

Climbing Wall Award Abseil Training

Is it for me?

This 4 hour Abseil training course is designed for climbers who have completed the 2 day CWA training course, and have interest in the supervision of novices in the activity abseiling at artificial structures.

Course Content & Programme

Meet at Harlow Outdoors at 9.00am

- Introduction
- Outline programme Day.
- Abseiling facilities
- Climbing structures
- Clothing & equipment
- Abseiling Skills
- Supervision
- Knowledge
- Incident Management
- Further Awards
- Abseil assessment (Outline)
- Question & Answer session
- Course Feedback

The Venues

The 4 hour abseil training will be held at Harlow Outdoors indoor climbing wall large public access facilities with over 1000 square meters of climbing, and with 5 abseil platforms.

Instructional Staff

The course provider/director will hold the minimum qualification of mountain instructor (MIA); our instructors are qualified and experienced climbers with an excellent knowledge of the sport. They have a great depth of experience instructing novices and experts and will be keen to pass on that knowledge to you. The Staff ratio is 1:6.

Accommodation

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

There are also numerous B & Bs in Harlow area. Alternatively students can camp at Harlow Outdoors. The cost of this is included in the course fee.

Kit List

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

- Notebook and Pencil
- Indoor climbing clothing (shorts & T shirt)

All climbing technical 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 already have, in particular:

- Harness
- Belay Device & HMS Karabiner