

Rock Improver

Is it for me?

This course is for rock climbers who are currently leading at VDiff. and above on single pitch climbs, and who are looking to develop their personal climbing leading multi pitch climbs on mountain crags or on sea cliffs. The week runs on a 1 instructor to two participants ratio (1:2).

Minimum experience is leading VDiff and a practical understanding of basic rope work and belay techniques.

Lead climbing is an inherently risk activity. Even with the best supervision by our experienced instructors there is still the risk of falling and associated injury. All participants should be aware of and be accepting of this inherent risk.

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

Aim

To develop the technical skills required to lead multi-pitch rock climbs confidently and competently on mountain or sea cliffs.

Course Content

You will usually be in a team of two with one instructor. Lead climbing, with the inherent risk of falling no matter how well managed, is risky. You should be aware of and accept these risks. You will therefore be encouraged to discuss with your instructor how you progress from day to day to allow both you and your instructor to manage these risks. 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:

Develop participants rock climbing skills whilst leading multi pitch climbs.

Re-cap on core rock climbing skills such as movement on rock, belaying both leader and second (including holding falls and lowering), tying into multi – point anchors both in reach and out of reach using the rope alone.

Re cap on using rock climbing protection equipment such as nuts, hexes and camming devices and assessing the efficacy of the placements in a multi-pitch context.

Developing lead climbing skills, including psychological coping strategies for managing lead climbing stresses, on a variety of multi – pitch climbs in a progressive and structured manner.

Stance management on multi-pitch climbs – creating belays, organising ropes etc.

Setting up and using a retrievable abseil, including protecting yourself on an abseil using an auto block, to escape from a multi – pitch climb.

Self rescue techniques and problem solving techniques for dealing with emergencies on multi – pitch climbs.

An evening session will include relevant technical and theoretical input.

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 ***
- ✓ 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.**