



BMC Improvised Rescue for Climbers on Sea Cliffs Course

Pembrokeshire, South Wales

8-9 June 2019

COURSE INFORMATION

Course Overview

This weekend will be an opportunity to learn and practise vital problem solving skills for climbing on committing sea cliffs. If you've ever thought, "What if..?" when climbing on cliffs that you can't just abseil off, this will be a valuable chance to learn to over-come such issues.

Develop the building blocks of techniques, which will strengthen your knowledge, and give you the confidence to push your own boundaries, exploring some of Britain's most exciting sea cliffs. Self-reliance has always been a cornerstone of climbing and mountaineering and these additional skills will significantly increase your safety and enjoyment in serious playgrounds. The skills gained during this course can be transferred to all types of multi-pitch climbing environments. The skills gained during this course can be transferred to all types of multi-pitch climbing environments.

Course Outline

Saturday

- Understanding the sea cliff environment
- Equipment and it's application
- Equalising multi-point anchors and "Anchor, Belay, Climber" principle
- Ascending and descending a fixed abseil
- Assisted and unassisted hoists

Sunday

- Abseiling and lowering past a knot
- Escaping the system (ropes in and out of reach)
- Casualty care
- Rescue of an injured lead climber
- Review of techniques and "what if" discussion.



Level of experience

Candidates should be experienced at leading traditional rock climbs but there is no minimum grade level to be climbed. Any climbing done will be short sections of easy ground to allow for clear communication and to maximise learning opportunities.

Location

We will be based in the YHA Manorbier, South Pembrokeshire, in self-catering accommodation, both Friday and Saturday night

Instructor

The instructor/s delivering the course will be representing www.climbpembroke.com and fully qualified mountaineering instructors (Association of Mountaineering Instructors).



Price

£110 per person for the whole weekend

Included: shared self-catering accommodation (Friday & Saturday night), instruction on Saturday and Sunday (ratio 1:4), 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/clubscourses

However if you have any questions regarding the course content or your suitability then please get in contact with Henry Castle at enquires@climbpembroke.com