
Introduction to Self Rescue (One day)

Is it for me?

This course is for climbers who are primarily operating on multi-pitch climbs and are looking to learn some core techniques to deal with emergency situations, such as a stuck or injured climber on a multi-pitch climb, where immediate help will not be available or slow to arrive. The actual techniques covered will use the equipment usually carried by rock climbers rather than specialist rescue equipment.

With a ratio of one instructor to six participants ratio (1:6) you will get the most out of this course if you are leading rock climbs, especially multi pitch climbs. However, it is not essential although you should be familiar with basic rock climbing rope work and belay techniques.

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 self reliance in dealing with emergency situations on multi pitch climbs based on a solid foundation of core rock climbing self rescue and problem solving techniques.

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 you and the other participants experience and aspirations, enabling the instructor to plan the programme around the main topics to be covered. These are:

Re-cap of core rope work (tying into multi-point anchors) and belaying both leader and second.

Personal abseiling using self protection.

Evacuating an injured casualty from a crag using a Y hang or equivalent.

Specialist rescue techniques such as hoist systems – assisted and unassisted hoists, and escaping the system.

Ascending and descending a fixed rope e.g. prusiking.

Developing a 'simple solutions to complex problems' process.

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
- ✓ 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.**