



NALS OUTDOORS INDIA PRIVATE LIMITED

APPROVED BY GOVERNMENT OF INDIA

SUMMER WALL CLIMBING COURSE (SWCC) @ NALS KSIRS Campus, Chinnavedampatti, Coimbatore

Introduction

Summer holidays and what to do with highly energetic students? There is a serious issue with gadget addiction and students can lose their physical and mental health very quickly. If you have this dilemma, look no further - NALS offers exciting and challenging WALL CLIMBING certification course in Coimbatore.

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. This sport, for the first time, is now included at Olympics 2020 in Tokyo. With this inclusion, the sport will become popular in India and attract plenty of participants.

Key Information

- Duration 10 days
- Location NALS KSIRS Campus, Chinnavedampatti
- Age group 4 ~ 55 yrs
- Intensity * * * (Medium)
- Batch Size 2 ~ 30

Program Highlights

- Basics of ropes, knots, safety equipment and use
- Anchoring and belaying techniques - theory and practise
- Types of holds and bouldering practise
- Wall climbing with safety gear
- Select from two batches per day (4 hrs each) > 0600 ~ 1000 hrs or 1400 ~ 1800 hrs

Program Objectives

- Understanding the basics of climbing and climbing equipment
- Learning the basics of ropes & knots
- Improvement in health and fitness

Package Cost

Cost Per participant Rs. 5450 (inclusive of GST)

Inclusions:

- Experienced Instructors
- Certified Safety Equipment
- GST

NALS / PDS - SWCC / 22 Jan 2020

Page 1 of 3

NALS Outdoors India Private Limited
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



NALS OUTDOORS INDIA PRIVATE LIMITED

APPROVED BY GOVERNMENT OF INDIA

Exclusions:

- Transport to and from NALS campus
- Meals and Beverages

Program Description

Participants will undergo 10 sessions of about 4 hrs each. The sessions include an energetic warm up, stretching, wall climbing, ropes and knots practise etc. The climber can expect to acquire the BASIC WALL CLIMBING CERTIFICATE in 10 sessions as a minimum. 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.

What is an Artificial Climbing Wall?

Artificial Climbing Walls are structures with grips and holds which attempt to give the climber a rock climbing experience in a safe and controlled environment. Wall Climbing was originally practised only by experienced mountaineers for scaling technical sections of peaks. But today it has evolved into a leisure sport that people pursue for fitness, adventure, recreation and even for improving mental health.

Who can benefit?

- 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 lead a healthier lifestyle but do not have time for fitness programs or regimens on weekdays will be able to take up our program on the weekends and also get a chance to destress and relax. Kindly write to seshadri@nals.in for support / weekend schedules

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 before participating in the program:

- BMI over 25 / Thyroid malfunction / Osteoporosis / Arthritis / High BP / Diabetes
- Physically weak / Severe back ache / Knee Problems
- Consume prescription drugs for acute ailments.



NALS OUTDOORS INDIA PRIVATE LIMITED

APPROVED BY GOVERNMENT OF INDIA

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. 1,000 |
| 2. | 15-30 days prior to commencement of program | 15% |
| 3. | 8-14 days prior to commencement of program | 30% |
| 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.