



Forth Region Climbing Training – Course Information

Details about venue, dates, and times will be contained on the relevant course booking link on the Forth Region Website. Where payment is required please note that this is not refundable in the event of subsequently being unable to attend a booked session unless we are able to fill the space prior to the course taking place. Booking fee (any charge for online payments) is not refunded.

If a course has to be cancelled for any reason, we would aim to offer alternative dates. If these are not suitable then payments would be returned.

Two courses are on offer:

1. Climbing Artificial Top Rope Course (Indoor Climbing and Crate Stacking), and
2. Climbing & Abseiling Natural Top Rope - Training Course

Normally these courses do not include assessment, separate assessment sessions will be available.

Queries should be directed to maps@frscouts.org.uk in the first instance.

Course Details

1. Climbing Artificial Top Rope Course (Indoor Climbing and Crate Stacking)

Description of course:

This course is aimed at providing training for those wishing to gain or renew a Climbing Artificial Top Rope permit.

This permit will allow holders to run climbing sessions on an indoor wall and run crate stacking activities using a certified artificial anchor (i.e. not a tree).

This course will not cover group-abseiling and will only assess candidates to a 'Leader' category of permit.

Attending training is optional, meaning those who feel they possess sufficient skills and experience may present for assessment without attending training but this is discouraged as the training sessions act as a good refresher and ensure that you are aware of the most recent changes to rules and best practice.

The course does not include assessment. An opportunity for assessment will be organised for later in the year.

Pre-requisites:

None, although prior experience and familiarity with the basics of climbing in a top-rope situation is beneficial. Those attending without any prior experience may be asked to defer assessment to allow for a period of consolidation before being ready to return for assessment.

Equipment / What to bring:

- All required equipment provided, however if you have climbing equipment feel free to bring it along.
- No catering is provided so please bring your own snacks and refreshments. (Depending on venue hot water may be available).
- Wear comfortable light weight clothing suitable for climbing.

2. Climbing & Abseiling Natural Top Rope - Training Course

Description of course:

This course aimed at providing training for those wishing to gain or renew a Climbing Natural Top Rope permit. This permit will allow holders to offer climbing on a natural wall/crag using natural or artificial anchors.

This course will cover group abseiling and will only prepare candidates to be assessed for a 'Leader' category of permit.

The course does not include assessment. An opportunity for assessment will be organised for later in the year.

Pre-requisites:

Beneficial to have had some experience of climbing inside or outside but not essential.

Equipment / What to bring:

- All required equipment provided, however if you have climbing equipment feel free to bring it along.
- Bring lunch snacks and recommend a hot flask.
- Dress appropriately for the weather. Most of the day will be spent not moving around much and it is easy to get cold so ensure sufficient warm layers even if the weather is kind.

In the event of adverse weather it might be necessary to cancel the session at short notice. In such an instance a new date will be schedule as soon as practical.