

Course Title: Learn to Lead

This course is designed for:

Anyone aged 17 and over looking to progress their indoor climbing and get on the sharp end. 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. You should be confidently bottom roping routes graded at 5+ or above.

Aim:

The Learn to Lead course will take your skills from bottom roping and deliver the key technical and safety principles involved with those looking to lead indoors. After the 3 hours of instruction (two 1.5 hour sessions on consecutive weeks) you should be in a position to lead climb and belay without the help of an instructor.

Please note that not everyone gains the technical and mental ability in this time; your instructor will discuss this with you at the end of the course.

This course does not cover aspects of outdoor lead climbing or the placement of Traditional climbing equipment/protection.

Course ratio: 1:4 (minimum of 2)

Course Content:

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

Week 1:

- Introduction to the lead climbing environment,
- Safety and duty of care considerations,
- Assessment of bottom rope skills
- Introduction of clipping rope into quickdraws,
- Introduction of different style of belaying,
- Leading with bottom rope backup.

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Week 2:

- Consolidation of technical skills,
- Movement, resting and clipping coaching,
- Experiencing falls for the benefit of both climber and belayer,
- Coaching of belaying skills,
- Introduction of alternative belay devices if appropriate).

What you need:

All you need to bring is yourself (wearing active clothing). If you already have your own climbing kit already please bring it along. An instructor will assess your kit to ensure it is fit for purpose. Only Transition Extreme lead ropes will be used.

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!