# Hereford and Worcester Scout County

# Climbing Instructor Training

## Instructing and Supervising Climbing and Abseiling Activities
## Man made walls and tower

**Dates / Length of Courses**

13 & 14 March or 2 & 3 October 2009. The courses are two days long and both days **must** be attended to gain full benefit.

**Venue**

Saturday will be held at Kinver Training Camp with Sunday being held at Rhydd Covert Camp Site near Kidderminster. These two sites are about 20 minutes drive apart and transport between the two sites will be arranged if required. Both sites have a 12 metre high climbing tower suitable for both climbing and abseiling.

**Cost of the course**

The course costs £45.00 per person to include all equipment hire, course notes and hot / cold drinks. Cheques made payable to "Kinver Training Camp. A deposit of £10.00 is required on booking.

**Instructors**

Instruction is provided by members of the Activate Team (www.activateteam.org.uk )

**Who would benefit from this course?**

Potential climbing instructors / supervisors. This course is better suited to individuals aged 18 and over but Explorer Scouts or Senior Section Guides with some climbing experience may find this course beneficial if they wish to instruct climbing. Very little experience is required but candidates must be able to work comfortably at heights of up to 12 metres. This is a very "hands on" course with just a few classroom sessions. Any relevant course notes are provided so leave your notebooks and pens at home. There are 10 places available on each course.

**Requirements**

Packed lunch on both days but free hot / cold drinks will be available throughout the day.

If you have your own personal climbing equipment then please bring it along but this is not essential as all equipment can be provided.

The main part of the course will take place on the outside climbing tower so it is essential all candidates dress in suitable warm clothing including water / wind proof jacket and warm gloves.

**Aim of the course**

- To provide candidates with the basic skills to run a climbing and abseiling session on a manmade climbing tower or wall.

**Objectives**

- Have a full understanding of the Scout and Guide Permit Schemes as they relate to climbing and abseiling.
- Have a good knowledge of the basic climbing equipment used including the selection and maintenance of this equipment.
- Fully understand the importance of the correct fitting of harnesses and helmets. Be able to tie on correctly to various different types of harnesses.
- Understanding of the varying expectations of the different groups taking into account age, ability and experience.
- Have a good knowledge of the basic safety of the instructors and the participants while operating on the tower.
- Have a knowledge of the use of warm-up sessions.
- Be able to set up safe and sound systems for both climbing and abseiling.
- Understand the use of the releasable abseil and be confident using it in an emergency.
- Be able to belay in a safe and confident manner. Understand the precautions you need to take when instructing belaying to participants.
- Know how to overcome common problems on the climbing wall including "stuck climbers".

For further information on all courses outlined above please contact in the first instance Dave Paget on 01384 873586 enquiries@kinvercamp.org.uk

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**Climbing Course 2010 – Manmade Walls and Towers**

I wish to attend the following course (please circle) **13 / 14 March** **2 / 3 October**

Name ……

Address ……

…… Post Code ……

Telephone …….... E-mail ……..

Unit or Group ……

District …… County ……

Any medical conditions you feel the course instructors should be aware of

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Return to Mr Dave Paget - Kinver Scout Training Camp. The Compa, Kinver. Staffs. DY7 6HR
Please remember £10.00 non returnable deposit (cheques to "Kinver Training Camp").