

Rock Climbing Instructor Training

Overview

The course is three days long and will take place over a long weekend. Training is a prerequisite for assessment and full details about the scheme can be found in the Rock Climbing Instructor Handbook on the Mountain Training website; www.mountain-training.org/climbing/skills-and-awards/rock-climbing-instructor.

At the end of the course the Course Director will update your Mountain Training profile to confirm your full attendance on the course.

The course includes full catering and indoor accommodation.

Before you book, you will need an account with Mountain Training and have registered for the Rock Climbing Instructor scheme. Visit mt.tahdah.me/account/registernew to create an account, login, and then click Register in the top left corner of the page and follow the instructions.

After registering please book online at yr-hafod.org.uk/wp/training/climbing.

Programme

The exact course content and detailed programme is governed by Mountain Training and the Course Director. The course covers all sections of the syllabus, a typical programme might include;

- Planning your day out and picking a suitable venue
- Staying safe – what clothing/equipment to take and weather considerations
- Use of equipment
- Advanced set up skills (top roping/abseiling)
- Rock climbing skills
- Identifying rock features
- Risk assessment before and during the day

One day will take place at a climbing wall with the other two taking place on natural rock.

The syllabus can be found in the [Rock Climbing Instructor handbook](#).



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At the end of the course we will discuss your current abilities and what extra training or experience you might like to consider before presenting yourself for assessment.

Experience required

You must be [registered with Mountain Training](#) (a registration fee applies) prior to booking on this course.

To attend this course you must have completed a minimum of:

- 15 led routes which must be graded rock climbs with traditional protection.
- 15 led routes at a climbing wall.
- 5 led routes which must be outdoor bolt protected sport climbs.

What to bring

If you have any of your own personal climbing equipment, including a helmet, please bring this with you. If you do not have your own it can be provided by Yr Hafod.

You will also need to bring suitable clothing and footwear for a day's rock climbing in the mountains and at an indoor wall near Yr Hafod.

Yr Hafod will provide all group climbing equipment.

The bunkrooms are provided with mattresses; however, you will need to bring a sleeping bag and pillow.

Logbook and other paperwork

Details of your climbs must be logged and ideally in the [Mountain Training DLOG](#). When we register you on the course we will have access to your DLOG. If you use any other form of log please ensure you bring this with you on the assessment. Your logbook will be reviewed on the Friday night.

End of course and feedback

At the end of the course we will discuss your current abilities and any areas for development. We will also suggest what extra training or experience you might like to consider.



Further information

The [Mountain Training website](#) has full details of the Rock Climbing Instructor scheme including the handbook and full details on the training and assessment.

You may be aware that you could be eligible for funding from The Scout Association to support some of the cost of the course, including the cost of your transport. [See their grants for training page for more details.](#)



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