

Single Pitch Award Training

Is it for me?

This Two day training course is designed for climbers who have an interest in the supervision of novices single pitch climbing activities, before attending this course you must fulfil the following pre-requisites:

- A minimum of 12 months rock climbing experience.
- Have led at least 15 climbs outdoors where to protection is leader placed.
- Register with one of the 4 home nation mountain leader training boards.
- Be 18 years of age or older.

Course Content & Programme

Day 1

- Meet at crag.
- Introduction of instructors & outline for the course.
- The Single Pitch Crag.
- PPE & equipment introduction.
- Personal safety on the crag & group briefs.
- The setting up of:
 - Top & bottom Ropes.
 - Releasable Abseils.
- Group management.
- Different belay methods.
- Ground anchors.

Early Evening

Indoor wall

- The indoor wall session.
- The uses of an indoor wall. Rules, facilities.
- The warm up.
- Group management.
- Bouldering
- Top roping.
- Leading
- Games (the box of tricks)
- Competitions
- Q & A session

Evening lecture

- Guide books and the grading system.
- Current access & conservation issues.

Day 2

- Meet at crag.
- Single pitch climbing.
- Use of the guide book.
- Climbing runners & belay building.
- Use of LP Gear & in situ anchors to create vectors.
- Practice setting up of:
 - Top & bottom Ropes.
 - Releasable Abseils.
- Simple problem avoidance. (Common problems)
- Simple problem solving.
- Protected abseiling

End of course

- A comprehensive action plan/skills check list.
- Look forward to SPA assessment out line of the assessment.

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 1:6.

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

All climbing technical equipment can be provided. We do not advise that 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
- Prussik loops
- Belay Device & screwgate Karabiner
- Helmet

(All ropes will be provided by Danbury Outdoors)