

Rock climbing is much more than just about going up a cliff face. Trust is a key factor - not only in yourself and your equipment but also, more importantly, in the person holding the rope.

Rock climbing in the Coniston, Duddon and the Eskdale valleys supply fantastic real rock faces to challenge yourself on in wonderful locations.

The aims of this activity are to...

- Introduce the skill of climbing and the necessary equipment.
- Allow each participant to experience climbing.
- Encourage the participants to set goals.
- Ensure participants support and encourage each other to achieve those goals.
- Provide an opportunity for participants to discuss what they have accomplished

Learning Outcomes..

Upon completion of the activity, participants will have:

- Showed an approved climbing technique to ascend safely under supervision.
- Used specialist equipment and PPE, understanding its purpose and name.
- Demonstrated the ability to listen to, understand and act on instructions received.
- Supported their peers throughout the activity and recognised achievements.
- Developed an understanding of associated hazards, been able to assess risks and understood how these may be controlled.
- Contributed to a post-activity review led by the instructor showing what they did well and then suggested ways to improve.

Progression...

Some participants may also:

- Improve the quality and consistency of their Climbing technique.
- Take the initiative in evaluating their performance and that of the group.

In addition, participants should also have developed in the following:

- Interpersonal communication
- Teamwork
- Using initiative