

## Sport Climbing Courses



### Sport Climbing Course Level One

#### Pre-requisite

- At least 13 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
0900	<b>Meet and Administration</b> <ul style="list-style-type: none"><li>• Indemnity forms etc</li></ul>
0930 to 1200	<b>Introduction to basic Climbing equipment</b> <ol style="list-style-type: none"><li>1. Rope</li><li>2. Harness</li><li>3. Karabiners</li><li>4. Descending Device</li><li>5. Helmet</li></ol> <b>Knots</b> <ol style="list-style-type: none"><li>6. Figure 8 knot (thread through)</li></ol>
1200	<b>Lunch Break</b>
1300	<b>Climbing Practice</b> <ol style="list-style-type: none"><li>7. Belaying &amp; lowering technique with basic devices</li><li>8. Climbing technique</li><li>9. Climbing communications</li><li>10. Top-rope climbing</li></ol>
1630	<b>Safety Awareness</b>
1645	<b>Certificate presentation</b> <b>End of Course</b>

#### Course Organiser

ACE ADVENTURE

#### Course Capacity

Minimum 6 / Maximum 10 per course

#### Contact No

Joanne Soo – 97900281 (mobile phone)

#### Course Fee

S\$60 per person

\*Note: The course programme is just a guide; we may adjust the flow based on the progress of the course participants.

## Sport Climbing Courses



### Sport Climbing Course Level Two

#### Pre-requisite

- At least 14 years of age
- Singapore National Climbing Standards - Sports Climbing Level 1 certified

#### Course Duration

- 14hrs (minimum) / or Two (2) full days / or Four (4) half days

#### Certification

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

Time	Day One Programme
0900	<b>Meet and Administration</b> 1. Indemnity forms 2. Admin Brief
0930 - 1000	<b>Revision</b> 3. Equipment – Harness, Ropes, Belay Devices, Helmet 4. Knots – Tie-in knot 5. Top Rope Climbing & Belaying 6. Climbing Commands
1015 - 1215	<b>Introduction to Lead Climbing</b> 7. Equipment for Lead Climbing 8. Belaying a Lead Climber & Fall Factor 9. Climbing Commands & Safety Awareness 10. Lead Climbing & Lead Belaying practical
<b>1215 - 1300</b>	<b>LUNCH BREAK</b>
1310 - 1600	<b>Understanding anchor system &amp; Top-out from Fixed-Anchor</b> <b>Lead Climbing (Top-out) &amp; Lead Belaying practice</b>
1600 - 1630	<b>Debrief &amp; What to expect for Day 2</b>
1630 - 1700	<b>Equipment inventory</b>

## Sport Climbing Courses



Time	Day Two Programme
0845	Meet & collect equipment from store
0900 - 1000	<b>Revision</b> 1. Top-out from Fixed-Anchor
1000 - 1200	<b>Lead Climb to</b> 2. Top-out from Fixed-Anchor
<b>1200 - 1245</b>	<b>LUNCH BREAK</b>
1300 - 1400	<b>Discussion on Risk &amp; Safety Management</b> - Climber's & Belayer's role - Environment
1400 - 1600	<b>Continue - Lead Climb to</b> 3. Top-out from Fixed-Anchor
1600 - 1630	<b>Debrief &amp; Feedback</b>
1630 - 1700	<b>Certificate presentation</b> <b>Equipment inventory</b> <b>End of Course</b>

**Course Organiser**  
ACE ADVENTURE

**Course Capacity**  
Minimum 6 / Maximum 8 per course

**Contact No**  
Joanne Soo – 97900281 (mobile phone)

**Course Fee**  
S\$130 per person

\*Note: The course programme is just a guide; we may adjust the flow based on the progress of the course participants.