

Single Pitch Award Assessment

Is it for me?

This two day Assessment Course is designed for climbers who have an interest in the supervision of novice's Single pitch climbing activities, before attending this course you must fulfil the following pre-requisites:

- Have attended a SPA training course or have been granted exemption from training.
- Have led at minimum of 40 climbs outdoors on leader placed protection. (A substantial number of these must be at least severe grade).
- Have assisted in the supervision of climbing activities for approx 20 sessions at a variety of locations.
- Be 18 years of age or older.
- Hold a valid first aid certificate
- Be proficient in the use of climbing walls.

Course Content & Program

Pre course

- Home paper.

Day 1

Meet at crag.

- Introduction of instructors & outline for the Course.
- Use of guide book.
- Climbing assessment At Severe.
- Personal abseiling
- Lowering.
- Belay construction

Early Evening

Indoor wall

- The indoor wall session.
- The uses of an indoor wall. Rules, facilities.
- The warm up.
- Group management.
- Bouldering and top roping.
- Leading
- Games and Competitions

Evening lecture

- Home Paper.

Day 2

Meet at Crag

- Group management and briefs.
- The impact of the group.
- The setting up of:
 - Top & bottom Ropes.
 - Releasable Abseils.
- Problem avoidance.
- Problem solving.

End of course

- Course review and results.

The Venues

Venue will be either The Peak District or Snowdonia and finalised nearer the date.

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

The course requires accommodation in the Peak District and Snowdonia. A select list of accommodation in these areas can be found at www.essexoutdoors.org

Kit List

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

- Notebook and Pencil
- Water proof jacket & trousers
- Rucksack
- Indoor climbing clothing (shorts & T shirt)
- Chalk Bag
- Rock Boots
- Suitable outdoor clothing
- First aid kit
- Water bottle/Flask
- Log Book

All technical equipment can be provided, however we would expect a potential SPA holder to have their own equipment.

(All ropes will be provided by Danbury Outdoors)