



Ardroy OEC

SPA Training Course Programme



Typical Programme

Friday 18.30	Meet Ardroy 18.30. <u>Ardroy Climbing Wall.</u> Scheme and Course Introduction. Partner selection and personal gear discussion. Practical Lecture and Discussion - “Belaying and the importance of role models; locking-off; differing belay devices.” Practical discussions/observations on individual and group use of walls: access; suitability; etiquette; warming-up; spotting; rope-use; competitions. Coaching climbing.
Saturday 09.30	Breakfast 07.30. Depart Ardroy 08.15. <u>Neilston Quarry</u> Personal climbing and leading skills; guidebook use and route selection; crag environment/etiquette; the leaders’ rack; runner placement for leader and second; anchor choice; belay set-up; timeliness. Problem avoidance. Movement on rock/bouldering. Personal abseiling: safety; problem avoidance and solutions.
18.00	<u>Ardroy for Dinner</u> Lectures, followed by discussion, on: “The Safety chain and fall-factors: practical implications” “Sources of access information” “Environmental issues” “Maintenance”
Sunday 09.15	Breakfast 08.00. Depart Ardroy 08.45. <u>Glen Croe</u> Environmental audit. Crag etiquette/environment with groups: size and supervision; hazards and safety; site choice; group equipment. The role of the group supervisor. Top roping (both top and bottom belaying): routes and descent choice; personal safety; direct/indirect; problem avoidance and the solving of simple problems. Group abseiling: impact; protecting the abseiler; problem avoidance and solving. Timeliness and efficiency. Creative bouldering: why, where, when and for whom?
16.00	<u>Ardroy</u> Where to next? The Assessment. Debrief, including individual action planning.