

Climbing Wall Award Abseil Assessment

Is it for me?

This 2 hour Abseil assessment course is designed for climbers who have completed the 2 day CWA training course and the 4 hour abseil 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

- Collect logbooks
- Outline programme for the assessment.
- Group arrive at the Wall (*if unavailable other candidates*)

The candidates will be given the task to run sessions for the group this will all depend on the group experience & age, fitness etc, the following areas will be assessed.

- Equipment
- Belaying
- Supervision
- Group management
- Supervising the session
- Practical assessments

Listed below is a sample of a few suggested sessions.

- Group arrive initial briefing, kit issue, fit shoes etc.
- Set up top rope systems.
- Set up abseils
- Run an abseiling session
- Incident management
- Problem solving & avoidance
- Results
- Further Awards

The Venues

The 2 hour Abseil assessment 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 1:4.

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 & B's in the Harlow area. Alternatively students can camp at Harlow Outdoors. The cost of this is included in the course fee.

Kit List

- Notebook and Pencil
- Indoor climbing clothing (shorts & T shirt)
- Harness
- Helmet
- Belay Device & HMS Karabiner
- Any use full coaching aids

All technical equipment can be provided, however we would expect a potential CWA Abseil holder to have their own equipment, **we will provide all Ropes.**