No

If "yes" please specify:

.....
.....
.....
.....

(Please continue on a separate sheet if more space is required to explain any complex terms in plain English)

- c) To the best of your knowledge, has your son/daughter been in contact with any infectious or contagious diseases, or suffered from anything in the last four weeks that might be or become infectious or contagious?

Yes / No

If "yes" please specify:

.....
.....
.....
.....

(Please continue on a separate sheet if more space is required to explain any complex terms in plain English)



Name

EMERGENCY CONTACT INFORMATION

Contact 1

Name:

Address:

.....
.....
.....

Telephone: Mobile:

Email:.....

Relationship:

Contact 2

Name:

Address:

.....
.....
.....

Telephone: Mobile:

Relationship:

Is there any other information that The Pinnacle Climbing Centre should be made aware of in respect of your child?

IT IS YOUR RESPONSIBILITY TO INFORM US OF ANY CHANGES TO THE INFORMATION THAT YOU HAVE ENTERED ON THIS FORM.