



# White Hall

Outdoor Education centre



## **COURSE NO: 3263(D)** **SINGLE PITCH AWARD TRAINING** **4 – 5 JULY 2015**

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](http://www.mountain-training.org)



## Course Content

The Mountain Training syllabus for the course is closely followed including 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.

**Min Age** 18 years

**Course Start Time** 9.30 am

**Course Finish Time** 4.30 pm

### **Equipment Required**

- Personal climbing clothing
- Rock boots
- Harness
- Helmet
- Belay device
- Climbing rack (or any hardware you have)
- Prussik 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



## **Recommended Reading List**

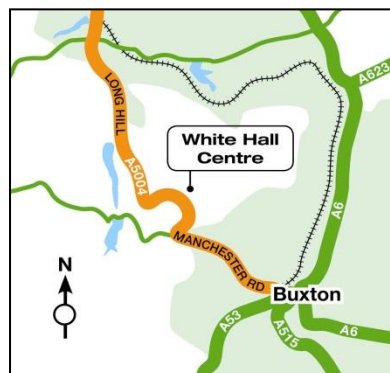
- Rock Climbing by Libby Peter (MLTUK official publication)
- The Handbook of Climbing by Fyffe and Peters
- Complete Guide to Rope Techniques by Nigel Shepherd

Reading relevant magazines is also a good way to keep abreast of current issues.

## **Where to find us**

White Hall is 3 miles north of Buxton on the A5004.

Landranger map sheet 119  
1:50,000 Grid ref: 032 763



## **Health and Fitness**

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

## **Accommodation**

If resident at White Hall, accommodation is in dormitories with bunks and duvet quilts. All meals are provided by the Centre.

## **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 yourselves.

## **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.

## **Course Fees:**

£127.10 Non Resident with Lunches and Evening Meal included

£142.90 Resident with Full Board Accommodation

## **Applications**

Application forms and fees (please make cheques payable to Derbyshire County Council) should be returned as soon as possible to:-

White Hall Centre  
Long Hill  
BUXTON  
Derbyshire  
SK17 6SX  
Telephone: 01298 23260  
Fax: 01298 25945  
e-mail: [white.hall@derbyshire.gov.uk](mailto:white.hall@derbyshire.gov.uk)







**White Hall**  
Outdoor Education centre



## **SINGLE PITCH AWARD TRAINING**

### **APPLICATION FORM**

Please tick the appropriate box: Resident:  Non Resident:

Course No: **3263(D)** From: **4 JULY 2015** To: **5 JULY 2015**

Surname: \_\_\_\_\_ First Name(s): \_\_\_\_\_ Sex: M/F

D.O.B. \_\_\_\_\_ Home Address: \_\_\_\_\_

Post Code: \_\_\_\_\_ Daytime Telephone Number: \_\_\_\_\_

email address: \_\_\_\_\_

Details of any medical condition, illness/ medication we should be aware of:

Name and address of family doctor: \_\_\_\_\_

Special diets (Please tick the appropriate boxes): Vegan:  Vegetarian:

If vegetarian, please show which of the following you **do eat**:

Fish:  Eggs:  Dairy Produce:

Other special diets - please give details: \_\_\_\_\_

### **To be signed by all applicants:**

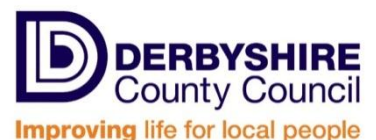
I have read and agree to abide to the Conditions of Booking as detailed overleaf.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

### **Please return this form together with your fee to:**

White Hall Centre  
Long Hill  
BUXTON  
Derbyshire  
SK17 6SX

Telephone: 01298 23260  
Fax: 01298 25945  
email: white.hall@derbyshire.gov.uk



## Conditions of Booking

1. I understand the nature of the course and agree to abide by all safety regulations.
2. I understand that in the event of accident, loss or damage, the County Council will be responsible for its own liability including neglect attributable to its employees in the course of their duty.
3. I understand that the course fee **does not** include insurance against cancellation, personal injury, loss or damage to equipment whilst on the course.
4. I understand that in the event of having to cancel my place on this course the following criteria will apply:
  - Within 1 month of the course date - full payment will still be payable
  - Over 1 month of the course date - 25% will be payable.