



## **Introduction to Sport Lead climbing course**

### **Portland**

### **29-30 July 2015**

#### **Course overview**

This course is for climbers who already have the basic climbing skills and climb to a minimum of F5. You will make the first steps into sport lead climbing whilst learning the nuts and bolts of climbing including simple rope work and decision making to be a safe lead climber. The two day course will take place in Portland, and with an all-female group with a ratio of 1-4 it will be an excellent climbing experience at one of the best sport climbing venues this country has to offer.

#### **Course Outline**

The course is designed to build on skills learned indoors and transfer them to an outdoor environment. The programme is flexible, but you will visit single pitch crags (less than one rope length high) on both days and cover the following;

- Lots of lead climbing
- Recap on top roping (correct fitted harness, tidy knots, belaying, lowering, descending)
- Getting used to limestone rock and climbing outside
- Become competent second (clean the route, collect quick draws)
- Learn how to lead using back up rope (Clipping quick draws, lead belaying)
- Usage of the clip stick
- Learn how to rethread the rope at the anchors
- Do the first lead without back up
- Problem solving (pulling rope down with the knot at the end, cannot do the crux (abseiling from bolt))

#### **Level of experience**

- Suitable for competent top rope climbers who want to progress their climbing
- Must be able to top rope belay and can top rope F5

#### **Location**

The two day course will be based in Portland. The meeting point will be at Easton (town centre of Portland East side) outside co-op unless all parties stay in same accommodation. Depending on the weather conditions a venue for the day will be decided at this point.

#### **Accommodation and Transport**

All clients must arrange their own accommodation and transport. There will be driving involved to get to and from the climbing venues. Depending on your budget there are various options in relation

to accommodation from hotels, B&Bs, hostels and camping. Driving from London can take between 3-4 hours and trains leave from Waterloo direct to Weymouth and take around 2-3 hours. You will need to get further transport from train station, the pickup point and to the various crag venues. It is recommended that you arrive the evening before in preparation for the course starting the next morning.

### *Camping*

[www.weymouthandportland.info/page/caravan+and+camping+sites](http://www.weymouthandportland.info/page/caravan+and+camping+sites)

### *Youth Hostel*

[www.yha.org.uk/hostel/portland](http://www.yha.org.uk/hostel/portland)

## **Equipment**

### *Recommend kit list*

- Climbing shoes
- Harness/helmet
- Sleeping bag (if camping)
- Towel (if camping/ staying in YHA)
- Personal toiletries (to include sun cream)
- Outdoor clothing (to include a waterproof jacket and warm clothing)
- Casual clothes
- Food for breakfast, lunch, dinner (free tea and cake is provided at the end of each day)

### *Equipment provided by instructor:*

- Lead ropes
- Quick draws
- Slings
- Carabiners
- Clip stick
- Belay devices (if required)

## **Instructor**



Martina Spisiakova



Martina was born in Slovakia and has over 15 years of climbing and mountaineering experience. Her qualifications include the Mountaineering Instructor Award, Single Pitch Award, Mountain Leader Award, and she has been trained in master class coaching by Neil Gresham. She is a regular indoor climbing instructor across the London and South East area and travels across the country and the world coaching and instructing.

Martina hopes to help people enjoy themselves and come home feeling as inspired and passionate about the outdoor life as she does, giving them the chance to have fun and be challenged in safe hands as they learn. Further information can be found at <http://climbingtuition.co.uk/>

### **Price**

£60 per person for the whole weekend

Included:

- Instruction for two days at a ratio of 1-4
- Group equipment
- BMC goodie bag
- Tea and cake

Not included: Accommodation, transport, meals, personal equipment

### **Booking**

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



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Portland  
29 June 2015**

**General Itinerary**

**Day 1**

10:00 meet, transferring to the crag

11:00 - 13:00 climbing

13:00 - 13:30 lunch break

13:30 - 18:00 climbing

18:00 finish and transferring to the accommodation

**Day 2**

09:00 meet, transferring to crag

10:00 - 12:30 climbing

12:30 - 13:00 lunch break

13:00 - 17:00 climbing

17:00 finish and travel home