

Improvers Climbing Course – Including Lead Climbing

This course is aimed at those who have completed a beginners course, or are competent with top roping techniques. It will give you the necessary skills to safely attempt most routes on indoor walls, as well as making the leap into some of the skills you will need to competently climb outdoors on sport or traditional climbs. All equipment is provided in the cost of the course.

Previous Experience + Age:

Must be competent with Top Roping techniques and preferably climbing at grade f5 or above on a top rope. Minimum age of 14 to take part, but all **under 18s must have a parent or guardian partaking** at all times throughout the course.

Course Content:

Revision of basic course, including fitting harness, tying in and belaying.
Advanced rope work and belaying for leading, including knots and anchors.
Lead climbing indoors and on sport routes, clipping safely and efficiently.
Climbing Calls used for leading, communication with your partner.
Advanced movement technique and training for climbing.
Correct selection for of ropes and other lead climbing equipment.
Demonstration of lead falls and theory of fall factors etc.

Duration:

6 Weeks of Monday evenings. Starting Monday 22nd September 2008, 8pm - 10pm (please ask for future dates).

Location:

Warwick School Sports Centre, Myton Road, Warwick.

We have exclusive use of the dedicated climbing wall during the course. The wall has a variety of wall types and professionally set routes, in a comfortable location with 12 rope lines.

Instruction:

All instruction will be provided by Pinnacle Challenge Limited.
The course instructor will hold a minimum of SPA (Single Pitch Award), and will be happy to answer any questions you may have about the sport. Maximum instructor to client ratio of 1:6.

Equipment and Clothing:

All equipment including lead ropes will be provided by Pinnacle Challenge Limited.
Participants should wear comfortable clothes that allow for good freedom of movement (i.e. not jeans), and a pair of clean, non-marking trainers. Long hair should be tied back.

Cost:

The cost of the course will be £180.00.
Members of Warwick Climbing Club or The Bear Rock Climbing Wall will receive a 10% discount (£162.00) upon production of a valid membership card.
Your place on the course will only be guaranteed if we have received a completed and signed booking form along with full payment.

Booking:

Please contact us on info@pinnaclechallenge.co.uk or phone: 01926 496616 and we will send you a registration form.

Terms and Conditions:

Pinnacle Challenge Limited reserves the right to cancel the course if participant numbers are below 4 for each course. In the case that Pinnacle Challenge Limited cancels a course for any reason, a full refund or course exchange will be offered. Places will be issued on a first come first served basis. The word of the instructor is final, and we reserve the right to eliminate anyone from a session or the course without refund if they pose a threat to staff or other participants. We will accept a name change for the course (so long as a new booking form is received), however no cancellations will be accepted within 4 weeks of the start date. Any known medical condition that could affect your participation on this course must be notified on the registration form. We are happy to help people with disabilities; however the nature of this sport can make it difficult in some cases. If you have any queries, please do contact us, and we will be only too pleased to help.