

Rock Climbing Day

Information Pack



adventure.notts-scouts.org.uk
#SkillsForLife

Version 1.0



Scouts
Nottinghamshire

Overview

Have you got a head for heights? Why not put yourself to the test on natural rock in the beautiful Peak District? A full day spent climbing. Beginner and Intermediate days available. Intermediate days are designed for groups who have climbed before and want to build and develop their skills.



Section

Scouts & Explorers



Difficulty

Beginners & Intermediates



Max Group Size

12 Participants



Duration

10am – 4pm

Arrival

Our sessions are 6 hours long, starting at 10am, and concluding by 4pm. You should aim to arrive at the venue in good time to meet the team who will be running your climbing session and be prepared to help carry the equipment to the crag.

Supervision

All groups on rock climbing sessions must be accompanied by leaders who have a valid DBS. The Nottinghamshire Scouts Adventure leaders will take responsibility for delivering the adventure element of the session; however, we expect the group leaders to be responsible for the pastoral care of their youth members before, during and after the sessions.

Consent

All participants must complete and hand in a consent form before activities commence. The health and consent form can be downloaded from our website: <https://adventure.notts-scouts.org.uk>

Equipment

Group members should come prepared for climbing and bring suitable clothing for the activity. Loose fitting clothing like tracksuit bottoms are ideal though the exposed nature of the locations, the chances of wind and wet weather, and the fact that rock climbing does involve spells of inactivity means that lots of warm clothing and waterproofs are essential.

A suggested equipment list is below:

- Walking boots, trainers or climbing boots
- Warm outdoor clothing
- Hat & gloves
- Torch
- Flask
- Small Rucksack
- Waterproof Jacket & Trousers

NB: All climbing equipment will be provided.

Food

No food or drink is provided. You should bring a packed lunch for yourself and plenty of snacks to keep you going for the day. You might like to bring a flask of hot drink or soup.

Cancellation

Please be aware, that bad weather before or during the day may result in cancellation or curtailment.

Venue Location

Burbage Rocks

Please meet at:

Upper Burbage Rocks Car Park

Ringinglow Rd,

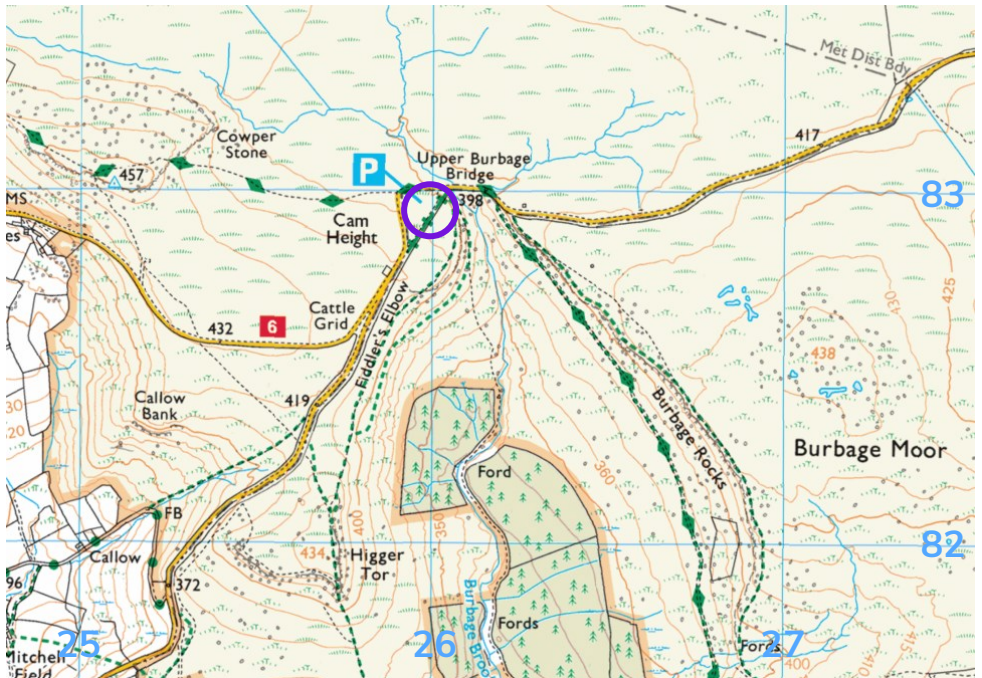
Hope Valley

S32 1BR

What3Words

[///stocks.manage.bulb](https://www.what3words.com/stocks.manage.bulb)

Grid Reference: SK 260,829



Badge Requirements

By participating in this session, you should have completed the following badge requirements:

Scouts

Adventure Challenge Award



Take part in an adventurous activity.

Climber Activity Badge



TBC

Explorers

Climber Activity Badge



TBC