



# **BMC Improvised Rescue for Climbers Course**

## **Peak District**

### **July 2019**

#### **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 programme 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.

- These courses are being run as 1-day courses.
- Participants can book on just one day, or could book on both if they wish.
- Accommodation is not provided for these courses but there are plenty of hostels and campsites in the local areas.



#### **Introductory Course**

This is a day designed for experienced climbers with no prior knowledge of improvised self rescue skills. Attendees should be confident with basic rope handling skills, operating a belay plate and abseiling.

#### **Skills to include**

- discussion on problem avoidance
- equipment for self-rescue
- tying off a belay plate
- escaping the system with an in reach anchor and escaping the system with an out of reach anchor
- ascending a rope
- lowering a climber
- lowering past a knot
- assisted and unassisted hoists

## Intermediate Course

This is a day designed for experienced climbers with prior knowledge of basic improvised self rescue skills. Attendees should be confident with tying off a belay plate, escaping a system for in-reach and out of reach anchors and ascending a rope. They should also be confident in rope handling skills, operating a belay plate and abseiling.

- Skills to include
- discussion on problem avoidance
- equipment for self-rescue
- revision of key skills such as tying off a belay plate and escaping the system with an in reach anchor and escaping the system with an out of reach anchor
- ascending a rope past a knot
- abseiling with an injured climber
- abseiling past a knot and assisted and unassisted hoists).
- assisting climbers in a sea cliff environment where lowering isn't a possibility
- assisting a fallen climber on a traverse

## Dates for 2019

| <b>Peak District (west)</b><br>Windgather Rock area | <b>Peak District (east)</b><br>Hathersage area |
|---|--|
| Introductory: Sat 6 July                            | Introductory: Sat 27 July                      |
| Intermediate: Sun 7 July                            | Intermediate: Sun 28 July                      |

## Prices

Introductory: £40 per person for the day

Intermediate: £50 per person for the day

Included: instruction for the day, group equipment

Not included: meals, personal equipment, transport (unless specifically arranged)

To secure your place please follow the link on the club workshop information page to make a booking – [www.thebmc.co.uk/clubscourses](http://www.thebmc.co.uk/clubscourses)