

ROCK CLIMBING / BOULDERING

MINOR OBJECTIVES

Bouldering – on a climbing area no more than three metres high.

The student will:

- demonstrate safe practice in wearing appropriate clothing / footwear and by using a helmet
- apply basic movement techniques in traversing the wall
- demonstrate the use of three points of contact and appropriate transfer of weight
- display responsibility for other climbers through use of careful spotting.

MAJOR OBJECTIVES

The student will:

- demonstrate the safe use of rock climbing equipment – helmet, harness, screwgate carabiners and ropes
- display appropriate use of rock climbing calls
- demonstrate a basic understanding of the operation of the belay system
- apply basic movement techniques for seconding or top roping simple rockclimbs
- demonstrate the use of a figure of eight knot to tie onto rope
- display an ability to second or top rope simple rock climbs
- complete an abseil using a friction device.

HILLWALKING

MINOR OBJECTIVES

The student will:

- understand and observe the country code
- display responsibility for their own safety in having the appropriate equipment, clothing and provisions required to complete a hill walk
- complete a walk in open mountain terrain.

MAJOR OBJECTIVES

The student will:

- demonstrate a basic competency in the estimation of distance and timing
- identify symbols on 1:50,000 OS Discovery map
- demonstrate an ability to set the map
- identify a range of simple terrain features on the map and relate them to the surrounding countryside
- employ the skill of self-location using large terrain features
- identify potential weather and terrain hazards encountered in the outdoor environment
- describe and demonstrate the emergency call out procedure and appropriate action in the case of an outdoor accident / incident.