



# NALS OUTDOORS INDIA PRIVATE LIMITED

APPROVED BY GOVERNMENT OF INDIA

## WALL CLIMBING PROGRAM FOUR SESSIONS (WCP4)

@ NALS KSIRS Campus, Chinnavedampatti, Coimbatore

### Introduction

Wall Climbing is a superior sporting activity that improves mental strength in addition to increasing muscular strength and human endurance. The significant benefits of wall climbing on the human psyche have been scientifically proven. This sport, for the first time, is included in Tokyo Olympics 2020. With this inclusion, the sport will become popular in India and attract plenty of participants.

### Key Information

- Duration 4 sessions (Saturdays & Sundays only)
- Location NALS KSIRS Campus, Chinnavedampatti
- Age group 6 ~ 65 yrs
- Intensity \* \* \* (Medium)
- Batch Size 2 ~ 30

### Program Highlights

- Physical exercises - strengthening and stretching
- Types of holds and bouldering practise
- Wall climbing with safety gear
- During weekends only - 4 sessions of approximately 90 minutes each, every weekend of the month.

### 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. 390.00

### Inclusions:

- Experienced Instructors and supervision
- Certified Safety Equipment
- GST 18%

NALS / PDS - WCP4 / 02 Nov 2023

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<b>Head Office:</b> NALS Outdoors India Pvt Ltd # 31, 5th Street, Kongu Nagar Kalveerampalayam, Coimbatore - 641046, INDIA	T : +91-94422 75501 : +91-94422 75502 E : enquiry@nals.in W : <a href="http://www.nals.in">www.nals.in</a> UPI : Q157766626@ybl	<b>Regd. Office:</b> 36A, Bhooma Nivas, 4 <sup>th</sup> Street, Kongu Nagar, Kalveerampalayam, Coimbatore – 641 046 CIN : U74999TZ2012PTC018364 PAN : AAECN0223F GST : 33AAECN0223F1Z5
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## Exclusions:

- Transport to and from NALS campus
- Meals and Beverages

## Program Description

Participants will undergo 04 sessions of about 90 minutes each, every weekend of the month. The sessions will consist of an energetic warm up, training on the floor and later, on the climbing wall. 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.

## 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?

Anyone is suitable for and will benefit from our program.

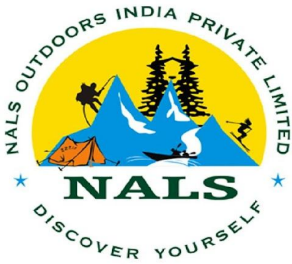
- Housewives neglect their health while providing dedicated service to spouses and children. They can jumpstart their fitness and eventually improve overall health.
- School and college students can benefit greatly from our program since it improves their concentration and learning abilities in addition 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.

## 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 the 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, 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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