

COURSE OUTLINE
SPORT CLIMBING COURSE LEVEL ONE (SCCL1)



Pre-requisite

- Above 14 years of age
- With the interest to learn new skills

Course Duration

- 7hrs

Certification

- Singapore National Climbing Standards [SNCS] Sport Climbing Course Level One certification (eligible to proceed to Sport Climbing Course Level II)

Time	Day Programme	Location
0900	Meet and Administration <ul style="list-style-type: none"> • Indemnity forms etc 	Anderson Junior College [AJC] 4500 Ang Mo Kio Ave 6
0930 to 1200	Introduction to basic Climbing equipment <ol style="list-style-type: none"> 1. Rope 2. Harness 3. Karabiners 4. Descending Device 5. Helmet Knots <ol style="list-style-type: none"> 6. Figure 8 knot (thread through) 	Nearest MRT: Yio Chu Kang Station OR Shine Outdoor Centre 1208 Upper Boon Keng Road
1200	Lunch Break	Nearest MRT: Kallang Station
1300	Climbing Practice <ol style="list-style-type: none"> 7. Belaying & lowering technique with basic devices 8. Climbing technique 9. Climbing communications 10. Top-rope climbing 	
1630	Safety Awareness	
1645	Certificate presentation End of Course	

Course Organiser
ACE ADVENTURE

Course Capacity
Minimum 6 / Maximum 10 per course

Course Instructor
Joanne Soo
Abseil Proficiency Level III Leader / Abseil Instructor
Sport Climbing Instructor / Obstacle Rope Course Safety Officer

Course Fee
S\$50 per person

Contact No
Joanne Soo – 97900281 (mobile phone)

*Note: The course programme is just a guide; we may adjust it without prior notice.