

Knowing how to climb, lead and stay safe is the shared responsibility of all climbers but knowing how to get out of a fix – this tends to be forgotten about. What if your belay plate becomes jammed? How do you retrieve your gear if forced to bail? What about hoisting a friend? Hopefully you never have to do any of these things but if you do it is nice to know you can. The course is surprisingly accessible and concentrates on some fundamental techniques to get out of a jam.

Duration; 1 day

Numbers; maximum 4 participants

It includes:

- Risks and mitigations
- Clever climbing kit
- Safe anchors and belay points for top roping
- Knots, uses and best practices
- Use of a prussik and jammer
- Escaping the system
- Setting up an assisted hoist
- Unassisted hoist
- Rescuing a leader
- Protecting an abseil

It also includes:

- Full insurance cover whilst you are participating on the course
- The borrowing of and use of any specialist equipment

Due to the fickle nature of British weather I do not stipulate where we will be working from until the day before – please ensure you keep in contact with me. It will be within an easy drive of Bristol.

WHAT TO BRING

- A large rucksack (bigger is better) to put ropes and the following in.
- Appropriate clothing.
- Food and drink for the day.
- Climbing equipment if you have it. I am happy for people to use their own kit but will reserve the right to swap it out for something of mine if it is not suitable – there is no charge for this.

If you have any questions then please get in touch and we hope you enjoy the day.

It doesn't include:

- Course cancellation insurance
- Insurance whilst travelling
- Accommodation or travel or food.