

Climb365

Mountain Training Rock Climbing Instructor Training

Course outline

Before attending a training course:

- Led at least 15 graded rock climbs with traditional protection.
- Led at least 15 climbing wall routes.
- Led at least 5 outdoor bolt protected sport climbs.
- Be registered with Mountain Training, please [follow this link to our website](#) with all the course information.



What to bring:

Please bring harness, belay plate, lead climbing rack, rock shoes, helmet and a single rated rope, 50m ideally but a 60m is fine.

You will also need personal kit for the day appropriate to the weather and a packed lunch/drink.

If you have any other group kit like rigging ropes, fig 8 descender etc.. that you think is appropriate for the session, please bring it along for discussion.



As the course is run over three days will look at the weather and decide which day will be the indoor wall day.

On the crag days we will be outside all day so please bring good warm clothing.

There will be lots of learning points and discussion so please bring a notebook and pen.

Personal safety at the crag:

There is a need to keep ourselves safe at the top of the crag when rigging, running a top rope or abseil session and so we recommend the use of a **rope** cowstail or lanyard when working at the top of the crag to keep yourself safe.

There are a few devices out on the market for this. If you wish to buy one these are two links:

[Kong- cheap and effective](#). Requires 9mm rope. (I use this one)

[Petzl – Great but more money](#)

There is no need to buy one of these before the course as you can come and see how they work.

If you wish to buy two metres of 9mm dynamic rope then we can make up a rope cowstail / lanyard on the day which will be simple and more effective than using a sling.

Please also bring a 6mm prussik. (if you don't know what length to tie please bring 1.5 metres of 6mm cord and we can set this up for you.

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Stuart Carter MIC Anna Carter MIC

The course could be divided up into these days but there will be overlap and repetition and the weather might change the order.

The course will start at 8:30 am at Scroggs Wood, Kendal.

Day 1 Personal climbing skills

We will spend the day looking at:

- Interpreting guidebooks effectively
- Choosing routes suited to personal ability
- Moving with confidence on up to Severe grade rock climbs,
- Placing runners suitable for lead protection
- Rigging for personal climbing,
- Safety of the second.



Day 2 Climbing wall

- We will look at how to make the most of the climbing wall through bouldering and roped climbing.
- We will look at belaying in top roping and leading situations.
- We will be looking at using fixed or bolted belays and how to use a sport venue.
- Re threading lower offs safely
- **Please try and do some homework before the course and research a few ideas about:** ways to warm up, coach movement, teach bouldering, fun games and activities to teach roped climbing.



Day 3 Group supervision and rigging.

- We will spend the day looking at:
- Rigging a group climbing session quickly and efficiently, this will include top rope, bottom rope and abseiling.
- Group management and supervision while climbing, abseiling, bouldering, teaching climbing skills and movement
- Personal and group safety

Access, conservation and etiquette.

Resources

[This link takes you to Mountain Training information](#) for the Rock Climbing Instructor scheme. It holds all the information that you will need.

Please remember to read through the information on my website.

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