



## **Climbing Wall Award (CWA) Training (Inc. Top Rope and Abseil module)**

The Climbing Wall Award is intended for those who wish to supervise groups at climbing walls in the UK. This is a relatively new course and is the first climbing award with a specific module focused on climbing movement. For many climbers the local wall is their first taste of the activity and their chosen wall being a regular climbing venue. The coaching and supervision skills you will gain on this course will enable you to inspire and instill good practice in generations of climbers to come.

The top rope and abseil module gives you specific guidance in operating abseil sessions on manmade structures, along with the skills to create belay systems that enable you to belay from the top of such structures or climbing walls. This element is invaluable if you work for organization that uses this type of equipment.

The CWA consists of a training and assessment course and it should be noted that completing the training alone, without the assessment, is not a qualification in itself.

In order to attend a CWA Training course you must meet the following requirements, as stipulated by the CWA syllabus):

1. **Be registered for the CWA with one of the Mountain Leader Training Boards** before attending a training course. (see below)
2. Be over the age of 17 (note the age of 18 for assessment).
3. Have a genuine interest in climbing and the supervision of groups on climbing walls
4. Have at least 6 months experience of using a variety of climbing walls, having been to three different walls on 15 occasions.
5. Have led routes on an indoor wall.
6. Be an individual member of a Mountaineering Council (or member of an affiliated club).

## **Registration**

All CWA registrations are administered by the training boards of the 4 home nations: Mountain Leader Training England (MLTE); Scotland (MLTS); Wales (MLTW) & Northern Ireland (MLTNI). It's up to you which training board you

register with and, after registration, you will be given a log-book, which contains details of your registration, syllabus and guidance notes along with pages for logging all you experience.

**Please note: If you are attending part of the CWA scheme you must be registered specifically for this award and have the appropriate CWA paperwork even if you have already registered for one, or more, of the other awards e.g. SPA, WGL or ML.**

If you have any questions regarding registration please do not hesitate to get in touch with us or contact one of the home nation training boards. You can also register online via, for example, the MLTE website, <http://www.mlte.org>

### **Training Objectives**

We aim to cover the CWA syllabus in full. Detailed guidance notes on the CWA syllabus should have been provided in the booklet with your logbook. The award Handbooks can also be viewed online via:

[www.mlte.org/content.php?nID=7&catID=43](http://www.mlte.org/content.php?nID=7&catID=43)

### **Climbing Wall Award Training: Course Format**

The course runs over two days with the climbing wall element predominantly occupying 1 1/2 days and the top-rope and abseil element the remaining 1/2 day.

#### Skills Covered:

- Use of public and private climbing wall;
- Personal lead climb skills;
- Belaying and belay devices;
- Group supervision;
- Coaching of movement during roped and unroped climbing;
- Bouldering sessions;
- Climbing games;
- Warm-ups;
- Simple abseil rigs for manmade structures;
- Top Belay systems for operating on purpose built climbing structure.

## Sample Programme

Day 1	Day 2
9.00am Meet at base Course intro 9.30 Depart for local climbing wall 10.00 Use of walls Warm ups Bouldering Climbing games Roped Climbing Group supervision Evening session: Role of CWA and Background knowledge 8.00pm Finish	9.00am Meet at base or wall Coaching of Movement Skills <b>Top rope and Abseil Module:</b> Abseil Rigging and supervision on Manmade structures. Top rope systems. 4.30pm Return to base Debrief and action plans What to expect at assessment. 5.00pm Finish

### Venues Used.

The CWA Training course visits two busy purpose built walls, both being public access facilities. In Sheffield itself, we are spoilt for choice with a number of first class indoor walls – The Foundry; The Edge; The Climbing Works but occasionally we have also used Rock City, in Hull; The Manchester Climbing Centre; Awesome Walls, Stockport, Edale MRT base as well as a number of small private facilities.

### Meeting Point

**Please meet at 0845 at Edale Mountain Rescue Team HQ on the starting date of your course.** Parking is limited so please car share if at all possible.

Directions – Edale MRT is based at the Lafarge Cement Works (yes, the huge chimney visible from anywhere in the Hope valley!). From the A6187 in Hope take Pindale Road (opposite the Spar shop). The cement works entrance is approximately 1km on the left. There is a car park on the left as you enter the site and the MRT base is in the unit opposite. Please observe parking instructions.

## **What do I need to bring?**

We can supply all the technical equipment required for your course including ropes, climbing hardware, etc. However, as an aspiring instructor we would anticipate that you will have much of the equipment required, and would encourage you to use your own kit as much as possible. Peak Mountain Training will supply lead ropes.

Specifically, we would suggest that you bring the following:

Warm clothing

Lead climbing equipment

Harness

Rock boots

Belay device

CWA logbook (filled in please)

\*Notebook

\*Digital camera (some candidates find it useful to take photos of belays/systems)

\*Packed lunch/drink etc. Both walls have small café's or alternative facilities nearby for those who would like to purchase lunch.

\* Optional items

## **Accommodation/Food**

Accommodation/Food is not included in the course price. If you do not live locally, a central location on the eastern side of the Peak District is ideal for our courses e.g, Hope or Hathersage.

We recommend the Woodbine Café and B&B in particular, but please note that Judith will only accept bookings of two nights at the weekend as do most B&B's in the valley. Tel: 07778 113882 or <http://www.woodbine-hope.co.uk/>  
This is close to our course base in Hope.

Further details of Peak District accommodation can be found at <http://www.jamesthacker.co.uk/accommodationpeak.htm> and <http://www.peakdistrictonline.com>

## **Cancellation**

CWA training courses must have a minimum of 4 candidates. In the event of course cancellation due to lack of participants, contact will be made no later than 14 days prior to the course start date. If this situation does occur then an alternative date will be given or a full refund made.

## **What happens now?**

We will look forward to meeting you on the first day of your course. However, in the mean time if you have any queries or require further advice please feel free to contact us.