

# Adventure Unlimited

## Single Pitch Award Training Course

### Introduction

The Single Pitch Award (SPA) is designed for people who wish to work with groups on single pitch crags throughout the UK. The SPA training course is designed to give a thorough introduction to the necessary skills needed to do this effectively. It is possible that we will not be able to cover all the areas of the SPA syllabus. If this is the case, we will be able to suggest suitable books etc to help in your studies.

The course notes are set out below in approximately the same order as the topics you will cover during the training course. They should act as an aide memoir after you finish the course and throughout your consolidation period.

The following are a few notes from the MLTE regarding the scheme:

“The scheme is for those who are in a position of responsibility during single pitch rock climbing activities”

“It is primarily concerned with good practice, leading to the safe and quiet enjoyment of the activities”

“Completion of a training course alone, without taking an assessment, is not a qualification in itself.....”.

For more details refer to the Single Pitch Award training scheme prospectus and syllabus.

### Pre-requirements

You need to be a rock climber...a minimum of 12 months of experience is expected.

You have to register with one of the mountain training boards before attending a training course.

You need to have done a minimum of 15 routes with leader placed protection.

### Programme

The course consists of two days of practical and theoretical training. See below for an outline of the topics covered on each day of the course. The topics covered may vary

slightly depending on weather and the skills of the group.

## **Day 1- Peak District 9.30am Personal Climbing Skills**

### **Introduction**

Group discussions on the following:

1. Access
2. Conservation
3. Historical issues
4. Role of the instructor
5. Personal climbing equipment

The following areas will be covered throughout the day:

Route choice  
Guidebooks  
Abseiling  
Rock anchors  
Personal climbing  
Knots & their application  
Handling the rope

## **Day 2- Peak District 9.30am Group Skills**

Group discussions on the following

1. Crag choice
2. Route choice
3. Appropriate days out for clients

The following areas will be covered throughout the day:

Group abseils  
Top roping  
Bottom roping  
Problem solving  
Group management  
Communication & organisation  
Crag 'games'  
Course review & individual "de briefs"

## **Climbing Wall Skills**

Use of the climbing wall

Injury avoidance  
 Belay devices  
 Holding falls  
 Teaching skills

## Equipment Required

Key: ✓ = “required”      \*\* = “recommended but not required”

<b>Equipment Required</b>	<b>✓</b>
1 – 3 Season walking boots	**
Lightweight walking clothing	✓
Pen/pencil + paper	✓
Water bottle (at least 1 litre)	✓
Rock climbing boots	✓
Belay device	✓
Rock climbing leading equipment	✓
Harness	✓
Helmet	✓
Climbing guidebook/s	✓
Personal First Aid kit	✓
<b>MLTE log book-on 2nd day</b>	✓
Long sleeve mid layer	✓
Water proof jacket + trousers	✓
Skiing goggles/sunglasses	**
Rucksack with waterproof liner	**
Insect repellent/sun screen	✓
Lip salve	**
Camera	**
Thermos flask	**

**Harnesses, belay devices and helmets can be borrowed from Adventure Unlimited. Please book these items prior to the course. Any losses will need to be replaced.**