
Learn to Rock Climb U18

PARENTS PLEASE NOTE: The U18's courses are for young people who are keen on a particular activity. The young people will receive expert tuition from highly qualified and experienced staff. There is virtually nowhere else where you can get such a high quality of five days tuition in one subject at a student instructor ration of between 1:2 and 1:6. This climbing course mirrors the adult one of the same name, the content and aims are similar but the style and approach in which the course is run is geared towards younger people.

We have set a minimum age of 14 and a maximum age of 17. In exceptional circumstances we may consider younger albeit experienced climbers subject to discussing the young person's climbing background and experience with the Head of Training.

People age 16 years and over can sometimes attend our regular programme of courses, please enquire before booking. Parents should bear in mind that we have a public bar on the site and that generally Glenmore Lodge is geared up to adult residents. We are not able to provide entertainment and directly supervise the young people throughout the evenings however centre staff are available 24 hours a day if there are any problems.

There is always an option for an adult to accompany a young person and book onto another course or just stay full board and enjoy what the area has to offer. There will be opportunities for the young people to use the pool and climbing wall, there is a TV and video room and lectures that they are welcome to attend.

Glenmore Lodge holds an Adventure Activities License L6620/R0084 issued 25 June 2007.

Is it for me?

This five day course is aimed at those who are looking to develop their rock climbing experience whilst enjoying the rich variety of rock climbing found in the Central Highlands, as such it is ideal for those who are new or have little experience of rock climbing.

The week runs on a 1 instructor to two participants ratio (1:2). You don't have to have any previous experience of rock climbing although being fit and active would be advantageous.

The actual programme is fairly flexible, with your instructor basing the five days around the topics below, taking into account individual needs and aims, weather etc.

Aim

To develop participants core rock climbing skills such as to be a competent second on a variety of rock climbs, both single and multi-pitch.

Course Content

You will usually be in a team of two with one instructor. Meeting your instructor on the first morning provides an opportunity to discuss you and the other participants experience and aspirations, enabling the instructor to plan the programme around the main topics to be covered. These are:

Developing participants personal experience and ability to competently second a variety of types of rock climbs, both single and multi-pitch.

Technical sessions will include efficient rope management including tying into anchor points.

Belaying both leader and second (including holding falls and lowering).

Coaching in personal climbing movement skills, climbing technique and psychological preparation.

Descending from rock climbs by abseiling using self protection methods.

Use of prusik knots for ascending ropes.

Evening sessions will include a belay session, and a general interest talk.

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.

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