



Introduction to Rock Climbing

With Steve Banks

If you've ever wanted to try climbing but didn't have the confidence or know where to start then this two day course is for you. You will be either indoor or outdoor, depending on the weather, and will enjoy an action packed time based around your needs and abilities on non-threatening venues.

Steve has been rock climbing for over 25 years and teaching climbing for over 20. He is very keen to introduce people to this exciting activity in a manner which builds confidence and reduces anxiety. Success is not measured only by getting to the top, rather by developing a calm and assured approach to solving a puzzle on a vertical plane.

Dates and Cost: As advertised. Hire of footwear and entrance fees to walls are not included.

Ratio: Minimum 2 people, maximum 6 per staff member.

Content: Whilst this will remain flexible to provide for client needs, it will likely include the following:

- Equipment for climbing
- Safety and etiquette at climbing venues
- Understanding and using guidebooks
- Efficient movement on rock
- Bouldering
- Belaying
- Lots and lots of climbing

Equipment: Technical equipment such as ropes, harnesses and helmets will be provided for you though you are welcome to bring your own (except ropes).



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You must bring a packed lunch, drink and clothing suitable for climbing in the prevailing conditions – think warm, synthetic and stretchy (no jeans).

Climbing shoes will also be beneficial. These can be bought at Ultimate Outdoors or hired at local climbing walls. Steve will advise you on this.

If you have any questions whatsoever about this provision please feel free to call Steve, he will be pleased to hear from you and will do his best to help.

Due to high staff/client ratios and the highly disruptive effect of late withdrawals, any course cancelled within 30 days of the start will incur loss of all fees. If you have any concerns regarding your ability to participate in a course on which you have enrolled you are strongly advised to take out appropriate insurance. Steve Banks is not in a position to indemnify clients against any illness, injury or other misfortune which may affect attendance. If a course has to be cancelled by Steve Banks a full refund will be given.



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