



Single Pitch Award training

1st – 2nd October 2016

This two day course is intended for experienced climbers who wish to introduce groups to climbing on single pitch crags. Its aim is to address the technical skills, judgement and areas of knowledge which will make you a competent Single Pitch Award holder. You will need to practice these skills and gain further experience before returning for assessment.

Pre-requisites

Mountain Training strictly requires that all candidates are registered prior to commencing the course. The Board will not recognise completion of the course by non-registered participants. Copies of the guidance notes are available from Mountain Training. Bring your logbook to the course fully completed with your experience. Before attending the training course you should have led at least fifteen climbs outdoors, placing your own protection.

Mountain Training may be contacted at the following address for registration and syllabus enquiries:

Mountain Training
Siabod Cottage
Capel Curig
Conwy
LL24 0ES

Telephone: 01690 720272

Website: www.mountain-training.org

Course content

The Mountain Training syllabus for the course is closely followed and includes an evening session, covering some of the more theoretical aspects of the syllabus. In particular we will look at the practical skills and techniques required when leading and supervising groups climbing at single pitch venues, concentrating on areas that the board feels it is difficult for candidates to learn on their own. The programme may be revised at short notice to take account of weather and other considerations. A detailed programme will be sent to you one month before the course.

All our staff are dedicated climbers with a great depth of knowledge of the local crags and will be keen to pass on their knowledge to you.



www.mountain-training.org





What to bring

- Personal climbing clothing
- Rock boots
- Harness
- Helmet
- Belay device
- Climbing rack (or any hardware you have)
- Prusik loops
- Waterproof top and bottoms
- Hat and gloves
- Day rucksack with liner
- Small first aid kit
- Water bottle
- Vacuum flask
- Walking boots
- Notebook and pens
- SPA Logbook, up to date
- The SPA Award Handbook

Pricing

Course only: £119.60 Non Residential

How to book

Parents or guardians of under 18s must sign the application form giving consent to participation and then they should be returned as soon as possible together with the full fee (please make cheques payable to Derbyshire County Council) to the below address:

White Hall Centre
Long Hill
Buxton
Derbyshire
SK17 6SX
Telephone: 01298 23260
Fax: 01298 25945

Email: white.hall@derbyshire.gov.uk
Website: www.whitehallcentre.com

White Hall Centre is 3 miles north of Buxton on the A5004. Landranger map sheet 1191:50,000
Grid ref: 032 763





Recommended reading list

- Rock Climbing by Libby Peter (MLTUK official publication)
- The Handbook of Climbing by Fyffe and Peters
- Complete Guide to Rope Techniques by Nigel Shepherd

Health and Fitness

Please inform the Centre of any medical condition or medication that we should be aware of. Mountain Leader courses are physically and mentally demanding. If you are uncertain of your fitness please discuss this with us.

Insurance

Please note that the course fee does not include insurance against cancellation, personal injury, loss or damage, which is not caused by negligence on the part of Derbyshire County Council or its employees, agents or subcontractors. This should be arranged by you

Emergency contact

Please ensure that at the start of the course the Centre has up to date contact details. In case of emergency, contact with course members may be made through the office 01298 23260 or on the payphone 01298 23893.

Cancellation

The Centre reserves the right to cancel any course, which is under subscribed. In the unlikely event of this occurring alternative arrangements will be offered or fees refunded.

Please note that in the event of you having to cancel your place on this course the following criteria will apply:

- Within one month of the course date - full payment will still be payable.
- Over one month of the course date - 25% will be payable.