



Event Information Sheet

Event Title:	Ready to Rock
Event Duration:	❖ This event can either be run as a half day or a full day
Event Location:	❖ We will select a venue based upon our discussions with the client and what they'd like from the day. The venue will be chosen with strong consideration given to the weather forecast on the day. Typical locations are Black Crag Langdale, Oxenber Scar, Dales, Twistleton Dales.
Who is this event for:	<ul style="list-style-type: none"> ❖ If you are new to rock climbing. ❖ If you have climbed at an indoor wall or fun facility (Clip & Climb etc) and are looking to try outdoor climbing. ❖ If you have climbed before but would like some skills training or confidence building. ❖ If you are seeking a fun new activity to try as a family.
Typical Day: The Event will cover:	<p>During the session we'll:</p> <ol style="list-style-type: none"> 1.1 Climb some routes - that's what you came for! 1.2 How to select a venue <p>Climbing Equipment - what's it for, what you may want in future, how to look after it</p> <ol style="list-style-type: none"> 1.3 Personal & Group Safety at the crag 1.4 How to belay a partner safely 1.5 Personal climbing skills - we'll throw in a lot of top tips & feedback 1.6 Basic knots and ropework
The Event can also cover:	<ol style="list-style-type: none"> 1.1 Abseiling 1.2 Setting up your own systems 1.3 A next steps plan.
FAQ's:	<p>1.1 Is it safe? Yes. Mountain Services will take every reasonable measure to make this a safe and enjoyable day for the whole group. Rock Climbing is however an activity with an element of risk & participants must acknowledge and accept this - but if you've concerns please get in touch & we'll be happy to talk them through with you.</p> <p>1.2 Is it difficult? There's no easy answer to this - climbing can be as challenging as you want it to be. We'll make sure that everyone gets to take part and has a chance to feel the thrill of conquering their own personal climb - that's one of the things that's so great about climbing - the real challenge is yours/</p> <p>1.3 Do I need special equipment? No. Mountain Services will provide all the technical equipment you need. You'll want to wear loose comfortable clothing - and as you'll be brushing up against the rock please don't bring anything that you don't mind getting dirty or possibly damaged. We ask participants to remove (or not bring) jewelry. Comfortable shoes - approach shoes, trainers or soft walking boots are best.</p> <p>1.4 Can I use my own equipment? If you have it then by all means bring it along, but a decision on its suitability will be down to the instructor on the day.</p>
Age restrictions & course numbers:	<ul style="list-style-type: none"> ❖ Participants must be a minimum of 12rs of age unless accompanied by a parent or guardian. There is no upper age limit as you are never too old to learn a new skill. ❖ Participant numbers on this course are limited to 6.
What do you need to bring:	<ul style="list-style-type: none"> ❖ All safety equipment will be provided by Mountain Services. Clients will be required to wear a helmet and observe the safety guidelines. ❖ This event takes place outdoors - so you should bring warm clothes, waterproofs, hat & gloves. You will need to bring lunch, snacks and a drink. You will also need to bring any personal items you require. ❖ Mountain Services believe that the best fun takes place when participants are safe, engaged and encouraged. So you will take an active part in the day - this is a safe and supportive learning environment & no formal assessment occurs. We are happy to make reasonable adjustments to accommodate participants. If you would like to discuss any aspect of this event please do not hesitate to get in touch.
Progression:	❖ The next recommended event after Ready to Rock is to....do it again!

