

SOUTH AFRICAN CLIMBING ACADEMY



Enrolment Form: Parent and Coaches Course (MDT Wall climbing Supervisor)

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. At the end of the course the coach or parent can apply for an assessment at a later date and if successful receive a MDT Wall Climbing Supervisor certificate.

Course 2018 Schedule

Week 1

Tuesday Theory Lecture 6:30 to 9:30pm
Thursday Theory Lecture 6:30 to 9:30pm
Saturday Practical : 9am to 4pm
Sunday 2:30 to 4:40pm

Week 2

Tuesday Theory Lecture 6:30 to 9:30pm
Thursday Theory Lecture 6:30 to 9:30pm
Saturday Practical : 9am to 4pm
Sunday 2:30 to 4:40pm

Extra day for Wall climbing Supervisor Assessment
(Wall climbing Supervisor assessment not included
in price)

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:

R 5000 for 1 Person
R 3000 for 2 People Per Person
R 2300 for 3 People or more Per Person (max 6)
R 800 for Wall Climbing Supervisor Assessment
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 4 evening and a 4 day course where we will equip parents, teachers or school coaches with limited climbing knowledge or experience to be able coach their students effectively for competitive climbing and additionally they will be equipped to take their kids out on rock to single pitch sport lead climb and top rope safely. We cover an intro on gear so that they can make correct decisions in regard to gear purchases and not buy the incorrect items and waste money or even have possible risk due to ill-fitting or incorrect gear. We teach proper warm up, effective training systems and injury prevention, stretches and exercises so that they can ensure their child can maximize 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 an optional simple assessment at a later date and a MDT Wall Climbing Supervisor certificate is awarded to those who pass. Those taking part

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: