



MOUNTAIN TRAINING CWLA TRAINING COURSES

The **Climbing Wall Development Instructor** (CWDI) is a National Governing Body qualification for teaching lead climbing on artificial structures which have fixed protection. It is taken by climbers who already hold either the **Climbing Wall Instructor** (CWI) or the **Rock Climbing Instructor** (RCI) to further develop the skills involved teaching and supervising skills developed through these awards.

Please note prior to 2 April 2018 this course was named Climbing Wall Leading Award (CWLA), Climbing Wall Instructor (CWI) was Climbing Wall Award (CWA) and Rock Climbing Instructor (RCI) was Single Pitch Award (SPA).

TRAINING COURSE DETAILS

This course develops the skills and techniques to teach and manage lead climbing groups in a variety of situations. It consists of a series of discussion workshops to share and benefit from each other's experiences.

Theoretical course content:

- Safety chain with relevance to lead climbing
- Hazards presented to other site users
- Different climbing walls and structures
- Appropriate and inappropriate areas of a wall to teach lead climbing
- Dynamic risk assessments
- Skills required

Practical course content:

- Identify suitable equipment appropriately for leading routes
- A variety of belay devices and belay techniques
- Hold and take leader falls
- Plan individual sessions and programmes of activities with appropriate objectives
- Progressive coaching activities
- Common lead climbing problems
- Manage, develop and supervise lead climbers
- Technical instruction
- Climbing movement skills
- Climbing and non-climbing development activities

A variety of delivery styles will be used to match the course to the skills and experience of the candidates.



TRAINING COURSE OUTCOMES

At the end of the course candidates will develop an individual action plan regarding consolidation prior to assessment, identifying opportunities to gain experience to develop your skillset, and the timescale for doing your assessment.

The period between training and assessment varies in length for each person and is an opportunity to develop your skills, paying particular attention to any weaknesses identified during the training course.

You can use the excuse 'Yay! I'm preparing for assessment' to visit the wall as much as you like! Visit as many different walls as you can.

For more support and information sign up to Arrampica's newsletter, check out articles on our website www.arrampica.com. Follow us on Social Media Facebook @arrampica Twitter @arrampica and Instagram @arrampica1

If you are on Facebook you may like to join the group Arrampica CWA for support, hints, and tips from the Arrampica Team. **Climbing Wall Award (CWA) Trainees**, **Climb London** and **Women in Mountain Training** are other Facebook groups.

TRAINING COURSE PRE-REQUISITES

- You must be at least 18 years old
- MT Climbing Wall Instructor (CWI), Rock Climbing Instructor (RCI), CWA or SPA
- You must have an up to date logbook (ideally DLOG) with evidence of the following:
 - 50 led routes
 - Climbed at 3 different major climbing walls
 - Belayed a lead climber 50 times
 - 25 lead routes at grade F6a on indoor climbing walls
 - 20 supervising sessions after passing either CWI, RCI, CWA or SPA

COURSE LOCATION, DATES and FEES

Westway Climbing Centre, London: A great centre for climbing that is one of London's largest. There are 350 climbing routes on 110 rope lines up to 13.5m and up to 150 boulder problems.



XC Extreme Sports Centre, Hemel Hempstead: This impressive centre has 9 metre high bouldering walls and 15 metre high roped walls.

CWDI Training - Westway Climbing

5 - 6 Feb 2018 9.00 am – 5.00 pm

Cost: CWDI Training £130

WHAT'S INCLUDED?

- Instruction/Coaching
 - Course booklet and information sheets
 - Climbing equipment to illustrate appropriate use.
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KIT LIST – WHAT PARTICIPANTS NEED TO BRING

- Clothes suitable for climbing and hanging in harnesses
 - An exceptionally warm jacket and hat
 - Working Gloves
 - You will need plenty of food and drink to sustain you
 - Climbing shoes and climbing harness
 - Your favourite climbing equipment including belay devices.
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REGISTRATION and BOOKING

- Log in to the Candidate Management System
- Register for the Climbing Wall Development Instructor scheme (this costs £55)
- Notify Mountain Training (via the SEND TO MT button in DLOG) that your DLOG is ready to be reviewed - it can take up to 10 working days to review your logbook.

Then use these links to book your place on these open courses

CWDI Training - <https://arrampicalimited.arlo.co/courses/1033-cwla-climbing-wall-lead-award-training-open-course>

Private closed courses can be booked to run anywhere in the UK or internationally.
Please contact us to discuss your requirements including possible dates and fees.

Email info@arrampica.com or call us on **08450 947 923**

The Mountain Training website for climbing is <http://www.mountain-training.org/climbing>
