

Single Pitch Award Training – 3 Days

Is it for me?

The SPA scheme is for those who are in a position of responsibility during single pitch rock climbing activities. It is primarily concerned with good practice, leading to the safe and quiet enjoyment of the activity.

To attend this course you must be registered for the SPA award and possess the relevant SPA logbook. Being registered for the ML award is NOT registration for the SPA award as well. Contact the MLTS on 01479 861248 if you are not registered for the SPA award.

Full details about the scheme can be downloaded from <http://www.mltuk.org/docs/training-spa.html>

Prior to your course please complete the attached SPA SCHEME-SUMMARY OF EXPERIENCE form and either bring to your course or post to Glenmore Lodge, Aviemore, PH22 1QU.

Our SPA Training course is run over three days. We believe this allows candidates more time to practice the various techniques covered during the course whilst providing more time for a review of each days subject area. You will usually be in a team of four with one instructor (courses are a maximum of eight candidates with two instructors).

Meeting your instructor on the first day 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. The provisional programme below outlines the main syllabus areas covered in the three days.

The following programme is only intended as a provisional guide. Course content and order of sessions may vary according to the weather, crag conditions, participants needs etc.

Day 1	Introduction	Personal Introductions About the SPA scheme Logbooks Discussion of Provisional programme
	Personal Technical Skills	The day will primarily re-visit the personal technical skills required as a rock climbing leader. Equipment: Explore what equipment is suitable for personal use and evaluation of condition of personal climbing equipment. Anchors: Look at protection options and efficacy of placements and anchors. Belaying: Personal belay skills; use of variety of belay devices; lowering; Setting up sound belay systems to single and multi – point anchors. Personal Climbing Skills: Use of guidebooks and climbing ethics; choose routes appropriate to personal ability; Lead and protect rock climbs competently and efficiently. Abseiling: Setting up retrievable abseils: use of friction devices; Safeguard an abseil; solving/avoiding common problems. Review of day
	Early Evening	“The Crag Environment” A slide talk/discussion looking at a variety of concerns involving the crag environment, climbers and organised groups.

Day 2	Group Technical Skills Part 1	<p>This session will be based at a local crag and will concentrate on the technical skills appropriate to running an outdoor rock climbing session for a group.</p> <p>The following skills will be looked at:-</p> <p>Top and bottom rope systems: Pros and cons when working with different groups at a variety of locations: avoidance of potential problems.</p> <p>Problem Solving: Solving some simple and potential problems during use of both systems.</p> <p>Both sessions will also deal with some simple group management strategies, safety consideration, environmental impact (Access Vs crag environment), and crag etiquette.</p> <p>Review of Session</p>
Day 2	Climbing Walls and Coaching Climbing Skills	<p>This session will be based at a local climbing wall, and will focus on the use of walls by groups and coaching climbing and associated safety techniques. The following will be covered:</p> <p>Use of climbing walls: Design; Access and availability; suitability for groups.</p> <p>Running a warm up and mobilisation session to minimise risk of soft tissue injury.</p> <p>Coaching Movement Skills: Learning process, styles and coaching techniques; Foundations of movement focussing on Centre of Balance.</p> <p>Coaching movement session: practical session focussing on coaching movement skills using bouldering and bottom roping. Use of games.</p> <p>Peer Belaying: teaching belaying; different levels of supervision; peer belaying methods and their pros and cons, consultation with wall staff before employing methods; holding falls and performing lowers using a bottom rope.</p>
	Early Evening	Above sessions Cont.
Day 3	Group Technical Skills Part 2	<p>Review of Early evening Session.</p> <p>This session will be based at a local crag and will continue on from day 2 exploring the technical skills appropriate to running an outdoor rock climbing session for a group.</p> <p>Group Abseiling: Choice of site: appropriate system; methods of abseiling; solving common problems.</p> <p>Consolidation and further practice of elements covered on Day 2.</p> <p>Review of Day</p>
	Course review	<p>Between Training and Assessment: This short session will give participants guidance on how best to consolidate their experiences of the course, and incorporating new skills into their operation as potential single-pitch ward holders prior to presenting themselves for assessment.</p> <p>Log books</p> <p>Individual Debrief</p>

What Will I Need?

Summer Mountain & Rock Courses

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. Glenmore Lodge will supply all ropes.

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.

Please complete the form below and either bring to your course or post to Glenmore Lodge, Aviemore, PH22 1QU.

SPA SCHEME- SUMMARY OF EXPERIENCE

**You must complete the attached form and return to Glenmore Lodge ASAP.
Thank You.**

Course Dates

Name

Address

SPA Registration No.

Date Registered

When did you start leading rock climbs?

Personal experience: single pitch

Give details of crags and areas where you have climbed, and include examples of routes led plus grade

Personal experience: multi pitch

Give details of crags and areas where you have climbed, and include details of routes led plus grade

How many single pitch routes have you led?

	1-5	6-10	11-20	21-30	31-50	50+
Diff						
V DIFF						
S						
VS						
HVS						
E1+						

How many multi pitch routes have you led?

	1-5	6-10	11-20	21-30	31-50	50+
Diff						
V DIFF						
S						
VS						
HVS						
E1+						



Instructing/teaching experience

Give details of number of teaching sessions and venues (areas, crags, walls, routes etc)

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