



Syllabus
for
**BASIC ROCK
CLIMBING PROGRAM**

(Level 1)

towards the Award of
Certification as

CERTIFIED BELAYER

Syllabus for Basic Rock Climbing Program (BRCP)

Brief Overview

1. Age criteria	13 - 65 years
2. Eligibility Criteria	8th Std completed (as a minimum)
3. Gender	Male / Female
4. Duration	5 days - 4 nights / residential program
5. Batch Size	02 ~ 20 persons
6. Intensity of the course	Medium (***)
7. Location	NALS Manjacombai Campus, Nilgiris
8. Medium of Instructions	Tamil / English
9. Medium of Examination	Tamil / English
10. Certificate issued by	JAIN UNIVERSITY, BANGALORE

Objectives of the Course

1. Understanding the basics of climbing and climbing equipment
2. Learning the basics of ropes & knots
3. Setting up belay and provide safety to a climber using equipment and various techniques
4. Exposure to belaying on a high rope course, rappelling and zipline setup

Expected Outcomes - BELAYER

1. Belaying is the fundamental skill to become a climber. A belayer, with the diligent use of safety equipment, keeps the climber safe from a fall and injury. In short, **the Belayer's job is to keep the climber safe.**
2. A belayer is expected to know the following:
 - a. Identifying anchor and various hazards in the climb
 - b. Equipment selection based on the activity in hand
 - c. Set-up base and execute the belay safely
3. A certified belayer is not expected to know the following:
 - a. Lead Climbing
 - b. Provide motivational and skill lectures to climbers
 - c. Route setting on a climbing wall

Eligibility

1. Candidates who have completed 8th Std and ages 13 - 55 yrs are eligible to register for the course.
2. The following categories of people are requested to consult their Doctor before registering for this course:
 - a. Persons who have undergone surgery or undergoing treatment for any health condition
 - b. Body Mass Index (BMI) is over 30
 - c. Thyroid malfunction / Osteoporosis / Arthritis / High BP / Diabetes
 - d. Physically weak / Severe back ache / Knee Problems
 - e. Consume prescription drugs for acute ailments.
3. Pregnant women should avoid this program

Admission

1. Admission shall be made based on first come first basis

Scheme of Examinations / Assessment

1. Assessment will contain the following:
 - a. Practicals - About 80%
 - b. Theory - About 20%

Classification of Successful Candidates

Grading Plan	
Score range	Grade
> 75 %	A
> = 60 %	B
< 60 %	C

Program Overview

The program is split into FOUR parts:

1. Anchoring & Belaying
 - a. Ropes, knots and climbing gear
 - b. Theory of climbing and equipment
 - c. Setting up direct and indirect anchor
 - d. Rope coiling & rope care
 - e. Inspection and periodic maintenance of equipment
2. Rock Climbing, High rope course and zipline operations
 - a. Harnessing and Setting up the systems
 - b. Self anchoring and belay transfers
 - c. Understanding safety protocols
3. Live drills
 - a. Anchoring, Belaying and climbing
 - b. Ropes and knots
 - c. Rescue drills
4. Assessment
 - a. Practical
 - b. Theory

Program Description

Participants are gradually taken through the baby steps of rock and rope craft. The course will be very exciting as it is literally hands-on experience on adventure activities. The learning process is repetitive so that muscle memory takes over. Climbing, being a high risk activity, our trainers will also help one overcome fear with gentle hand holding and guidance.

Fee Structure

Sl. No.	Description	Amount, INR	Remarks
1	Program Fee	17,190.47	Includes safety equipment and supervision during the program, shared accommodation, veg meals and assessments.
4	GST, 5%	859.52	
	Grand Total =	₹18,050	

Exclusions

- Transport to and from the campus

Cancellation and refund Terms

1. If participant leaves or cancels the program for any reason, the following charges will apply:
 - a. More than 30 days prior to commencement of program Rs. 500
 - b. 15-30 days prior to commencement of program 25%
 - c. 8-14 days prior to commencement of program 50%
 - d. Less than 7 days to commencement of program 100%
2. Very rarely, NALS may be forced to cancel a program due to force majeure (inclement weather, unsafe terrain, or any natural calamity). Also, third party actions (cancellation of transport like trains and buses, riots etc) may lead to sudden disruption of the program or even cancellation. In such circumstances, NALS will not be obliged to make any refund. In such circumstances, NALS will make good the lost days in subsequent batches.

Risk Awareness

1. Trekking, Mountaineering and any outdoor activity carry serious risks and hazards due to various factors.
2. Climbing can put enormous pressure on the upper body muscular and skeletal systems and one should take adequate precautions in strengthening these.
3. NALS uses proven technology for climber safety. However, one can expect bumps and bruises if proper technique is not followed during climbing.
4. Further, climbing requires high fitness and endurance levels and participants must make themselves aware of their physical and mental limits.

Consult your physician

Some of the program activities will elevate the heart rate and demand physical strength and endurance. Persons with the following medical conditions are requested to consult their physician:

- BMI over 35 / Thyroid malfunction / Osteoporosis / Arthritis / High BP / Diabetes
- Physically weak / Severe back ache / Knee Problems
- Consume prescription drugs for acute ailments.