

Harlow Climbing Wall Induction Course



This course is designed for those who are interested in using our new climbing facility but have no experience or need their skills refreshed.

The course is led by a qualified climbing instructor, and the outcome of the course is to enable participants to use the climbing wall safely and confidently. The key issues addressed by the course are correct harness and rope techniques, wall etiquette, and belaying.

All essential climbing equipment (i.e Harness, Belay Device, Shoes and Ropes) are provided as part of the course, free of charge.

Upon completion of the course, participants will be able to register to become members of the Harlow Climbing Wall if they wish.

This course runs from 10am - 4pm, with adequate breaks. Lunch is not included, but food and drinks are available from our coffee shop.

Please wear appropriate clothing for the course, such as a track suit or similar. Please note that the wall can be quite cold in the cooler months, and it is therefore advisable to bring a fleece or jacket.

The course takes place every Saturday from 10-4, and the price is £30. Places must be booked and paid for in advance.

Please telephone 01279 620270 for bookings and availability

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.