

Rock Out – Introduction to Outdoor Bouldering with Wild Spaces, The Depot and the BMC—working for climbers, hill walkers and mountaineers).

10.00hrs to 18.00hrs – Meet at the Chevin Forest Park -Upper Shawfield Car Park, East Chevin Road, Otley. If you need transport or directions please contact Dave when making a booking enquiry.

Aims, objectives and itinerary.

This introductory course is designed to help you make the transition between bouldering indoors and outdoors. The course offers skills and techniques to help you boulder outdoors in safety whilst having fun. The course aims to deliver the following skills:

- Location of crags and problems using a guidebook.
- Understanding the grading system of UK bouldering.
- The importance of warming up, warming up techniques.
- Problem choices – choosing appropriate problems for ability.
- Moving over rock – using a variety of techniques for success, with the emphasis on topping out and descending safely.
- Spotting, using bouldering pads and equipment safely.
- Etiquette and the crag environment.
- Where do I go from here? Bouldering throughout the UK and beyond. The role of the BMC and what it can do for you.

The day will begin at Caley boulders at 10.00am, lunch will be at 1.00pm when we will transfer to Almscliffe Crag. We will then continue to 5.00pm when we will regroup at The Hunters Arms for a celebration and debrief. The course will finish at 18.00hrs

Your coach will debrief you on areas you have been successful in and areas you may need to work on for improvement.

The day will be very flexible and you can expect to be climbing all day and have plenty of problems under your belt by the end of it. Wild Spaces/The Depot coaches have an intimate knowledge of the venues and know every problem inside out! Wild Spaces/The Depot coaches are very experienced instructors, please follow all safety instructions.

If you are unhappy at anytime during the day please see the course director (Dave Sarkar) who will be happy to help sort out any issues you might have.

Equipment required:

Rock shoes (if you require rock shoe hire please let Wild Spaces know)

Chalkbag (we'll have some available on the day if you don't have one)

Bouldering pad (if you have one)

Clothing suitable for climbing outdoors in.

Lunch and liquid (there are no facilities at either venue).

For more details on this BMC sponsored event please go to: <http://goo.gl/1pBUa8>



READY TO ROCK

Are you 18-24 years old? Have you enjoyed bouldering indoors and would like to try it outdoors?

Would you like a BMC/Sport England subsidised place on a whole day of outdoor training?

Enjoy a day of instruction and coaching with Wild Spaces and The Depot at the great price of £30.00 per person!

Coaching by qualified and knowledgeable coaches, equipment can be provided.

Places are strictly limited to 6 people per day—hurry and book your place today!



Dates: Saturday 7th September

Saturday 14th September

For more information and booking please email:

dave@wildspaces.me or call 0773 857 0763

Or ask for a booking form at reception.

