

CLIMBING COURSES AT THE ROXX

AFTER SCHOOL PROGRAMME







Top Rope Climbing and Belaying

An exciting introduction to indoor climbing. Students will learn and develop skills in basic climbing technique and the safe belaying of others. No more than 9 students per instructor.

WHO IS THIS CLIMBING COURSE FOR ?

This course is designed for school students (minimum 10yrs of age) who are keen to experience indoor top rope climbing in a fun, safe and controlled environment with a friendly, experienced instructor.

ON COMPLETION OF THE COURSE A CLIMBER WILL BE ABLE TO:

-  Demonstrate safe belaying of a top rope climber without a backup
-  Carry out buddy checks every time before climbing
-  Understand the need for and use simple and effective climbing calls
-  Demonstrate correct attachment of the climbing rope to single loop and belay harnesses using a rethreaded Fig. 8 and a Twist Lock Karabiner
-  Demonstrate they can tie a single and rethreaded Fig. 8 knot
-  Demonstrate the correct fitting of a harness with any buckle type

Participants will be assessed for a Top rope Belay Licence towards the end of the course... this is a prerequisite for joining the Flying Geckos Climbing Club.



For further information on the Flying Geckos Climbing Club, visit www.flyinggeckos.co.nz, where you will read about their developmental programme for young climbers. You will also find a downloadable application form.

COURSE DETAILS:

- Cost:** \$175 (inc. entry to The Roxx, Instruction and Equipment)
Duration: 10 sessions x 1.5 hrs
Dates: Ask at Reception or go to www.theroxx.co.nz for times of the next course
Booking: Ask at Reception or Tel 03-377 3000

Phone 03-377 3000 • Website: www.theroxx.co.nz
Cnr Waltham Road & Byron Street, Christchurch, New Zealand.

the
roxx
climbing centre