

## **Appendix 1 – Climbing Wall Activity Programme & User Groups**

An inclusive programme of activities for juniors from age 4, through to adults and mature climbers.

### **Junior Programme**

**Getting Started** – Three products providing low cost short format sessions, ideal for children that have not climbed before or who want to supplement other centre activities with a fun climb:

Have A Go – 15 minutes using the auto-belay lines (No need to book)

Multi-Climb – Approximately 30 minutes climbing 3 selected routes

Junior Taster – 1 hour with an instructor climbing a selection of routes

**Junior Clubs** – Three age group based clubs suitable for absolute beginners through to competition standard junior climbers. Each junior is provided with a personal log book to track progress:

**Pebbles** – Ages 4 to 7. A fun session providing an introduction to climbing. Low ratio (4:1) child to instructor. No formal instruction provided.

Junior **ROCKCLUB** – Ages 7 to 12. The start of a learning curve from first feet off the ground through to competent independent climber. Established for over 12 years, this is a proven and successful development scheme.

**ROCKUP** – Ages 12 to 15. A more mature format session for older children (including complete beginners) where they can select more specialist development paths, or just enjoy social climbing

### **Schools**

#### **Engagement**

Engagement with schools will commence by networking with the appropriate schools representatives within Brighton & Hove. An early meeting to present the proposed schools programme will be arranged and the programme will be refined based on feedback from these sessions.

Support for this initial engagement will be provided by:

Meetings with PE heads at each school

Assembly presentations to pupils

Free Teacher Open Day for teaching staff to experience climbing first hand

Promotion of the Inter-Schools Climbing Competition

## **Schools Climbing Programme**

**Day Visits** – Single visit sessions aimed at introducing climbing to school children. Ages 7 and above. Often used as end of term treats or reward days.

**Term Climbing** – A 10 week programme delivered in two formats, based on Achievement or Participation. The former delivers the full syllabus and then provides an assessment of skills in week 10. The latter delivers the course material at a pace best suited to the group. Award certificates are issued at the end of the term.

**GCSE PE** – Similar in content to the term based programme but providing more clearly defined content based on the requirements for GCSE PE.

**After School Clubs** – With funding an on-going issue for schools, the After School Clubs allows a single school or group of schools to form their own climbing club. High Sports Brighton & Hove will provide equipment and instructors for the sessions and also assist with posters and assembly presentations to encourage participation.

**PRU Inclusion** – Pupil Referral Units and children with behavioural difficulties will be encouraged to use the climbing wall. Where required, closed sessions can be provided (typically morning sessions). Special training is provided for instructors delivering sessions to these groups.

**Outreach Programme** – Not all schools will be able to attend the climbing wall and to provide the widest possible inclusion for schools, an Outreach Programme will be run each year. This provides a mobile wall to attend schools (often in more rural areas) to provide an introduction to climbing.

**Inter-Schools Competition** – High Sports will host an annual Inter-Schools climbing competition. This event will be the culmination of previous visits to the climbing wall by each participating school to gain training and select their team. A Professional climber will set the routes for the competition and provide support for all teams on the day. An annually retained trophy will be presented to the winning school.

**Instructor Development** – This scheme is aimed at schools that have teaching staff who wish to train to become climbing instructors. They will be provided with a foundation course and then enter the Site Specific Award training programme.

## **Students**

**Induction and Mentoring Programme** – Cost is often the primary concern for students and this scheme is aimed at providing a low cost learning path which is comprehensive and safe. The mentoring programme is an extension of the group

induction process and enables experienced climbers to bring up to 2 novice climbers to the wall under controlled conditions.

## **Youth Groups**

**Instructor Support Programme** – Youth groups can book an instructed session at any time on the climbing wall. However, for those groups looking to make regular use of the wall, this programme provides a basic training programme to enable youth workers to assist with the session and thus reduce costs.

## **Adult Programme**

**Getting started** – Low cost short format sessions ideal for getting a taste of what climbing is about.

**ROCKFIT** – A programme unique to High Sports providing group exercise classes on the climbing wall. This is both an excellent way of keeping fit and developing increased core strength and also a more ‘familiar’ format of activity for those nervous about committing to a formal climbing course.

