

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 protection is leader placed
- Registered with their relevant boards for the SPA scheme (e.g. MLTE, MLTW, MLTS etc.)
- Be 18 years of age or older

Course Content & Program

Day 1 - Meet at crag.(location TBC)

- Introduction of instructors & outline of the course
- The single pitch crag environment
- PPE & equipment introduction
- Personal safety at the crag
- Group briefs.
- The setting up of:
 - Top & bottom Ropes
 - Releasable Abseils
- Group management
- Different belay methods
- Ground anchors

Early Evening Session- Indoor wall (location TBC)

- The indoor wall session
- The use of an indoor wall. Rules, facilities
- 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 (location TBC)

- Single pitch climbing
- Use of the guide book
- Climbing runners & belay building
- Use of LP Gear & in situ anchors to create Anchors
- 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. Outline of the assessment

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 award. The Staff ratio is 1:4.

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
- Water bottle/Flask
- Harness
- Prussic loops
- Belay Device & Screw gate Karabiner
- Helmet

All climbing technical equipment can be provided. However please feel free to bring any climbing equipment you already have.

(All ropes will be provided by Danbury Outdoors)

