



## **BMC & AMI**

### **One-day training courses for club members**

## **Course Content**

Welcome to the programme of training courses, specifically designed for members of BMC affiliated clubs.

The BMC and the AMI are working in partnership to bring you this programme with a new range of training opportunities delivered by high-quality instructors

In this document there are details for all of the courses available in this programme, including the content for the day and other course information.

Ratios are kept low on these courses so that they can be tailored to the abilities and aspirations of the participants, taking in to account conditions on the day of the course.

For some of courses there is a minimum experience/skill level requirement. This is to ensure that all participants can get a great experience whilst staying safe.

The range of courses will be

- 1. Intro to navigation skills and being safe in the hills**
- 2. Next steps navigation, including poor weather navigation**
- 3. Intro to scrambling (not using ropes)**
- 4. Next steps scrambling**
- 5. Intro to trad leading skills**
- 6. Improving your trad leading skills**
- 7. Intro to sport leading skills**
- 8. Skills for traditional climbing on sea cliffs**



## **1. Introduction to navigation and safety in the hills**

A one-day course introducing the basics of navigation and safety when walking in the mountain environment. During the day you will look at the basic equipment you should have with you on a days hill walk, how you might plan a days walk and then the navigational skills you will need to carry out that days walk. This will be a day spent outside in whatever the weather brings learning by doing, please make sure you have the equipment needed to spend 6 hours outside potentially in wet weather!

**Cost to BMC Club Members - £40**

### **Syllabus:**

- Using the map as a two-dimensional plan.
- Using map symbols and scales on a variety of maps.
- Orientating maps with and without a compass.
- Using the orientated map to identify land features and indicate direction of travel.
- Taking a 6 figure grid reference and location reference points on the map.
- Choosing simple navigation strategies and routes.
- Planning safe and suitable walks.
- Using linear features (e.g. paths and tracks) as handrails.
- Estimating distance both on maps and on the ground
- Using contours to match landforms to their map representation.
- Relocating using simple techniques
- Understanding access rights and responsibilities.
- Countryside Code and procedures to be followed in emergencies.
- What basic equipment you might take on a days hill walking

### **Level of experience and fitness:**

- No navigational experience needed
- A good level of general mountain fitness is necessary, the ability to complete a 6 hour days walking in the mountains with around 800m of height gain.



## **2. Next steps navigation, including poor weather navigation**

A one-day course developing navigational skills including poor visibility, which could potentially mean the dark. During the day you will look at consolidating your current skills of navigation and then developing them into a more efficient and accurate package, including how to cope with poor visibility caused either by low cloud or the. This will be a day spent outside in whatever the weather brings learning by doing, please make sure you have the equipment needed to spend 6 hours outside potentially in wet weather!

**Cost to BMC Club Members - £40**

### **Syllabus:**

- Using and applying navigational strategies such as 'aiming off', 'attack points' and 'collecting features'.
- Using both large and small contour features on the map and on the ground.
- Understanding the physical factors affecting route choice.
- Judging distance accurately on the map and on the ground.
- Planning a safe walk or route.
- Employing simple relocation strategies when lost.
- Techniques for night navigation and poor weather navigation.
- Using a compass to follow accurate bearings and to check the direction of footpaths or other linear features on both map and ground.
- Developing knowledge of the effects of fatigue and physical discomfort brought on by navigating in demanding countryside and/or extreme weather condition
- Countryside Code and current access legislation together with an appreciation of environmental and land management issues.

### **Level of experience and fitness:**

- Experience of navigation in different environments including the basic understanding of contour features and simple strategies.
- A good level of general mountain fitness is necessary, the ability to complete a 6 hour days walking in the mountains with around 800m of height gain.



### **3. Introduction to scrambling**

A one-day course developing your ability to manage and travel through grade1 scrambling terrain. By the end of the day you should feel more comfortable going out and tackling grade 1 scrambles on your own and be able to provide safeguarding tactics not including a rope to other members of your party. This will be a day spent outside in grade 1 scrambling type terrain, in whatever the weather brings learning by doing, please make sure you have the equipment needed to spend 6 hours outside potentially in wet weather!

**Cost to BMC Club Members - £40**

#### **Syllabus:**

- Clothing and equipment
- Basic scrambling techniques and movement skills
- Use of guide books
- Choosing a safe route and assessing risk
- Hazard management
- Assisting and safeguarding other party members without a rope
- Dealing with different weather conditions
- Review of day and 'what next advice'

#### **Level of experience and fitness:**

- Have completed a good number of off path hills walks and not find exposure too scary.
- A good level of general mountain fitness is necessary, the ability to complete a 6 hour days walking in the mountains with around 800m of height gain.