**Courses** – Beginners and Improvers courses progressing onto more technical courses and workshops. The Beginner Course takes complete novices through to a level where they can climb without the need for an instructor.

**Adult Rock Club** – This is an informal club night where climbers who have recently completed a Beginner course or who are returning to the sport after a lay-off, are supported by the presence of an instructor who provides training support or refreshers in the basic skills. Also a very popular way to meet climbing partners.

**Mature Climbers** – Another informal club session, aimed at more mature climbers who are less concerned about high grade climbing and more focused on the social element of the sport. No specific age limit is applied.

**Groups** – Groups are encouraged to attend fully instructed sessions to experience climbing, often for the first time. Work social clubs through to corporate team building sessions are catered for.

## **Family Programme**

**Tasters** – Following the same format as junior tasters, these sessions provide an opportunity for parents and children to climb in the same group.

Family **ROCKCLUB** – A weekend club with a format suitable for all family members. Juniors spend time climbing together with one instructor whilst parents learn to belay

and climb with another instructor. The second half of the session enables family units to climb together.

## **Climbing Community**

**'It's our wall'**..... is how the local climbing community will feel about the High Sports Brighton & Hove climbing wall and this is to be encouraged. With careful programming, the climbing wall is large enough to accommodate a wide variety of group and instructed climbing sessions alongside independent climbers.

**Club Support** – local climbing clubs will be able to display their club information and activity schedules on notice boards and, if required, a 'club night' for their club can be scheduled. Beginners completing courses at High Sports Brighton & Hove will be encouraged to join their local club. Larger retail purchases can be acquired at a discounted rate.

**Courses** – A range of more technical courses will be provided for experienced climbers including technique development, learn to lead and formal qualifications via the Mountain Leader Training Board.

**Workshops** – Regular single session workshops covering a specific skills area such as competition climbing, rope techniques and training.

**Professional Climbers** – The top climbers in the UK will attend site on a regular basis to deliver Master-class sessions and one to one coaching. If facilities permit, lectures can also be arranged.

**Route Setting** – Probably the single most important aspect of managing a good climbing wall. Regular setting to a consistent and high quality will ensure high levels of repeat visits and contented customers.

Monthly professional route setting will be undertaken supplemented by weekly in-house sets.

**In-house Competitions** – During the main winter climbing season regular Bouldering leagues and mixed climbing competitions will be organised. These will follow a friendly format encouraging participation from novice and lower grade climbers as well as providing a challenge for the better climbers.

**Equipment Demonstrations** – Demo evenings from the top equipment suppliers.

**Retail** – A comprehensive range of climbing equipment will be available at the site.

## **Disabled Participation**

Climbing is a highly accessible activity and can be undertaken by a wide range of disabilities, including those with learning difficulties, deaf, blind and the physically disabled.

From the High Sports Disability Inclusion Policy, accessibility is provided through five levels of participation:

- i) Fully inclusive activities – everyone participates without adaptation or modification to the session on the same level, in the same activity and at the same time
- ii) Modified Activities – participation in a single mixed session but with modification to the session content to accommodate the disability
- iii) Parallel Activities – sessions running at the same time, start and finish activities mixed but with separate instructors and content appropriate to ability
- iv) Reverse Integration – non disabled participants attending sessions structured for those with disabilities, participating in adapted activity
- v) Separate Activity – sessions run exclusively for those with disabilities

## **Elite Programme**

**Junior Development** – Juniors that are able to demonstrate above average skill and a high level of commitment will be invited to join an elite squad selected from the Junior Club programme. More focused coaching will be provided and these juniors will be groomed for competition climbing. Sponsored assistance will be provided to encourage participation at climbing competitions around the country.

**Adult Team** – The elite climbers from the local community will be encouraged to join a High Sports Brighton & Hove Team. Sponsored assistance will be provided to enable the team to compete at regional competitions around the country.

**Elite Accessibility** – In line with the aspirations of the FANS programme, all BMC youth and adult team members will be able to climb at High Sports Brighton & Hove free of charge.

## **Competitions**

High Sports Brighton & Hove will host rounds of the following annual competitions:

- BMC Lead Ladder
- BMC Youth Series (Bouldering)

- HSBC (High Sports Bouldering Championship)
- Brighton & Hove Inter-Schools Competition