

NALS OUTDOORS INDIA PRIVATE LIMITED

APPROVED BY GOVERNMENT OF INDIA

ADVANCED WALL CLIMBING PROGRAM (AWCP) For the title of CLIMBING INSTRUCTOR, Coimbatore

Introduction

Wall Climbing is a superior sporting activity that improves mental strength in addition to increasing physical and mental strength and endurance. The significant benefits of wall climbing on the human psyche have been scientifically proven. NALS offers an advanced certificate program in the field of Wall Climbing.

There is a serious shortage of qualified climbing instructors in our country. This program will train and certify you to become one. The joys of motivating another human being to achieve beyond his or her limits is far more satisfying than many other rewards. Successful candidates can find full / part time employment in the field of Wall Climbing or enjoy the new found hobby with professional qualifications.

Key Information

- Duration 18 sessions (of 90 minutes each)
- Location NALS KSIRS Campus, Chinnavedampatti
- Age group 6 ~ 65 yrs
- Intensity * * * * (High)
- Batch Size 2 ~ 12

Program Highlights

- Concepts of Lead Climbing - self anchoring while climbing
- Intense wall climbing with speed and timing
- Use of auto belay devices / mount and dismount auto belay devices
- Supervising, training other climbers and learning the art of motivating and encouraging.
- Route planning and marking
- Flexible dates and timings

Package Cost

Cost Per participant Rs. 9,450 (inclusive of GST)

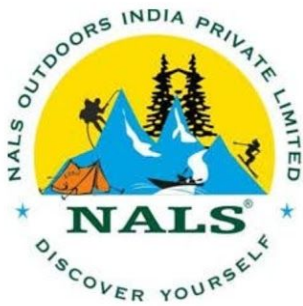
Inclusions:

- Experienced Instructors
- Certified Safety Equipment
- GST

NALS / PDS - **AWCP** / 30 Nov 2020

Page 1 of 6

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Exclusions:

- Transport to and from NALS campus
- Meals and Beverages

Program Description

Those climbers who have successfully completed BWCP can participate in AWCP. Participants will undergo 18 sessions of about 90 minutes each. Dates and timings are flexible and this program can be completed over a period of 2 months. The sessions will consist of an energetic warm up, floor training and later, training on the climbing wall. Before the certificate is awarded, the climber will be tested in all spheres of the syllabus and this will also include speed climbing on the wall.

The participants will get hands on training in guiding others to climb and thus reinforce their knowledge and training systems. Since the sessions are only on weekends, all people can join in and learn gradually.

Who can benefit?

Anyone who has completed BWCP can participate in AWCP.

- School and college students can benefit greatly from our program since it improves their concentration and learning abilities in addition to building their physical strength.. People who are bored of traditional fitness routines will undoubtedly enjoy our program.
- Corporate employees who want to experiment and discover their hobbies in an exciting field can try their hand at Wall Climbing. Part time job opportunities are springing up and one can lead a healthier lifestyle.

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.

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General Terms and Conditions

PAYMENT TERMS

1. Payment Mode:
 - a. Direct Deposit, Wire transfer, NEFT / RTGS / Draft or Multi city cheque payable at Coimbatore
 - b. NALS Bank account details:
 - i. A/c No. 32586375634 / State Bank of India, RS Puram Branch, Coimbatore – 641002, India
 - ii. IFSC : SBIN0003061
 - iii. SWIFT Code (for overseas transfers) : SBININBB451 (or) SBININBB294
2. Currency for payment is Indian Rupee / refund, if any, in Indian currency.

CANCELLATION POLICY

If participant leaves or cancels the program for any reason, the following charges will apply:

1. More than 30 days prior to commencement of program Rs. 500
2. 15-30 days prior to commencement of program 25%
3. 8-14 days prior to commencement of program 35%
4. Less than 7 days to commencement of program 100%

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 program or even cancellation. In such circumstances, NALS will not be obliged to make any refund.

PARTICIPANT BEHAVIOUR AND DISCIPLINE

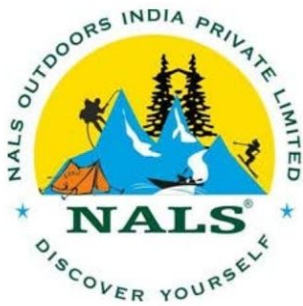
NALS will expel any participant who exhibits behaviour that is unsafe, indecent and distracts the mission of the program. Consumption or being under the influence of alcohol, illegal drugs and substances, theft or misuse of property, intentional damage to NALS' property, poor upkeep of program timings, lack of motivation, harassment of fellow participants are examples of behaviour that lead to expulsion. No refund will be paid in case of expulsion. Also, if the participant chooses to leave the program, for whatever reason, no refund will be paid.

