

COURSE OUTLINE
SPORT CLIMBING COURSE LEVEL ONE (SCCL2)



Pre-requisite

- Above 14 years of age
- Singapore National Climbing Standards Level 1 certified or Equivalent

Course Duration

- 14hrs (minimum)

Certification

- Singapore National Climbing Standards [SNCS] Sport Climbing Course Level Two certification (eligible to proceed to Sport Climbing Activity Supervisor Course / Instructor Training Course)

Time	Day One Programme	Location
0900	Meet and Administration <ul style="list-style-type: none"> • Indemnity forms • Collect equipment from store 	Anderson Junior College [AJC]
0930 - 1000	Revision <ol style="list-style-type: none"> 1. Equipment – Harness, Ropes, Belay Devices, Helmet 2. Knots – Tie-in knot 3. Top Rope Climbing & Belaying 4. Climbing Commands 	OR Your own premises (Artificial Rock Wall)
1015 - 1215	Introduction to Lead Climbing <ol style="list-style-type: none"> 5. Equipment for Lead Climbing 6. Belaying a Lead Climber & Fall Factor 7. Climbing Commands & Safety Awareness 8. Lead Climbing & Lead Belaying practical 	
1215 - 1300	LUNCH BREAK	
1310 - 1500	Anchor Set-up <ol style="list-style-type: none"> 9. Equipment for Anchors 10. Knots & Hitches <ol style="list-style-type: none"> a. Tape knot b. Clove Hitch c. Thumb Knot 11. Self-equalize & Isolated Anchor System 12. Top-out from Fixed-Anchor 13. Anchor set-up practical 	
1500 - 1700	Lead Climbing (Top-out) & Lead Belaying practice	
1700 - 1730	Introduction to Abseil with backup <ol style="list-style-type: none"> 14. Friction Knots <ol style="list-style-type: none"> a. Standard / Classic Prussik b. Klemheist c. French Prussik (auto-block) 	
1730 - 1800	Debrief & What to expect for Day 2 Equipment inventory & return to store	

COURSE OUTLINE
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Time	Day Two Programme	Location
0845	Meet & collect equipment from store	Anderson Junior College [AJC]
0900 - 1000	Revision <ol style="list-style-type: none"> Anchor Set-up Top-out from Fixed-Anchor Friction Knots 	OR
1000 - 1200	Lead Climb to <ol style="list-style-type: none"> Top-out from Fixed-Anchor Set up Self-equalize / Isolated anchors and abseil to ground using friction knots as back up 	Your own premises (Artificial Rock Wall)
1200 - 1245	LUNCH BREAK	
1300 - 1400	Discussion on Risk & Safety Management <ul style="list-style-type: none"> Climber's & Belayer's role Environment 	
1400 - 1700	Continue - Lead Climb to <ol style="list-style-type: none"> Top-out from Fixed-Anchor Set up Self-equalize / Isolated anchors and abseil to ground using friction knots as back up 	
1700 - 1800	Debrief & Feedback Certificate presentation Equipment inventory & return to store End of Course	

Course Organiser
 ACE ADVENTURE

Course Capacity
 Minimum 6 / Maximum 8 per course

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

Course Fee
 S\$130 per person

Contact No
 Joanne Soo – 97900281 (mobile phone)

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