



ARRAMPICA SITE SPECIFIC BOULDERING INSTRUCTOR

This course is to qualify staff to supervise bouldering activities on a specific indoor or outdoor bouldering wall. First the staff will attend some training sessions, for an open course these may be held at an alternative site. The second stage is consolidation where the opportunity must be found to practise and perfect the skills learned. The final stage is the assessment where high standards must be achieved. The assessment has to be held at the specific site for the award to be valid.

COURSE DETAILS

The course will develop the skills and techniques to manage bouldering groups in a variety of situations, including traverse walls if applicable. The delivery style and content will be matched to the skills and experience of the candidates and their specific sites.

Theoretical course content:

- The bouldering wall environment
- Technical Competence
- Supervision
- Safety considerations and risk assessment
- Signage and codes of conduct
- Planning a bouldering session

Practical course content:

- Good practice
- Warm up and injury avoidance
- Group management
- Climbing games
- Movements skills and centre of balance
- Appropriate use of helmets
- Organisation and briefings
- Personal bouldering skills
- Recommended equipment and appropriate methods

The course consists of training and assessment. Depending on the complexities of the site and the experience of the staff there may need to be a consolidation period in between.



Assessment:

All candidates will be given the opportunity to perform to the best of their ability in realistic conditions.

You will be assessed on:

- Logbook detailing consolidation experience
- Theoretical and Practical contents (see above)

- **TRAINING COURSE OUTCOMES**

At the end of the course candidates will develop an individual action plan regarding consolidation prior to assessment, including any weaknesses identified during the training course. If you can why not go and boulder at some other climbing walls where you may also be able to shadow some bouldering group sessions.

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

- **ASSESSMENT COURSE OUTCOMES**

Individual feedback will be given to candidates after the assessment.

If the candidate has satisfied the requirements they will be awarded their Arrampica Site Specific Bouldering Instructor qualification. This qualification will remain valid for three years provided the candidate completes an annual CPD day. To re-validate the award, candidates must be re-assessed.

In the unfortunate event of a candidate failing to meet the standard required during the assessment, the assessor will discuss with them what they need to improve on and how to proceed.

COURSE PRE-REQUISITES

- Minimum age of 17 years (18 years for assessment)
 - Have an interest in supervising groups on a bouldering wall
 - Have the time and enthusiasm to complete the consolidation period prior to assessment
 - Physically fit and able to climb
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COURSE LOCATION, DATES and FEES

The locations and dates and cost of our open courses will be announced soon.

WHAT'S INCLUDED?

- Instruction/Coaching
- Course booklet and information sheets
- Climbing equipment to illustrate appropriate use
- PDF certificate on successful completion of the course

KIT LIST – WHAT PARTICIPANTS NEED TO BRING

- Clothes suitable for bouldering including closed toe shoes
- An exceptionally warm jacket and hat
- You will need plenty of food and drink to sustain you
- Climbing shoes (optional)

REGISTRATION and BOOKING

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

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