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## Safe Rope Work & Gear Placement – One Day

### Is it for me?

A one day top tips and handy hints course for rock climbers who have some experience of climbing indoors and outdoors. This course will provide a no nonsense practical introduction to the technical gear aspects, such as placing protection and constructing belays, of the trad climbing game with an emphasis on simplicity and safety.

With a ratio of one instructor to six participants ratio (1:6) you will get the most out of this course if you are an active rock climber (either indoors or out) with a working knowledge of basic ropework and belay techniques e.g. being able to tie into an anchor, use a belay plate etc.

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

### Aim

To develop a practical understanding of core rock climbing protection, anchor and belay options and techniques used in 'trad' climbing.

### Course Content

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

Setting up sound semi direct/indirect belay systems to single and multi point anchors

Use of belay plate for lowering/holding falls including an awareness of the importance of belay plate orientation for holding falls.

Selecting suitable, sound anchors in a variety of situations including natural anchors (such as trees, spikes, blocks and threads), nuts and camming devices

Setting up sound abseil anchors for retreating/recovering jammed protection

Abseil using a self protection system such as French prusik

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## 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.**