



NALS OUTDOORS INDIA PRIVATE LIMITED

APPROVED BY GOVERNMENT OF INDIA

SUPERCLIMBER CHAMPIONSHIP TRAINING PROGRAM (SCTP) @ NALS KSIRS Campus, Chinnavedampatti, Coimbatore

Introduction

In order to prepare climbers for the championships, we offer weekly training sessions for registrants in the Championships. This training programs is monthly and can be extended based on the climber's preferences.

Key Information

- Duration 8 sessions
- Location NALS KSIRS Campus, Chinnavedampatti
- Age group 6 ~ 65 yrs
- Intensity * * * (Medium)
- Batch Size 1 ~ 30

Program Highlights

- Basic Wall climbing with safety gear
- Techniques for speed climbing and performance enhancement
- How to improve strength and endurance
- During weekends only - 8 sessions per month, of approximately 90 minutes each, every weekend of the month. One can extend additional months based on performance.

Program Objectives

- Understand basics of climbing and climbing equipment
- Prepare for the championships
- Improve health and fitness

Package Cost

Cost Per participant Rs. 2,500 (inclusive of service taxes)

Inclusions:

- Experienced Instructors
- Certified Safety Equipment
- Service Taxes

Exclusions:

- Transport to and from NALS campus

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Head Office: No.7, First Floor, Vincent Colony R.S.Puram, Coimbatore – 641 002 Tamilnadu, INDIA	T : +91-422-2542800 : +91-422-2543800 E : enquiry@nals.in W : www.nals.in	Regd. Office: 36A, Bhooma Nivas, 4 th Street, Kongu Nagar, Kalveerampalayam, Coimbatore – 641 046 CIN : U74999TZ201PTC018364 PAN : AAECN0223F
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- Meals and Beverages

Program Description

Participants will undergo 8 sessions of about 90 minutes each, every weekend of the month. The sessions will comprise of an energetic warm up, training on the floor and later, on the climbing wall. The climber can expect to familiarise himself with wall climbing and speed techniques.

The participants will get the opportunity to see their improvement each day as their performance improves in the various activities. Since the sessions are only on weekends, all people can join in and learn gradually.

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 if you have heart disease, blood pressure or other ailments that may affect your condition in the outdoors.

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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