



# **BMC Improvised Rescue for Climbers Course**

## **Coniston, Lake District**

### **21 – 22 May 2016**

#### **COURSE INFORMATION**

#### **Course Overview**

You're having a stunning day out climbing and decide to snatch one more route as the sun goes down. Suddenly on pitch three your second pulls a block off and is left spinning in space unable to get back onto the rock.

From a stuck karabiner to a full on crag rescue this course will give you the tools to solve problems and look after your climbing partner. Self-reliance has always been a cornerstone of climbing and mountaineering and these additional skills will significantly increase your safety and enjoyment in the vertical world.

#### **Course Outline**

- Gear Review - what to take and how not to weigh yourself down
- Development of technical skills to prevent common problems
- Perfecting the art of building belays, stance management and rope organisation
- Simple problem solving in a single pitch environment
- Escaping the system, prussiking and safe abseiling
- Tool of the trade - the building blocks for problem solving
- Ascending, descending, assisted & unassisted hoists
- Problem solving in a multi pitch environment
- Putting it all into practice in various scenarios



#### **Level of experience**

Candidates should be comfortably leading traditional rock climbs.

#### **Location**

The weekend will be based at the Low House hut in the heart of Coniston. You will need to provide your own sleeping bag, towel, personal toiletries, food etc. as you would for any stay in a climbing hut.

Details about the hut can be found at [www.themam.co.uk/index.php/huts-mainmenu-35/low-house-mainmenu-39](http://www.themam.co.uk/index.php/huts-mainmenu-35/low-house-mainmenu-39)

## Instructor



### **Nick Cannon Jones (MIC)**

Since discovering rock climbing and hill walking with the Scouts Nick has never been far away from the mountains. Having been lucky enough to turn what was supposed to be a year out into a full time career he now holds the Mountain Instructor Certificate. He has have gained so much from the outdoor environment, particularly the Lake District, that he now enjoys sharing his enthusiasm for the hills with others and passing on the knowledge to go and explore them safely for themselves. Nick is an active member of Duddon and Furness Mountain Rescue Team and once appeared in Coronation Street! He runs More Than Mountains with his wife Jill, offering rock climbing, scrambling, guided walks, navigation courses, multi-activity days and winter mountaineering courses. [www.morethanmountains.co.uk](http://www.morethanmountains.co.uk)

## Price

£99 per person for the whole weekend

Included: shared self-catering accommodation (Friday & Saturday night), instruction (Saturday & Sunday), group equipment

Not included: meals, personal equipment, transport

To secure your place please click to [book online](#) via the BMC website, or follow the link on the course information page . [www.thebmc.co.uk/clubs/courses](http://www.thebmc.co.uk/clubs/courses)

However if you have any questions regarding the course content or your suitability then please get in contact with Nick ([info@morethanmountains.co.uk](mailto:info@morethanmountains.co.uk)).