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Introduction to rock climbing - 2 days

"The pleasure of risk is in the control needed to ride it with assurance so that what appears dangerous to the outsider is, to the participant, simply a matter of intelligence, skill, intuition, coordination... in a word, experience. Climbing in particular is a paradoxically intellectual pastime, but with this difference: you have to think with your body. Every move has to be worked out in terms of playing chess with your body. If I make a mistake the consequences are immediate, obvious, embarrassing, and possibly painful. For a brief period I am directly responsible for my actions. In that beautiful, silent, world of mountains, it seems to me worth a little risk." A Alvarez

Is it for me?

This course is for anyone who wants an intensive, practical introduction to what happens on the crag. We will look at the skills to get you started climbing on your own.

No previous experience is necessary, just a desire to do lots of climbing, learn lots and have some fun. You don't need to be a gymnast but a basic level of fitness would be an advantage.

What we cover

As with all Ascent Training courses we feel it is very important for you to progress at your own pace. Therefore we aim you at climbs that suit your aspirations and ability. Our high staff to student ratio allows us to do this.

Each morning your instructor will decide on a venue which is best suited to the weather conditions and the clients' aims and abilities. On the first day we will visit a single pitch crag (less than one rope length high). On the second day we will split into teams of two clients to one instructor and spend the day multi pitch climbing (Longer climbs where sections of climbing are split by ledges). If time allows we hope to visit a climbing wall during the weekend.

We aim to meet our clients at 9am and the days would normally end at around 5pm, possibly later on the first day. Clients are expected to bring their own packed lunch.

Over the two days we intend to look at the following areas:

- Bouldering techniques (climbing without ropes)
- Introduction to simple ropework
- Belaying (controlling the rope for the climber)
- Single and multi pitch ascents
- Abseiling
- Use of technical equipment
- Stance organisation (arranging everything on a ledge, half way up)
- Safe descents
- Crag "etiquette"
- Where do I go from here? - after the course

Staffing

Paul Platt and all instructors Ascent Training employ are dedicated climbers and have a great depth of knowledge of the local crags. They are qualified and experienced in teaching climbing at all levels from beginners to more advanced climbers, and will be keen to pass on their knowledge to you.

Accommodation

Ascent Training courses do not include accommodation but for possibilities of places to stay please follow the links on our website (contact Ascent Training before booking accommodation so we can advise you on the best location).

What will I need?

The following list is a suggestion of what you should bring. All technical equipment will be supplied by Ascent Training and items marked with an * can be hired either for free or at a small charge.

Please do not go out and buy equipment, you will be far more knowledgeable and know what you require at the end of the two days. Our links page lists a couple of recommended shops to buy from when you do decide to shop!

Kit List

Warm outdoor wear (all times of the year)	Notebook and pens
Hat (all times of the year)	Small amount of cash
Gloves or mitts	Lunch
Day rucksack	Sun tan cream
Rucksack liner (bin liner)	
Any personal first aid/medication required	If you have already:
Water bottle	Rockboots *
Vacuum flask	Harness *
Walking boots or approach shoes	Helmet *
Waterproof jacket	Climbing rack *
Waterproof trousers	

Useful Reading

- Rock climbing by Libby Peter (MLTUK official publication)
- Handbook of Climbing by Fyffe and Peter