



NALS OUTDOORS INDIA PRIVATE LIMITED

APPROVED BY GOVERNMENT OF INDIA

BASIC ROCK CLIMBING PROGRAM (BRCP)

Rock climbing challenges the mind and body and helps us build strength and character. Some of the key takeaways are perseverance, resilience, confidence, improved attitude towards health and fitness. NALS provides state of the art equipment, safety procedures and caring supervision that will encourage you to perform better

Key Information

- Duration : 04 days / 03 nights
- Location : Coonoor, TN
- Age Group : 14 ~ 55 years
- Intensity : * * * (Medium)
- Batch Size : 06 ~ 30

Program Highlights

- Participant will obtain the title CERTIFIED BELAYER
- Rock climbing techniques
- Ropes, Knots, Belaying & Anchoring
- Maximum trek distance on any day < 4 kms
- Altitude varies between 1700 ~ 1850 m
- Adventure Activity - Rappelling, Bouldering & Rock climbing

Day by day activity in brief

- Day 1 0900 Participants arrive at NALS Manjacombai campsite and after reporting / registration, accommodation allotment, breakfast, commence training sessions – ropes and knots, anchoring and belaying; equipment identification - Lecture, Demo, Practice. Acclimatisation walk
- Day 2 Morning walk + stretching, breakfast, introduction to boulders & rappelling, lunch, High rope course, anchoring and belaying, ropes and knots, Theory of mountaineering - rules for climbing, safety equipment etc, dinner
- Day 3 Morning walk + stretching, breakfast, Bouldering, anchoring and belaying, lunch, endurance trek,
- Day 4 Skill Test, & assessments, grade announcement, Departure after tea 1700 hrs

Program Alteration

It must be borne in mind that the program schedule can be changed due to practical compulsions like safety, availability of water, comfort and well being of participants. Further, mountain weather / road conditions are unpredictable and can lead to disruption or even cancellation of the program or some of the objectives of the program.

NALS / PDM – BRCP / 22 April 2022

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Head Office: No. 1, 4th Street, Kongu Nagar Kalveerampalayam, Coimbatore – 641 046, Tamilnadu, INDIA	T : +91-94422 75501 : +91-94422 75502 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 GST : 33AAECN0223F1Z5
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Food and Beverages

The participant is assured of a simple Vegetarian diet that is highly nutritious and prepared with very high standards of hygiene and cleanliness. The menu is so designed to keep the participant properly hydrated and loaded with sufficient calories to meet the physical tasks.

Fitness and Skill requirements

Rock climbing is a physically demanding activity and requires strong arms, shoulders and legs.

Participants are required to have medium fitness and endurance to accomplish the tasks / activities in the program. This means that he/she must be able to walk 8 ~ 10 kms, ascend moderate to steep gradients. It is therefore advised that participants exercise themselves rigorously for 2~3 months prior to arriving at the campsite. Some suggested exercises for preparation (choose the available combination based on your needs):

- | | |
|---|-----------------------------|
| 1. Surya Namaskar | 40 repeats, 3 times a week |
| 2. Stair climbing / inclined treadmill walk | 30 mins, 2 times a week |
| 3. Push ups | 25 repeats, 2 times a week |
| 4. Squats | 25 repeats, 2 times a week. |
| 5. Plain walking (speed > 5 kms / hour) | 3 times a week |

Cost per head (inclusive of GST)

Description / Group Size	6 ~ 30 persons
Program Cost (ex-Camp)	Rs. 16,900

Scope & Inclusions

Package is ex-Campus and includes:

- Food and beverages during the program
- Qualified Instructors during the program
- Equipment for activities
- Shared accommodation in dormitory

Exclusions

- Travel & Medical insurance
- Travel to and from campus

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Important info for parents: (whose unaccompanied children are at our campus)

1. While we appreciate the anxiety and angst towards your child attending this program, calls to the campus for general enquiry and repeated requests to speak to your child are STRICTLY not allowed. In our experience, this distracts the trainers from their main focus of running the program safely. Further, modern day children get weak when any parent, sometimes, becomes emotional on the phone. This also upsets other children in a cyclical process. We hope you will understand..! We also do not encourage your visit to the campus during the program.
2. For children who may become weak or sick, NALS adopts a wait and watch policy for 24 hrs and we manage the situation with the best of our abilities that may also include a visit to the local hospital. Parents will be informed by telephone in case of a hospital visit. If the situation cannot be managed by NALS, we may request the parent to collect the child from our campus.
3. Parents should assure themselves that their children are toilet trained fully as this is an area where NALS cannot help much other than guiding a child to clean himself properly. It would be inappropriate for our staff to handle the child inside a bathroom.
4. NALS may take efforts to update status on the camp through SMS or Whatsapp. This is subject to availability of cell range / data roaming. As we are far in the outdoors, this always remains a challenge. Some parents have demanded, in the past, immediate response, after not seeing their child's photo in the whatsapp message. Please relax.

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General Terms and Conditions

PAYMENT TERMS

1. Payment Mode:
 - a. UPI Code: Q220186378@ybl
 - b. Direct Deposit, Wire transfer, NEFT / RTGS / Draft or Multi city cheque payable at Coimbatore
 - c. 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:

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|----|--|----------|
| 1. | More than 30 days prior to commencement of program | Rs. 1500 |
| 2. | 15-30 days prior to commencement of program | 20% |
| 3. | 8-14 days prior to commencement of program | 50% |
| 4. | Less than 8 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. In case your booking includes flight, hotels and / or transfers, cancellation charges will be higher depending on the air carrier and other service providers and this may vary from time to time.

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, harassment of fellow participants are examples of behaviours 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. Trekking in higher altitudes requires high fitness and endurance levels and participants must make themselves aware of their physical and mental limits. As part of the program design, the participant may be required to be away from roads and hence specialized medical attention may not be available. Please consult your physician if you have heart disease, blood pressure or other ailments that may affect your condition outdoors.

Some of the wild animals in this area are: Indian Gaur, Bears, Boars, Deer and foxes. In case you see some of them, kindly do not rush towards the animal for a photo opportunity. Neither are you advised to call other participants for the sighting. Please enjoy the sight silently and quietly. Animals rarely attack humans and they do so only when they are alarmed and under threat.

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 is mandatory for participation in our programs.

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