

# CWA ABSEIL MODULE TRAINING COURSE – 4 Hours

- You must have completed your CWA scheme training prior to attending the abseil module training.
- Being registered with the SPA or ML schemes is NOT registration for the CWA scheme.
- Contact the MLTS on 01479 861248 if you are not registered for the CWA award.

The programme below is provisional. Participant needs, venue etc may necessitate some changes.

Module lasts 4 Hrs	<b>Introduction</b>	<ul style="list-style-type: none"> <li>• Personal Introductions</li> <li>• About the CWA scheme and how the abseil module fits into it.</li> <li>• Logbooks</li> <li>• Provisional programme</li> </ul>
	<b>Equipment</b>	<ul style="list-style-type: none"> <li>• Identify equipment suitable for tope roping and abseiling at any given climbing wall.</li> <li>• Evaluating the condition of abseiling equipment and it's appropriate care and maintenance.</li> </ul>
	<b>Top Rope Belaying</b>	<p>This session will concentrate on the technical skills appropriate to running an indoor top roping session for a group. The following will be looked at:-</p> <ul style="list-style-type: none"> <li>• Utilise belay systems at the top of a climbing wall and managing the safety of those arriving at the top of the wall.</li> <li>• Options for connecting self and others to the rope</li> <li>• Options for attaching self and others to belay system and rope.</li> <li>• Introduction to a variety of belay options: their pros and cons.</li> <li>• Personal practice at using variety of belay options.</li> <li>• Options for setting up top rope systems: their pros and cons.</li> <li>• Holding falls and performing lowers.</li> </ul>
	<b>Abseiling</b>	<p>This session will concentrate on the technical skills appropriate to running an indoor abseil session for a group.</p> <p>The following will be looked at:-</p> <ul style="list-style-type: none"> <li>• Utilising belay points for both abseil and safety ropes.</li> <li>• Attaching participants to both abseil and safety rope.</li> <li>• Be aware of potential common problems and their solutions.</li> <li>• Managing the safety of those arriving at the top of the wall.</li> <li>• Personal abseil without use of a back-up safety rope.</li> </ul>
	<b>Course review</b>	<p>This short session will give participants guidance on how best to consolidate their experiences of the course, and incorporating new skills into their operation as potential CWA holders running abseil and top roping sessions.</p> <ul style="list-style-type: none"> <li>• Log books</li> <li>• Consolidation Period and further experience</li> <li>• How the assessment works</li> <li>• 1:1 interviews</li> </ul>

## What Will I Need?

Glenmore Lodge has a large, and very comprehensive store of up to date clothing and equipment. You are welcome to use your own equipment and pick and choose odd items from the store. Your instructor will want to check that personal equipment is appropriate for the activity.

If you are thinking about buying equipment (things like ice axe, boots and crampons) but are not too sure what to get we would advise you to come and try our equipment and then make your purchases after the course. We have a range of most equipment items you can try during the course and there is advice on hand from other students as well as the staff.

### GLENMORE LODGE CAN SUPPLY:

- ✓ Basic waterproof jackets and trousers
- ✓ Leather Boots
- ✓ Rock Shoes
- ✓ Gaiters
- ✓ Helmets
- ✓ Day & Expedition Sacs
- ✓ Climbing Harnesses
- ✓ All technical climbing hardware & equipment, ropes.

### EQUIPMENT YOU NEED TO BRING WHICH WE DO NOT HAVE IN THE STORES.

#### Listed here are the essentials, this is not an exhaustive list.

- ✓ Informal clothing for leisure wear
- ✓ Warm outdoor wear
- ✓ Insulating layers – at least one mid weight and one warm fleece layer
- ✓ General trekking trousers are recommended, not jeans though.
- ✓ Thick socks (several pairs)
- ✓ Spare fleece/insulated jacket
- ✓ Waterproof jacket (with a good hood)
- ✓ Waterproof overtrousers or salopettes
- ✓ Hat & gloves\*\*\*
- ✓ Whistle
- ✓ Compass - Silva type 4 recommended \*\*\*
- ✓ Maps and waterproof map case. For all walking courses you need a waterproof 1:50,000 map of the Cairngorms, for ML courses a 1:25,000 is also useful. \*\*\*

If you have digital mapping at home then print an area of the Cairngorms within the following co-ordinates. It will be several sheets of A4 but covers all the main variety of options we might use in a week depending on the weather. Very occasionally we might go outside that area but we have some mapping for that eventuality.

South West Corner 95 98

South East Corner 05 98

North West Corner 95 14

North East corner 05 14

- ✓ Rucksack liner (or sturdy bin liner) / dry bags
- ✓ Vacuum Flask & Water Bottle \*\*\*
- ✓ Box or bag for packed lunch.



✓ Blister kit/ small first aid kit

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- ✓ Personal toiletries & medications (towels are provided)
- ✓ Suncream – you just never know! \*\*\*
- ✓ Spare towel
- ✓ An alarm clock
- ✓ Glenmore Lodge also has a pool, sauna, gym & climbing wall - so don't forget your swimming/gym/climbing kit!

**Items marked \*\*\* are available in our shop subject to availability.**