

Adventure Activities



Introduction to Rock Climbing

Rock Steady Adventure is now running **Introduction to Rock Climbing** Courses. These one day events at Brimham Rock run from 10 am to 4pm and are ideal for individuals who want to learn to climb outside. Whether you have climbed a bit outside, climbed indoors, or have never climbed before, this course will provide you with a range of skills and knowledge that will enable you to climb safely out of doors.

The course covers:

- Belaying (controlling the rope for your climbing partner)
- Knots and basic ropework
- Movement and technique
- Climbing equipment
- Route and grading systems
- Basic safety, understanding objective dangers.
- Abseiling and descending from climbs
- Introduction to the theory of lead climbing and setting up safe belays

Please note that we would always recommend that you climb with other experienced climbers, and understand the limits of your own skills and knowledge. This course covers the basics. You will require further training and skills to get into lead climbing, rigging systems, setting up abseils. Courses are run on a maximum 1:6 ratio.

What to Wear

We advise that all participants wear long sleeves and long trousers, even in Summer. The rock, especially Gritstone, can be unforgiving, and knocks and grazes are not uncommon.

Loose fitting, lightweight trousers are ideal, jeans are not considered suitable as they are cold, restrict movement and take a long time to dry after they become wet.

Fleeces, jumpers, waterproofs, hat and gloves are all recommended.

Trainers or walking boots are ideal footwear.



Life is a daring adventure...

...or nothing at all



Did you know?

Licensing

Rock Steady Adventure is licensed by the Adventure Activities Licensing Authority (AALA), in accordance with the Adventure Activity Licensing Regulations 2004, to provide Adventure Activities to Under 18s, under the following headings: Watersports, Caving, Climbing, Trekking. Our licence Number is: L5897. The AALA can be contacted on: 029 2075 5715, or by visiting www.aala.org.uk

Experience & Commitment

Rock Steady has been designing and delivering Adventure Residentials since 1997, and has a commitment to quality, safety and fun that has lead to many schools and organisations choosing us year after year.

Who We Are

Rock Steady Adventure is a trading name of Rock Steady Adventure Limited. Rock Steady Adventure Ltd. is a small company, committed to delivering excellent quality and a great deal of fun!. We deliver high quality adventure activity and youth development programmes across the UK. We also design and deliver exciting and innovative training programmes for Managers and their Teams and a range of development programmes for Young People, focussing on group work, life skills and confidence building.

Further information about Rock Steady can be found at: www.rocksteadyadventure.co.uk

THE FISHERGATE CENTRE FISHERGATE YORK YO10 4FB

T: 08456 123636 E: admin@rocksteadyadventure.co.uk

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