



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

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|----------------------------|---|
| 1. Age criteria | 13 - 65 years |
| 2. Eligibility Criteria | 8th Std completed (as a minimum) |
| 3. Gender | Male / Female |
| 4. Duration | 36 hrs / 18 sessions - during weekends |
| 5. Batch Size | 2 ~ 30 persons |
| 6. Intensity of the course | Medium (***) |
| 7. Location | NALS K'sirs Campus, Chinnavedampatti, CBE |
| 8. Medium of Instructions | Tamil / English / Hindi |
| 9. Medium of Examination | Tamil / English / Hindi |
| 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. Provide safety to a climber using equipment and various techniques
4. To improve courage, self confidence, perseverance and resilience in the participant
5. To improve awareness of personal health and fitness

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

Course Methodology & Contents

The course is offered with both theory and practical sessions as below.

1. Theory = 6 hours
 - a. Introduction of climbing and mountaineering
 - b. Introduction to safety equipment and usage
 - c. Types of Belay devices
 - d. Breaking strength and Safe working load - theory and calculations
 - e. Rules and regulations for climbing
 - f. All about climber safety and belay
 - g. Fitness and health relevant to general life and specific to climbing
 - h. Equipment care and maintenance
2. Practicals = 30 hours
 - a. Types of ropes and knots
 - b. Knot practise and application - natural and artificial anchors
 - c. Anchoring and belaying - selection of anchor and belay technique
 - d. Types of belay
 - i. Based on climber - Top and Running belay
 - ii. Based on belayer - Direct and Indirect belay
 - iii. Based on strategy - Static and Dynamic belay
 - e. Fall Management and belay arrest techniques
 - f. Climbing practise and techniques
3. Duration Flexibility - In order to cater to a wide audience, the courseware is offered with a certain flexibility as below:
 - a. Continuous attendance - daily sessions
 - b. Weekend attendance - Saturday / Sunday
 - c. Flexible attendance - The participants can schedule the training sessions over a period of time
 - d. However, Para 3.b&c are subject to the following:
 - i. Minimum 3 days continuous sessions at the outset
 - ii. Availability of trainers and wall infrastructure
 - iii. Courseware must be completed within 8 weeks
4. Session Timing - A typical session for the BRCP program will be as below:
 - a. Morning Session: 0630 - 0830 hrs
 - b. Warm up, stretching, theory and practise

Fee Structure

Sl. No.	Description	Amount, INR	Remarks
1	Program Fee	11906.78	Includes safety equipment and supervision
4	GST, 18%	2143.22	
	Grand Total =	₹14,050	

Exclusions

- The above cost does not include accommodation, meals and refreshments
- The registrant has to make own arrangements for 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.