

ITINERARY

ROCK SKILLS INTERMEDIATE

info@lakedistrictmountaineering.co.uk



Meeting Location:

Booths Cafe
Tithebarn Street
Keswick
Cumbria
CA12 5EA

Meeting:

Your instructor will be waiting for you in the location detailed above
We will provide you with their vehicle details so you can identify them easily

It will be best to head inside the cafe and meet your instructor here
This is a good meeting location as we can make a decision on venues and it's very central for travel to the crags we use

On arrival, there will be a briefing where the instructor will discuss the plan for the day & introduce the itinerary.

The instructor will clarify any medical conditions and make sure everybody has the appropriate kit - please adhere to kit lists as without the correct equipment we may not be able to take you into the mountains for safety reasons.

Outline:

COURSE OUTLINE:

- Background and Planning.

Choosing a suitable venue, how to use guidebooks and mobile devices to find crags and routes, crag etiquette and the work of the mountaineering councils

- Climbing Skills.

Warming up and injury avoidance, developing your movement skills and widening your repertoire of climbing moves.

- Footwear and Equipment.

Rock boot fit, selecting the right equipment for improved performance and an introduction to climbing protection.

- Technical Skills.

Building anchors, selecting runners, ropework, belaying, holding falls, lowering, seconding a route and personal abseiling.

- Environmental Knowledge.

The impact of climbers at the crag, ethics, access and environmental considerations.

- Hazards and Emergency Procedures.

Identifying hazards, managing risk when climbing, abseiling and bouldering, understanding common injuries, how to get help and the role of Mountain Rescue.

BY THE END OF THE COURSE YOU CAN EXPECT TO:

- Have covered the course content in a safe and enjoyable outdoor environment and classroom-style setting;
- Have climbed outside for a good proportion of each day on an appropriate crag; and
- Be in a strong position to second a lead climber on natural rock and participate safely in a climbing session.

Course Affiliation

Our Rock Skills climbing courses are accredited by Mountain Training

The registration is free and LDM will register you on the scheme with Mountain Training and create an account for you

www.mountain-training.org

We will register you with Mountain Training, once this has been done you will receive:

- Access to all four courses with any approved provider (Introduction, Intermediate, Learn to Lead Sport & Trad)
- Lifetime use of DLOG (the digital logbook) for recording all climbing related activities
- A certificate of attendance for each course attended
- A copy of New Rock Climbers - to be handed out on the course

Kit List:

Kit lists can be found here: <https://www.lakedistrictmountaineering.co.uk/kit-lists>

Please come prepared for adverse mountain weather - this includes bringing/wearing the following:

- Waterproof Jacket
- Waterproof Trousers
- Fleece Mid Layer
- Insulation (spare warm top)
- Hat & Gloves
- Walking boots/approach shoes
- Rock shoes
- 25-30L Rucksack
- Lunch & Snacks
- 1 litre water
- Personal Medication

LDM can provide harnesses and helmets but feel free to bring your own if you wish to use them.

We also provide all ropes and hardware but feel free to bring any equipment you may have if you want to use it for the day - this includes belay devices and nut keys

For the course you will need your own rock shoes as we do not provide these

A beginner rock shoe needs to be comfortable and not too small - we recommend buying shoes in your street size

Models we recommend are the La Sportiva Tarantula or the Boreal Joker

We recommend having a chalk bag and some chalk for climbing too

Please get in touch if you have any questions.
LDM are looking forward to meeting you soon!

Contact Details:

Email: info@lakedistrictmountaineering.co.uk

WhatsApp: 07458353048

Website: www.lakedistrictmountaineering.co.uk

Thank you for your booking