RISK AWARENESS

Trekking, Mountaineering and any outdoor activity carry serious risks and hazards due to various factors. Climbing can put enormous pressure on the upper body muscular and skeletal systems and one should take adequate precautions in strengthening these. Further, climbing requires high fitness and endurance levels and participants must make themselves aware of their physical and mental limits. Please consult your physician to make sure you can participate in vigorous outdoor activity, especially if you have heart disease, blood pressure or other such conditions.

All adult participants are required to sign a risk declaration as part of the registration process. In case of minor participants, parental consent and signature are mandatory for participation in our programs. This process can also be completed online.

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NALS CLIMBING CERTIFICATION & LEVELS

Introduction

NALS offers the following programs that will award a certificate as mentioned against each program:

1. Basic Rock Climbing Program (BRCP) - CERTIFIED BELAYER
2. Basic Wall Climbing Program (BWCP) - CERTIFIED CLIMBING ASSISTANT
3. Advanced Wall Climbing Program (AWCP) - CERTIFIED CLIMBING INSTRUCTOR

CERTIFIED BELAYER

1. Belaying is the fundamental skill to become a climber and a belayer performs the key role of keeping the climber safe from a fall and injury.
2. A belayer is expected to know the following:
 - a. Identifying a strong 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
4. Syllabus for the program leading to the title “**CERTIFIED BELAYER**”
 - a. Ropes, knots and hitches
 - b. Ropes and equipment - care and maintenance
 - c. Understanding equipment, strength and use of each
 - d. Anchor and belay techniques - natural and artificial
 - e. Setting up belay and support a climber - direct and indirect belays
 - f. Rappelling - setting up anchor and belay
 - g. Fitness and health
 - h. Introduction to wall climbing

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CERTIFIED WALL CLIMBING ASSISTANT

1. After successful completion of the BRCP program (with Grade A) leading to the title of CERTIFIED BELAYER, the climber may upgrade his skills in Wall Climbing and climber management
2. A Certified Climbing Assistant is expected to know the following (in addition to the items of CERTIFIED BELAYER):
 - a. Guide a beginner to put on personal protective equipment - harness, helmet etc
 - b. Guide a beginner to take first steps on the climbing wall with basic safety briefing and climbing techniques
 - c. Use of diverse safety equipment
 - i. Goblin, tubular, various harnesses
 - ii. Rope stretcher and man carry with rope coil
 - iii. Other types of rope coiling
 - d. Understand wall climbing, routes, inspection and maintenance of holds and anchors
 - e. Use of auto belay - climbing with auto belay, mounting and dismounting of auto belay devices
3. A certified climbing assistant 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
4. Syllabus for the program leading to the title “**CERTIFIED WALL CLIMBING ASSISTANT**”
 - a. Review of Ropes, knots and hitches and belay systems
 - b. Wall Climbing - route, holds, inspection and maintenance procedures
 - c. Setting up top anchor and climbing rope on a wall
 - d. Wall Climbing practise and timing
 - e. Wall Climbing with auto belay
 - f. Guide beginners towards wall climbing

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CERTIFIED WALL CLIMBING INSTRUCTOR

1. After successful completion of the BWCP program (with Grade A) leading to the title of CERTIFIED CLIMBING ASSISTANT, the climber may further upgrade his skills to become an Instructor / Trainer in Wall Climbing
2. A Certified Climbing Instructor is expected to know the following:
 - a. Overall planning and execution of a climbing event that may have several climbers
 - b. Conduct safety briefing and training in the exciting field of Wall Climbing
 - c. Supervise other team members and operations
 - d. Lead climbing and set-up of top anchor
 - e. Route setting of the wall
 - f. Inspection and recording
 - i. Auto belay periodic inspection
 - ii. Ropes and other equipment
 - g. Design programs that will improve speed and skill of climbers
3. A certified climbing instructor is not expected to know the following:
 - a. Design, erection and installation of climbing walls and holds
 - b. Planning and purchase of climbing equipment
4. Syllabus for the program leading to the title “**CERTIFIED WALL CLIMBING INSTRUCTOR**”
 - a. Review of Ropes, knots and hitches and belay systems
 - b. Review of wall climbing using manual and auto belay
 - c. Theory and practise of Lead Climbing
 - d. Remove and install auto belay devices
 - e. Supervise & train several climbers and guide them to improve skill and techniques
 - f. Supervise and train trainees in 1st and 2nd level certifications
 - g. Improve his or her climbing speeds and techniques
 - h. Understand route setting to make the route tough or easy

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