

TRANSITION EXTREME

 **The Adrenaline Enterprise**

Course Title: Leading Club (and NICAS Level 4)

This course is designed for:

Young climbers (14-17) that have existing climbing experience (completed NICAS levels 1 to 3) and confidently bottom roping grades above 5+.

Aim:

Moving beyond bottom rope climbing and progressing onto lead climbing, these sessions provide participants with technical and tactical knowledge involved with lead climbing. The club will focus on both lead climbing and lead belaying.

Course ratio: 1-4

Course Content:

Session 1:

- Review of good practise and safety considerations in the climbing wall,
- Introduction to the lead climbing process,
- Assessment of bottom rope skills,
- Introduction of clipping rope into quickdraws,
- Leading with bottom rope backup.

Session 2:

- Consolidation of technical skills,
- Further lead climbing (with or backup rope)
- Introduction of different style of belaying,
- Clipping/resting and movement coaching,
- Falling practise for climber and belayer,
- Further methods of belaying (different belay devices).

Session 3:

- Consolidation of technical skills,

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- Climbing without bottom rope back up.

Session 4:

- Lead climbing with staff supervision,
- Round up of skills learnt.

What you need:

Participants should ideally be working on level 4 of the NICAS scheme but this is not essential. As lead climbing is inherently more dangerous than bottom roping; participants that have not completed levels 1, 2 and 3 of NICAS must fulfil the requirements of our Junior Registration (Bottom rope competency check). Advice from the instructors will be given when participants are best suited to move up from our other clubs.

What Transition Extreme can provide:

All technical equipment will be provided by Transition Extreme. This will include:

- Climbing helmet,
- Harness,
- Belay plates and karabiners,
- Rock shoes.
- Ropes

How do I book?

1. Contact reception to book you in for an available session.
2. Pay in full at the time of booking to confirm your place (no payment = no booking),
3. Complete participant forms in advance or when you arrive for the course,
4. If you are under 16; have a parent or guardian complete these forms and a parental consent form on your behalf.
5. Turn up, learn loads and most importantly; have fun!