

SOUTH AFRICAN CLIMBING ACADEMY



Enrolment Form: Parent and Coaches Course

This is a course that covers a wide range of the technical aspects of training climbing safely and effectively. The hands-on approach will keep learners constantly active, and it is designed to lay a solid foundation in both safety and climbing skills. If the principles taught this course are adhered to, and continued with diligence, it will serve as an excellent guide to helping our young climbers enter the climbing world and succeed.

Course 2015 Schedule

Session 1
Theory Lecture 6:30 to 9:30pm
Session 2
Theory Lecture 6:30 to 9:30pm

Partice Saturday: 9am to 4pm
Sunday:9am to 2pm
Assessment:
Sunday 2:30 to 4:40pm

Note: all lecture venues are close to Johannesburg
These take place on Tuesday, Wednesday or Thursday evenings.

All weekend activities are at outdoor venues within an easy day drive from Johannesburg/Pretoria, thus no overnights required for those living in the area.

Pricing Structure:

Standard Cost: R2 400.00 per person
Miimum Charge R750.00
Deposit on to confirm your place R1200.00
Second payment after first session R1200.00
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 is a 2 evening lectures and a 2 day course where we will equip parents or school coaches with limited climbing knowledge or experience to be able to take their kids out on rock to lead climb and top rope safely. I cover an intro on climbing so that they can make correct decisions in regard to gear purchases and not buy the incorrect thing and waste money or even have possible risk due to ill-fitting or incorrect gear. I teach them proper warm up, effective training systems and injury prevention, stretches and exercises so that they can ensure their child can maximise their own competitive climbing potential safely without injury. At the crag they will learn how to set up a basic top rope, how the methodology works in leading and cleaning and will be taught to belay correctly. They will also be taken through the basics of climbing ethics and environmental standards required when climbing outdoors so that they can guide their child the correct way. I will run through how climbing competitions are run, how the scoring occurs and the workings of the SA and international competition circuit. Lastly they are taught about all potential mountain hazards and how to handle a mountain emergency, the correct procedures, who to contact, and what not to do. The course has a simple assessment at the end and a certificate is awarded to those who pass. Those taking part need not necessarily be climbers themselves but some degree of physical action will be involved, no previous experience is needed.

Personal Details

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

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

Signed:

Date: