



## Forth Region Climbing Training – Course Information

Details about venue, dates, and times will be contained on the relevant course booking link on the Forth Region Website. Where payment is required please note that this is not refundable in the event of subsequently being unable to attend a booked session unless we are able to fill the space prior to the course taking place.

If a course has to be cancelled for any reason, we would aim to offer alternative dates. If these are not suitable then payments would be returned.

Normally these courses do not include assessment, separate assessment sessions will be available.

Queries should be directed to [maps@frscouts.org.uk](mailto:maps@frscouts.org.uk) in the first instance.

## Course Details

### 1. Climbing & Abseiling Natural Top Rope - Training Course

#### ***Description of course:***

This course aimed at providing training for those wishing to gain or renew a Climbing Natural Top Rope permit. This permit will allow holders to offer climbing on a natural wall/crag using natural or artificial anchors.

This course will cover group abseiling and will only prepare candidates to be assessed for a 'Leader' category of permit.

The course does not include assessment. An opportunity for assessment will be organised for later in the year.

#### ***Pre-requisites:***

Beneficial to have had some experience of climbing inside or outside but not essential.

#### ***Equipment / What to bring:***

- All required equipment provided, however if you have climbing equipment feel free to bring it along.
- Bring lunch snacks and recommend a hot flask.
- Dress appropriately for the weather. Most of the day will be spent not moving around much and it is easy to get cold so ensure sufficient warm layers even if the weather is kind.

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In the event of adverse weather it might be necessary to cancel the session at short notice. In such an instance a new date will be schedule as soon as practical.