## **4. Next steps scrambling**

A one-day course developing skills and confidence in scrambling terrain. After a refresher on movement skills and route finding the day will be spent looking at how you might use a rope, sling and karabiner to help safeguard a short step in both ascent and descent. This will be a day spent outside in grade 1 and 2 scrambling type terrain, in whatever the weather brings learning by doing, please make sure you have the equipment needed to spend 6 hours outside potentially in wet weather!

**Cost to BMC Club Members - £50**

### **Syllabus:**

- Clothing and equipment
- Scrambling techniques and movement skills
- Choosing a safe route and assessing risk
- Hazard management
- Assisting and safeguarding other party members
- Simple ropework for scrambles for ascent and descent
- Use of karabiners and slings
- Dealing with different weather conditions
- Review of day and 'what next advice'

### **Level of experience and fitness:**

- Have completed a good number of grade 1 scrambles and be happy with exposure.
- A good level of general mountain fitness is necessary, the ability to complete a 6 hour days walking in the mountains with around 800m of height gain.



## **5. Introduction to Trad Climbing Skills**

A one-day workshop looking at good practice in placing gear, building belays and the different ways to equalise belays. The day will be spent at a crag developing these skills and then testing your rope systems. This will be a day spent outside learning by doing, please make sure you have the equipment needed to spend 6 hours outside potentially in wet weather!

**Cost to BMC Club Members - £50**

### **Syllabus:**

- Equipment review – The tools you will need to take with you climbing
- Guidebooks, crag and route selections
- Understanding the climbing environment
- Gear placement
- Belay building
- Equalising techniques
- Good ropework

### **Level of experience and fitness:**

- Candidates should be proficient at seconding traditional rock climbs, although the grade does not matter.



## **6. Improving your trad climbing skills**

A one-day workshop recapping good practice in placing gear, building belays and the different ways to equalise belays. You will then spend time looking at further skills like abseiling into crags and prussicking back up the abseil rope, protecting your second and retreating of a route. The day will be spent at a crag developing these skills and then testing your rope systems. This will be a day spent outside learning by doing, please make sure you have the equipment needed to spend 6 hours outside potentially in wet weather!

**Cost to BMC Club Members - £50**

### **Syllabus:**

- Equipment review – The tools you will need to take with you climbing
- Guidebooks, crag and route selections
- Understanding the climbing environment
- Gear placement and equalising techniques
- Good ropework
- Ascending and descending a fixed line
- Assisting and safeguarding your second
- Retreating off a route
- Review of day and 'what next advice'

### **Level of experience and fitness:**

- Candidates should have experience at leading traditional rock climbs and be a proficient second. There is no minimum required climbing grade.



## **7. Intro to sport leading skills**

A one-day workshop looking at leading sports climbs outside. During the day you will look at safety equipment and safe techniques for threading anchors, stripping routes and dealing with routes that you can't get up! If appropriate you will get on the sharp end during the day. The day will be spent at a crag developing these skills and then testing your rope systems. This will be a day spent outside learning by doing, please make sure you have the equipment needed to spend 6 hours outside potentially in wet weather!

**Cost to BMC Club Members - £50**

### **Syllabus:**

- How to re-thread and lower off a sport route
- Different types of lower-off commonly found
- Checking bolts and lower-offs for wear
- Assertive belaying and 'not belaying right underneath the climber'
- Developing good belaying habits and ropework.
- If appropriate (weather, location and participant allowing) intro to lead climbing including clipping and re-threading
- Device matched to rope diameter and difference in weight between the climber and belayer, especially important on new ropes.
- Stripping a sport route
- Dealing with steep routes/ traverses
- Using a clip-stick to pre-clip the first bolt of a climb.
- Leaving a rope clipped to the first quickdraw to safeguard subsequent attempts.
- Review of day and 'what next advice'

### **Level of experience and fitness:**

- Candidates should have experience at leading indoor climbs. Preferable to have experience in seconding sport routes outside.



## **8. Skills for trad sea cliff climbing**

A one-day workshop looking at some of the extra skills you will need to climb on sea cliffs. During the day you will look at the information you need pre climbing to select appropriate crags and routes, accessing the routes and escaping if needed. The day will be spent at a crag developing these skills and then testing your rope systems. This will be a day spent outside learning by doing, please make sure you have the equipment needed to spend 6 hours outside potentially in wet weather!

**Cost to BMC Club Members - £50**

### **Syllabus:**

- Pre-climb information gathering, including analysing swell forecast and tide timetables
- Equipment
- Route tactics and options
- Building multi-point anchors and personal abseil safety
- Ascending and descending a fixed line
- Assisting a second who cannot climb a short section of route
- Abseiling past a knot
- Review of techniques and look at complications
- Review of day and 'what next advice'

### **Level of experience and fitness:**

- Candidates should be experienced and comfortable at leading traditional rock climbs. There is no minimum required climbing grade.