

Wellington Section – NZAC

summer rock 07

Introduction to Rock Climbing

Aim of the Course

- To introduce and familiarise people with the concepts and techniques of rock climbing in an outdoor environment in a safe and enjoyable manner.
- Summer Rock teaches basic skills to currently recognised standards, and is a starting point for gaining more experience. It aims to give people the skills to safely and efficiently lead on single pitch bolted routes, and belay and second on multi-pitch naturally protected routes. However the course content will be pitched to meet the needs and ability of the participants.
- Summer Rock is an ideal introduction to rock climbing. No previous experience is necessary. The course is also an excellent refresher.
- It would suit enthusiastic people with a moderate level of fitness. Spending some time developing climbing fitness at an indoor wall prior to the course would be good.
- Through the course you will gain an understanding of the environmental, ethical and cultural considerations that are integral to climbing. Participants will gain an understanding that safety is a state of mind, and that climbing involves applying knowledge appropriately to each situation.
- We aim to create a pleasant and friendly environment so you can develop climbing skills with other climbers and develop friendships that will allow you to undertake further climbing adventures!

Content

The course includes six evening sessions, two Saturdays at local climbing spots, One Weekend at Whanganui Bay and Easter climbing at Wharepapa Southway. The course covers climbing technique, equipment, knots, belaying, safe abseiling, anchor construction, environmental & ethical considerations, risk identification, safety, and more.

When	What	Where
Wednesday 21 Feb (6:00 – 9:00 pm)	Introduction & Climbing Technique	Ferg's Rock 'N' Kayak Queens Wharf
Saturday 24 Feb (8:30 am – 5:00 pm)	Bouldering & technique	Baring Head
Wednesday 28 Feb (6:00 – 9:00 pm)	Climbing Technique	Ferg's Rock 'N' Kayak Queens Wharf
Wednesday 7 March (6:00 – 9:00 pm)	Lead Belaying	Ferg's Rock 'N' Kayak Queens Wharf
Saturday 10 March (8:30 am – 5:00 pm)	Top rope climbing & belaying & abseiling	Titahi Bay
Wednesday 14 March (6:00 – 9:00 pm)	Lead Belaying	Ferg's Rock 'N' Kayak Queens Wharf
Friday 16 March – Sunday 18 March (5:00pm – Late)	Seconding on multi-pitch natural routes, top roping, belaying, abseiling.	<u>Whanganui Bay</u> , Ruapehu, or Mangatepopo (all Central North Island)
Wednesday 21 March (6:00 – 9:00 pm)	Leading indoors & anchor set ups	Ferg's Rock 'N' Kayak Queens Wharf
Wednesday 28 March (6:00 – 9:00 pm)	Leading indoors & anchor set ups	Ferg's Rock 'N' Kayak Queens Wharf
Wednesday 4 April	Packing at your place	Home
Thursday 5 April – Monday 9 April (5:00pm – Late) Easter	Lead climbing outdoors & putting it all together!	Wharepapa South or Kinloch (both Central North Island)

Instructors

The course is facilitated by Scott Taylor (who holds NZOIA Rock II), Shane Harrison and Blair Hiscoke. The instructors come from a range of backgrounds and all have a broad knowledge of topics being taught. We will also have assistant instructors on the course. Instructors and Assistant Instructors all volunteer their time.

Numbers

The course will be limited to a maximum of 12 students. The student to instructor ratio will be managed to ensure a safe and optimal learning environment at all times.

Equipment

We encourage you to purchase your own gear, but suggest you wait until after the first session at which we can discuss what you will need. Much of the gear you will need can be borrowed from the club or instructors for the purpose of the course (marked ☺).

Climbing harness ☺

Climbing helmet ☺

Rock Shoes (can be hired)

Personal Safety Sling (or tape)

3 Screw gate carabineers ☺

Belay device ☺

Prussics

For the days at the crag you will need sturdy and comfortable footwear, a wind and waterproof jacket, warm top, light clothes that will keep the sun off, lunch and lots of drinking water, and (hopefully!) a sunhat and sun block.

On trips away you will need a sleeping bag, sleeping mat, torch, water bottle, breakfast/snacks/lunch, bowl and cutlery, money for meals on the way there and back, insect repellent, and a tent (or share), toiletries, loo paper, togs and towel, sense of humour, inflatable companion/s, Swahili music tapes etc.

Cost

\$650 for NZAC members.

+ **\$90** for NZAC membership (or \$60 for students), if not already a member. Non-NZAC members should complete a membership form and join through the National Office.

\$50 deposit is required with your registration form. The remaining fee can be paid before Friday 24 February 2007.

Refunds

No refunds will be given.

What is included in the cost?

Instruction, costs of climbing gym in Wellington, transport for the two weekend expeditions, camping fees during the weekends away, dinners, administration, use of club gear, and course handbook. This course represents excellent value. The costs of a follow up trip are not included.

Transport

We hope to use Rental vans for both weekends away. Students will need to make their own way to the indoor sessions in Wellington, and to and from the weekend pick-up-point at the Railway Station.

Accommodation

During the first weekend we will camp at Whanganui Bay. The Bay has toilet facilities, but otherwise we will be self-sufficient and you will need tents and camping gear. During Easter there is a back packer adjacent to the school where we will be staying (<http://www.climb.co.nz/>).

To register

Complete the registration form and send it with a \$50 deposit to:

Summer Rock
16 Manley Terrace
Newtown
Wellington

Please make cheques payable to: Wellington Section NZAC

If you have any questions feel free to call Blair on (021) 328 099 (after 5pm) or email Blair at bh@nzalpine.wellington.net.nz

NB: This annual course is one of several we run. For info on more advanced courses please get in touch or check the web <http://www.nzalpine.wellington.net.nz>