

Thank you for your interest in the following course. Below are the requirements and details of the course and attached (or available for download from the website) will be a course booking form and a medical declaration form. Please review the information carefully and if there is anything you need to speak to me about get in touch.

Cost: £400 + expenses Location: Your wall or centre Timings: to suit (most walls prefer 12pm – 8pm)
Max numbers: 12 for the seminar, 12 athletes to screen. Higher numbers will incur further costs

This course is designed for climbing walls, Development Coaches and squad managers to help them assess and maintain the physical health of their climbers and identify barriers to performance. The seminar is to improve coach's anatomy and understand about applying knowledge gained from screening into coaching practice. The second half of the day is a chance for the individual squad members to be screened and the course tutor to demonstrate the skills taught in the seminar whilst assessing the athletes.

(As an alternative to screening your squad I can run an injury screening clinic for up to 12 members of your wall which you can charge a small amount for to help offset the cost of the course.)

The seminar is 4 hours. The subsequent screening session takes about 15 minutes per climber not including the group benchmarking session.

- Knowledge of anatomy and fitness would be advantageous prior to attendance.
- Screening tools can be downloaded from my website and these will be discussed on the course.
- A course specific screening tool can accessed directly on the course or my website.
- As well as this a review of literature surrounding screening is also available for download and should be read prior to the course.
- **All youth participants on the screening day must have their parents' consent – a form will be sent prior to the course.**

On the course you will learn the theoretical underpinnings behind screening and its place in modern sport as well as important physiological factors to be aware of. You will also learn specific manual muscle tests, neurological tests and differentiation tests specific to problems in the young climber. The course will be supported by hand-outs and directions on how to implement this at your place of work.

Course Tutor: Danny Brown is an experienced Development Coach and Mountaineering and Climbing Instructor who has been practicing physiotherapy for 18 years as well as writing articles for various magazines and carrying out research on issues affecting climbers.

At the end of the course there will be a chance for you to provide me with information as to how I can improve the quality of my provision and delivery for the future. If you wish, at any point to take issue with any aspect of the course you can do so formally to the Association of Mountaineering Instructors or the Chartered Society of Physiotherapy.