

SOUTH AFRICAN CLIMBING ACADEMY

TRAINING  GUIDING  JUNIORS



Enrolment Form: Adult Beginner Course 2020

This is a course that covers a wide range of the technical aspects of 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. If the principles taught this course are adhered to, and continued with diligence, it will serve as an excellent start to your new healthy outdoor passion.

Course Times and Days

Note: all lecture venues are close to Johannesburg
These take place on Wednesday evenings.
All weekend activities are at outdoor venues within an easy day drive from Johannesburg, one overnight required.

Session 1
Lecture 6:30 pm
Day 1 9am to 4pm

Session 2
Lecture 6:30 pm
Day 2 9am to 4pm

Day 3, assessment at a later stage –9am to 1pm
All theory at a home venue in Johannesburg
All day events at an outdoor venue in Johannesburg

Pricing Structure:

R 5500 for 1 Person (Training)
R 3300 for 2 People Per Person (Training)
R 2500 for 3 People or more Per Person (Training, max 6)

Banking Details: SA Climbing Academy
FNB Cresta 254905
A/C 62244046381

Price includes use of all climbing gear (including 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.
needed to verify running a course.

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 indoor and outdoor training sessions over 2 weeks, 2 classroom-based theory sessions, as well as 3 practical outdoor sessions over 2 separate weekends. The final outdoor session includes the assessment. This format is repeated several times a year.

During classroom sessions, learners will be taught the basics of safety, mountaineering, knots, climbing movement, injury avoidance and many other techniques. Learning aids include a prescribed manual and video footage of top climbers as part of understanding technique.

Weekend sessions begin with a warm up, followed by belaying practice and applying technique to actual climbs.

This is followed by a recap, discussions, planning and goal-setting. At the end of the second outdoor session, learners will be assessed and if found competent, will receive a certificate.

The course equips complete beginners with the skills to participate safely in climbing activities with other more experienced climbers. Learners are also introduced to existing climbing clubs, networks, and groups so they can find their place in the climbing community.

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: