



Climbing Courses • Ages 7 to 18 • Nationally Recognised



NICAS Courses:

Our under 18 indoor climbing courses start with NICAS, National Indoor Climbing Award Scheme, which is a nationally recognised award scheme to develop and accredit the skills of young indoor climbers.

Scheme Aims:

- Promote best practice
- Develop climbing movement skills
- Learn climbing rope work
- Develop teamwork and trust with others
- Develop hazard awareness skills
- Point the way to further climbing



The Scheme:

Level 1 Foundation Climber:

An entry level award aimed at novices wishing to learn basic climbing skills under close supervision

Dates for 2017

8, 9 & 10 August (9.30—12.30 each day)

or

8, 9 & 10 August (1.30—4.30 each day)

Cost: £54 plus registration fee of £7.50

Level 2 Top Rope Climber:

A top rope proficiency award aimed at promoting best practice in climbing and bouldering/traversing on an artificial wall. You need to have successfully completed level 1 before progressing to level 2.

Dates for 2017

14, 15, 16 & 17 August (9.30—12.30 each day)

or

14, 15, 16 & 17 August (1.30—4.30 each day)

Cost: £72

On successful completion of each level a pass certificate will be awarded to the candidate in recognition of their achievement.

For more information contact

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Cornwall Outdoors



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