

CWA (Climbing Wall Award)

TRAINING COURSE - 2 DAYS

- You must be registered on the CWA scheme (independantly of the ML or SPA schemes registration) and possess the relevant CWA log book.
- 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.

CWA Training Course Programme

The following programme is only intended as a provisional guide.

Course content and order of sessions may vary according to climbing venue congestion, participants needs etc.

Please refer to the Climbing Wall Award Handbook for full details.

Day 1	Introduction Start 0900Hrs (Glenmore Lodge)	Personal Introductions About the CWA scheme Logbooks Provisional programme Review of personal climbing experience Personal climbing equipment check and discussion.
Wall 1 Classroom	Morning Session	Review of personal climbing skills: candidates B/R a climb; lead a climb. Coaching Movement Skills: Learning process, styles and coaching techniques; Foundations of movement focussing on Centre of Balance. Coaching movement session: practical session focussing on coaching movement skills using bouldering and bottom roping. Use of games.
(Wall 1)	Afternoon Session	Bottom roping: definition; Access for setting up ropes – walking; climbing ladders; leading; in-situ ropes. Belaying: personal belay skills; use of variety of belay devices; teaching belaying; use of direct belays from ground anchors; holding falls and lowering. Peer Belaying: different levels of supervision; peer belaying methods and their pros and cons, consultation with wall staff before employing methods; holding falls and performing lowers using a bottom rope. Personal Lead climbing skills: personal climbing movement; clipping runners; clipping top anchors; calls; lowering; leading to set-up bottom rope and it's pros and cons.
Classroom	Early evening session (Glenmore Lodge)	Session covering: The history of climbing wall development; Climbing wall rules and general etiquette; Duty of care and legal responsibilities. Prep for next day: lesson plan preparation.

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.**



CLIMBING WALL AWARD SCHEME- SUMMARY OF EXPERIENCE (Training)

Please complete and return the attached form ASAP to Glenmore Lodge. Thank You.

course dates: _____

name: _____ address: _____

CWA registration number: _____ date registered: _____

if applying for assessment course give the date training course attended and the course provider: _____

When did you start rock climbing, either indoors or out? _____

Personal Experience: climbing walls

Give details of walls visited, and grades of routes led/bottom roped.

Personal experience: single pitch

Give details of crags and areas where you have climbed, and include examples of routes led, plus grade

Personal experience: multi pitch

Give details of crags and areas where you have climbed, and include details of routes led, plus grade

How many indoor routes have you led?

	1-5	6-10	11-20	21-30	31-50	50+
F4						
F5						
F6b			F6a			
F6c						
F7a+						



How many outdoor single pitch routes have you led?

1-5 6-10 11-20 21-30 31-50 50+

Diff
V DIFF
S
VS
HVS
E1+

How many multi pitch routes have you led?

1-5 6-10 11-20 21-30 31-50 50+

Diff
V DIFF
S
VS
HVS
E1+

Instructing/teaching experience

Give details of number of teaching sessions and venues (areas, crags, walls, routes etc)

Please return the completed form ASAP to the address below. Thank You.
Glenmore Lodge, Aviemore, Inverness - shire, PH22 1QU.
Tel: 01479 861256