

Climbing and Abseiling Courses

New for 2017!!

Indoor and Outdoor fun and adventure
for all ages and abilities



Quality Instructors who know how to encourage and drive students to meet their potential and accomplish goals they didn't think possible!



Qualified Single Pitch Outdoor Instructors, WWC, Current First Aid

Climbing and Abseiling Courses 2017

Indoor Courses Terms 1 - 4, Outdoor Courses Terms 2 - 4.

Suitable for Outdoor Ed Course, Physical Education Curriculum, Half/Full Day excursions, Team building and Reward Systems

Mandurah Rock Climbing

Instructors

Nicole Capener

Zedekiah Colback

Qualifications

SP Outdoor Instructor, First Aid, WWC

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Centre Location & Contact

3/12 Thornborough Road

Greenfields WA 6210

9581 7465

info@mandurahrockclimbing.com

COURSES WE OFFER

- Course 1. 5 week Climbing/Abseiling** - 4 weeks indoor and 1 week outdoor abseiling at Boomer Hill/Crag, Pinjarra (weather permitting outdoor component)
- Course 2. 8-10 week Climbing/Abseiling** - 6-8 weeks indoor and 2 weeks abseiling and climbing outdoor at Boomer Hill/Crag, Pinjarra (weather permitting outdoor)
- Course 3. Half day Outdoor Abseiling** at Boomer Hill/Crag, Pinjarra
- Course 4. Full day Outdoor Climbing/Abseiling** at Boomer Hill/Crag, Pinjarra
- Course 5. Indoor Climbing course** - number of weeks to suit the school (Note* 4 weeks or more are needed for students to receive certification)
- Course 6. Once off Indoor Excursion** - Abseiling and indoor climbing for recreation, safety and belay instruction.
- Camp** **Term 4 Outdoor Education Camps** - Various outdoor locations to offer depending on school timeframe and budget.

Students will need enclosed shoes and sports uniform to participate in the above courses.

Expectations and Goals

Course goals will vary in detail depending on each course objective, however, MIRC aims to teach students the importance of safety while climbing, communication skills, leadership skills to advance their climbing technique and skill level, and to experience abseiling indoor and outdoor. We aim to encourage students to push themselves beyond their comfort zone and learn from personal experience how to encourage their peers to do the same. MIRC offers differentiated teaching to cater for varying levels of ability for every student.

Course Skills

	Topics Covered	Exercises ongoing from previous weeks
1	Belaying - 5 step safe belay	Demonstrate safe belay technique
2	Holds - names and uses	Climbing terminology and weight placement
3	Knots - names and uses	Tying knots, function of knots
4	Abseiling	Trust / body placement
5	Climbing Technique	Endurance Climbing
6	Bouldering	Problem solving
7	Speed climbing	Competition time
8	Equipment safety/maintenance	Knowledge = safety
9	Slack lining	Balance training
10	Team work	Blind folded / team games

- All students will undergo Formative assessment throughout the course.
- For longer more detailed courses there will be an additional Interim Assessment by the instructors.
- Certificates will be awarded to the students who have completed the course to a competent level.

Assessment

Climbing competence

Formative assessment	5 Step Belay, bouldering and problem solving,
	Abseiling inside and out, gear safety and maintenance
	correct climbing technique and team work