



Single Pitch Award (SPA) Training

The Single Pitch Award is designed for people wishing to take individuals and groups climbing on single pitch crags throughout the UK. The remit of the award stipulates that crags must be easily accessible, non-tidal and with no significant objective dangers e.g. loose rock. Stanage in the Peak District would be a good example of this type of crag.

The award remit does not include the supervision of lead climbing (this is covered in the Mountaineering Instructor Award). It does however allow you supervise groups climbing and abseiling as well as bouldering, and when using indoor walls. If you intend working with groups in this environment then it's almost inevitable that you'll end up doing some type of skills coaching and Peak Mountain Training SPA courses have a strong focus on this.

The SPA 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.

As well as the hard skills, the training course introduces you to the areas of background knowledge that you should be aware of, not only for assessment, but as a diligent practicing SPA holder.

We hope you will find the course inspiring and we place a strong emphasis on enabling you to gain the skills to help people learn what climbing is all about in a "real" and relevant way.

Our SPA training courses take place in the Peak District.

In order to attend a SPA training course you must meet the following requirements:

1. **Be registered for the SPA with one of the Mountain Leader Training Boards** before attending a training course. (see below)
2. Be over the age of 18.
3. Have a minimum of 12 months climbing experience.
4. Be an active climber with experience of leading on traditional leader placed protection.

5. Have led a minimum of 15 routes outdoors on traditional leader placed protection.

Registration

All SPA 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 your experience.

Please note: If you are attending part of the SPA scheme you must be registered specifically for this award and have the appropriate SPA paperwork - even if you have already registered for one, or more, of the other awards e.g. CWA, 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 SPA syllabus in full. Detailed guidance notes on the SPA 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

Single Pitch Award Training: Course Format

This 2 day course focuses on the practical elements of climbing with, and supervising, groups or individuals on single pitch crags and climbing walls. The course will have a strong emphasis on rope work and safe practice. The course will also develop your knowledge in a variety of general climbing related areas. Topics covered include:

- **Technical Skills**

Equipment; choice and use of anchors; choice and use of rope systems; belaying; abseiling; personal climbing skills; problem solving.

- **Group Supervision**

Hazard awareness; group control; session planning; technique coaching.

- **Background Knowledge**

Access & conservation; history; etiquette; child protection issues

Sample Programme

Day 1	Day 2
<p>9.00am Welcome & Intro to course</p> <p>9.30am Depart for single pitch crag</p> <p>Personal climbing and abseiling skills; simple rope systems for climbing; risk assessment; problem solving</p> <p>6.00pm Local climbing wall:</p> <p>Group supervision Session Planning Movement skills Climbing/Bouldering activities The role of the SPA holder and the environment</p> <p>8.00pm Finish</p>	<p>9.00am Meet & outline of the day (this may be at the base or crag)</p> <p>Group climbing activities: climbing; abseiling; bouldering; problem solving</p> <p>5.00pm Return to Base:</p> <p>Debrief and action plans What to expect at assessment.</p> <p>6.00pm Finish</p>

Note: course programme may change to suit prevailing conditions.

Venues Used

We will pick venues that are appropriate for the training objectives of the day and the prevailing weather conditions. Peak Mountain Training instructors are experts at finding the best locations, despite the weather! In all cases we will endeavor to discuss these choices with you so that you are aware of our thought processes.

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, helmets etc (limited lead racks). However, as an aspiring instructor we would anticipate that you may already have much of the equipment required, and would encourage you to use your own kit as much as possible.

If you are thinking of buying personal climbing equipment we are always more than happy to make time/advise during the period of your course.

Specifically, we would suggest that you bring the following:

Footwear relative to the conditions e.g. walking boots or trainers/approach shoes

Warm clothing

Waterproof jacket and trousers

Rucksack (somewhere between 20 and 40 litres capacity)

Lead climbing equipment

Harness and Helmet

Belay Plate

SPA logbook

Water bottle or flask

Packed Lunch

*Notebook

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

* 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

SPA 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.