

Climbing Works Coaching Scheme (CWCS)

Outline of CWCS

This course is ideal for teachers and group leaders who are interested in instructing groups of children or adults in indoor bouldering at the Climbing Works.

In order to become an instructor at the Climbing Works, you need to:

- 1) Be 18 years old or over.
- 2) Have experience of bouldering at the Climbing Works (3 sessions minimum). If a client is keen and interested in becoming a CWC but has little or no climbing experience, we offer adult induction and improver sessions every week which the client can attend in order to gain experience and learn climbing technique.
- 3) Attend a half day workshop at the Climbing Works, where you will need to show good personal climbing technique on a variety of problems graded between V2/V4 (F5c/F6b+) and demonstrate appropriate knowledge of bouldering and its terminology. You will also need to become a Climbing Works member if you are not already.
- 4) Have a valid first aid certificate (minimum 4 hours).
- 5) Run an assisted bouldering session with an SPA qualified Climbing Works instructor. Once you have completed the session there will be a review and 1 of 3 possible outcomes.
 - a) Pass - You can supervise/coach groups independently.

b) Defer – Plan an observed session to ultimately achieve a pass

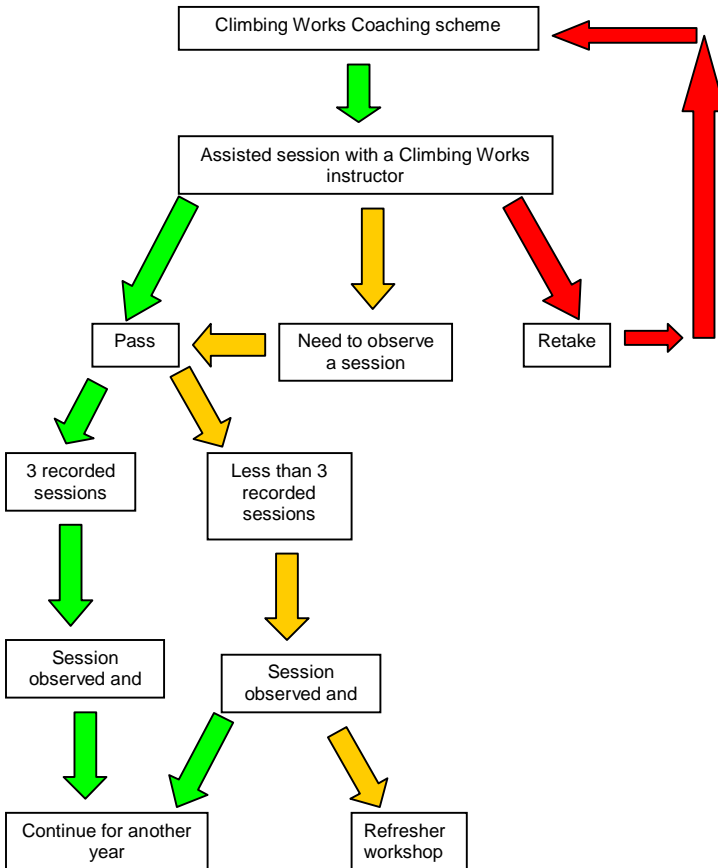
c) Retake – If you are deferred 3 times you will be advised to retake the half day workshop and recommence the scheme.

6) After passing your certificate is valid for a year. In order to obtain the instructing certificate for the next year, a minimum of 3 sessions must be recorded with one of your sessions being observed and reviewed. If less than 3 sessions are recorded then a session needs to be observed and a refresher workshop may be needed.

CWCS Remit

This scheme is only for use at The Climbing Works. Holders must abide by the terms and conditions of use applied to individual users and groups (when in with a group). This coaching scheme is not valid at any other venue, though some organisations may acknowledge it under Continued Personal Development.

Course Flow Chart



Workshop Content

- 1) Terms and conditions of use of The Climbing Works, personal and group use (throughout the workshop you will refer to them and be asked questions on them)
- 2) An overview of The Climbing Works and its equipment, matting, wall height and how it stands with regards to the British and European Standards and to other venues
- 3) Links to other useful sources of information, particularly the BMC
- 4) Suitable warm ups for all ages
- 5) Session running order, different types of client groups, choice of problems covering a suitable progression for various abilities
- 6) Spotting and dynamic risk assessing within the wall environment
- 7) Personal climbing: 3-5 problems graded v2-v4 on various angles of wall
- 8) Demonstrate good technique and know the correct terminology
- 9) Personal problem finding, risk assessing and technique demonstration
- 10) Appropriate warm down techniques for all ages
- 11) Review and history/evolution of climbing walls, some knowledge of climbing and bouldering outside

Workshop Time Table

Introduction – 30mins

Warm up – 30mins

On the climbing wall – 1 hour 30mins

Break – 20mins

Wall review – 20mins

Warm down – 10mins

Course review – 20mins

Total course time 3 hours 40mins

Detail of Workshop Content

1) Terms and conditions:

Every workshop attendee should be provided with full terms and conditions of use for the Climbing Works and all major elements highlighted.

2) Introduction:

General

Brief history of The Climbing Works.

First aid equipment and procedures

Fire escapes and procedures

Toilets and changing facilities

Matting and wall height- British and European Standards – what to look for in other walls

Bouldering equipment – climbing shoes / trainers, chalk balls / loose chalk

Why helmets are not worn and societal expectations you may have to deal with

Introduction for groups:

BMC participant statement – poster – what does it mean

Waiting at reception before session – not going on the mats

Toilets/changing rooms – wearing suitable clothing

WALKING around on the carpets, not standing on the mats unless climbing

Explain why you wear climbing shoes

Dangers of walking underneath a climber

3) Warm up:

Discuss and demonstrate appropriate and fun warm ups for children, teenagers and adults.
Discuss why it's important to warm up, types of warming up, raising temperature/stretching.

4) On the wall:

Grading - circuits, font and V grades
Run through order of how things should happen in a session
How many should be on the wall and how this varies between types of groups, adults and children
Children's boulders – beginners on the big walls
Different groups you may have and how to tailor the session for them
Choosing problems according to the grades and types of groups
How to formulate a session to focus on specific areas of training
Progression for various clients

5) Safety:

Keeping you and clients safe
Where to stand
Climbing down – jumping down – controlled fall
Spotting – should coaches spot – peer spotting
– different angles – positioning
Dynamic risk assessing

6) Personal climbing:

3-5 problems will be climbed, graded v2-v4

7) Technique and terminology:

Good and bad technique

Climbing on different angled walls

Coaching techniques - movement – balance

Terminology

Break:

Why you should have a break

Only water – no fizzy drinks or chocolate for children

8) Problem finding:

Split off to find an appropriate climb for a client, demonstrate using good technique, terminology and thinking about dynamic risk assessment. Review.

9) Warm down:

Discuss why you should warm down

Ways to warm down

10) Review:

Questions and answers

Knowledge of injury prevention

History of bouldering outside

Knowledge of climbs and climbers

Bibliography; be aware of literature such as “One move too many”, also coaching based texts.

Organising an assisted session

