

Course Title: Learn to Climb

This course is designed for:

Anyone aged 17 and over looking to take their first steps into indoor climbing. You do not have to be super fit or skinny; we have climbing surfaces for all shapes and sizes with routes to suit all abilities.

Aim:

The Learn to Climb course will deliver the key technical and safety principles involved with those looking to climb unsupervised indoors. After the four hours of instruction (two separate 2 hour sessions) you should be in a position to complete the Unsupervised registration process to climb without the help of an instructor. You will also be able to sign in up to two novices (if you are aged 18 or over) having completed the registration process.

Course ratio: 1:6 (minimum of 2)

Course Content:

The Learn to climb course will cover the following aspects (session plans flexible depending on group progress):

Session 1:

- Introduction to the indoor climbing environment,
- Safety and duty of care considerations,
- Warming up and down,
- Basic movement on the climbing walls,
- Roped climbing skills (belaying and tying in).

Session 2:

- Consolidation of technical skills,

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- Movement coaching,
- Bouldering and spotting,
- Further methods of tying in and belaying (including different belay devices),
- Considerations when signing in novices.

What you need:

All you need to bring is yourself (wearing active clothing). If you're super keen and have your own climbing kit already please bring it along. An instructor will assess your kit to ensure it is fit for purpose.

What Transition Extreme can provide:

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

- Climbing helmet,
- Harness,
- Belay plates and carabiners,
- Rock shoes.

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!