

SOUTH AFRICAN CLIMBING ACADEMY



Alpine Climbing Beginner Course

This is a course that covers a wide range of the technical aspects of alpine climbing. The hands-on approach will keep learners constantly active, and it is designed to lay a solid foundation in both safety and climbing skills needed to climb big mountains. If the principles taught this course are adhered to, and continued with diligence, it will serve well to keep you safe in your new healthy outdoor passion.

2018 Course Schedule

Note: These take place on Tuesday and Thursday evenings at either the SACA premises in Florida North or your own venue at your own cost.

Session 1

Tuesday: Lecture 6:30 pm

Thursday: Lecture 6:30pm

Saturday: 9am to 5pm

Session 2

Tuesday: Lecture 6:30 pm

Thursday: Lecture 6:30pm

Saturday: 9am to 1pm and cold room exercise 2pm to 3pm.

Optional 3 days in Drakensberg/Lesotho on real snow, conditions dependent.

(Note the Prices for the optional 3 days exclude travel and accommodation)

Pricing Structure:

R 5000 for 1 Person (Training)

R 3000 for 2 People Per Person (Training)

R 2300 for 3 People or more Per Person (Training, max 6)

R 3500 for 1 Person (Optional weekend)

R 2500 for 2 People Per Person (Optional Weekend)

R1800 for 3 People or 4 (max) Per Person (Optional W-end)

Banking Details: SA Climbing Academy

FNB Cresta 254905

A/C 62244046381

Price includes use of climbing/ice gear (excluding boots) for course duration, a comprehensive manual and prussic loops. **Expenses such as transport costs , food and accommodation for the weekend and day events is not included.**

Terms and Conditions of Enrolment:

- Learners must arrange own transportation to lessons.
- The organisers reserve the right to make changes to the course and dates if necessary.
- No credit or refunds are issued for missed lessons.
- Learners agree to abide by all the SACA rules.
- All learners must complete the indemnity in full.

For more info contact Neil on 083 669 3028

Course Outline

This course comprises twice weekly sessions over 2 weeks. This involves 4 classroom-based theory and practical sessions as well as 2 practical outdoor sessions over 2 separate weekends. Theory covered and practiced on simulated ice and snow slopes (sand quarry) are the following:

- Team rope travel skills on ice slopes and glaciers.
- Knots and slings, climbing harness and other gear usage
- Prussic and jumars, set up and use
- Ice anchors setup
- Belaying and running belays,
- Glacier safety including crevasse rescue, how to prevent and participate
- Fixed line travel with mechanical ascenders
- Fall Arrest on steep snow
- High altitude, avalanche and extreme cold theory
- Cold room exercise, rehearsing final summit day prep and testing gear in simulated conditions below minus 10 deg C.

Learning aids include a prescribed manual and video footage of alpinists as part of understanding technique.

Weekend sessions will be a venue with a quarry where you will be taught hands on the work using ice gear loaned for the occasion so that your own gear does not get damaged. A very enjoyable and excellent preparation for big mountain plans in the near future ahead.

Name	
ID number	
Allergies or relevant medical info:	
Postal Address	
Email address	
Mobile number	

Personal Details

I agree to adhere with the terms and conditions stated here and confirm that the information on this form is correct.

Signed:

Date: