



BMC Improvised Rescue for Climbers Course

Deiniolen, North Wales

14-15 September 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 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

Run from the Gloucestershire Mountaineering Club hut 'Cefn Goch' in Deiniolen, about 3 miles from Llanberis. You will need to provide your own sleeping bag, towel, personal toiletries, food etc. as you would for any stay in a mountaineering club hut.

More information can be found at www.thegmc.org.uk/index.php/hut-home

Price

£110 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

However if you have any questions regarding the course content or your suitability then please get in contact with Danny.