

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.

Course 2015 Schedule

Note: all lecture venues are close to Johannesburg
These take place on Tuesday and Thursday evenings. All weekend activities are at outdoor venues within an easy day drive from Johannesburg, thus no overnights required.

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 5pm

Pricing Structure:

Standard Cost: R2400.00

Special offer: First 10 entries only: R1950.00

Deposit on to confirm your place R1000.00

Second payment after first session R950.00

Banking Details: SA Climbing Academy

FNB Cresta 254905

A/C 62244046381

Price includes use of climbing gear for course duration, a comprehensive manual and venue entrance fees at selected crags. Expenses such as transport costs and refreshments are 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,
- 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

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: