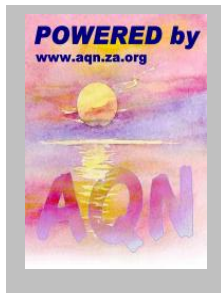


Mountaineering Training Courses Fact Sheet: **Introduction to Sport Climbing course**



Recreational Courses

Introduction to Sport Climbing course

Where most people start when taking up rock climbing: sport climbing routes are protected by pre-placed stainless steel bolts for protection and is less gear intensive, and thus more affordable to take up and far less overwhelming than traditional climbing to the novice.

Who should do this course?

Any person wishing to take up rock climbing as a sport or any sport climber who needs a skills refresher.

The course is run at accessible venues with plenty of easy and moderate routes to practise your new skills on and we'll teach you everything you need to know to start sport climbing safely on your own with your friends.

Topics covered include: equipment, natural and bolted anchor set-ups, knots, single-pitch climbing, top-roping, abseiling, belaying, cleaning, route finding and guidebooks, lead climbing, climbing techniques, crag etiquette, safety and basic emergency procedures.

We'll supply all the equipment you need and give you plenty of toys to try out during the course so that you can make informed choices when you do decide to buy your own kit.

Participant requirements: The course is open to any reasonably healthy and physically capable person over the age of 16. Courses for younger participants can be arranged on request.

Course duration & times: 2 days
Usually run on consecutive days over a weekend.
Usually from 08:00 until approximately 16:00 depending on group size.

Group size & ratios: Minimum of three students required for course to run.
Maximum of 8 students per course.
Maximum of 1 Instructor : 4 Students

Equipment: Venture Forth provides all equipment for this course. Students must only bring appropriate clothing, water and food for the day.

Recommended follow-up programs:

- [MDT Top-Rope Supervisor Course](#)
- [MDT Abseil Supervisor Course](#)
- [Introduction to Traditional Climbing.](#)
- [Full day guided peninsula sport climbing.](#)