

## 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

#### 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.

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

### Dates/Costs:

**Registration:** £7.50 (includes log book and certification)

#### Level 1: £56 + registration

3 x half day sessions (9.00 am—12.15 pm each day) spread across 3 days: **14th, 15th, 16th of August** (9 hours of coaching)

#### Level 2: £75 + level 1 prerequisite

4 x half day sessions (1.15—4.30 pm) spread across 4 days: **13th, 14th, 15th, 16th of August** (12 hours of coaching)

### For more information contact

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