

# Climbing Wall Award – Training



**This two-day training course is designed for climbers who have an interest in the supervision of novices in indoor climbing.**

Before attending this course you must fulfil the following pre-requisites:

- Have a minimum of 6 months personal climbing experience, including lead climbs
- Climbed at least 15 climbs on 3 different artificial walls.
- Be registered with one of the 4 home nation mountain leader training boards.
- Be 17 years of age or older

## Course Content & Programme

**Saturday:**

Harlow Centre for Outdoor Learning (09:00–17:00)

- Introduction
- Climbing Structures
- Movement Skills (the fundamentals)
- Supervision of Bouldering Activities
- Clothing & equipment
- Top Roping Skills
- Common problems

**Sunday:**

Mile End Climbing Wall (10:00–15:00)

- Compare walls
- Supervision
- Knowledge
- Incident Management.
- Further Awards
- CWA Assessment (Outline)
- Question & Answer session
- Course Feedback



## Instructional Staff

The course provider/director will hold a minimum qualification of Mountain Instructor Award (MIA), and all our instructors are qualified and experienced climbers with an excellent knowledge of the sport. The staff:delegate ratio on this course is 1:6.

## Accommodation

This is a non-residential course; participants should arrange their own accommodation and food for the duration of the course.

## Kit List

All participants should bring the following kit and equipment with them:-

- Indoor climbing clothing (shorts & T-shirt)
- Chalk Bag
- Rock Boots
- CWA Log Book, notebook and pencil

All technical climbing equipment can be provided. We do not advise you purchase any equipment specifically for this course, rather use it as an opportunity to find out what best suits your needs. However please feel free to bring any climbing equipment you may already have, such as a harness, or belay device & karabiner.

## Additional information

A 'bolt-on' Abseil training course can be added to the CWA training course.

**Price:**  
**£110**

[www.essexoutdoors.org](http://www.essexoutdoors.org)

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Essex Outdoors is committed to delivering high quality outdoor learning to the young people of Essex and the wider community.

For more information on all the courses and activities that Essex Outdoors offers across Essex and beyond, please contact us using the details above.



**Essex County Council**