
Movement on Rock – One Day

Is it for me?

This course is for those who are looking to develop their personal rock climbing movement skills. As such over the course of the day we will look at refining your climbing movement skills and encouraging a flowing and confident technique. Please note this one day course will focus exclusively on rock climbing movement skills - there will be no coverage of technical skills such as rope work, placing protection etc.

With a ratio of one instructor to six participants ratio (1:6) you will get the most out of this course if you already have experience of rock climbing indoors or out. 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 confident and flowing rock climbing movement technique.

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:

Activation and mobilisation – how to warm up and avoid injury prior to climbing.

Agility, Balance and Co-ordination - awareness of body positioning whilst climbing.

Use of handholds and appropriate specific techniques

How to develop positive movement skills – including centre of gravity, weight transfer and basic twisting.

Dynamic and efficient body positioning/movement on steep terrain

How to control the 'fear factor' through the use of basic psychological skills, such as deep breathing and self talk.

To make best use of our coaching time we will look at using video for feedback and personal coaching.

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.**