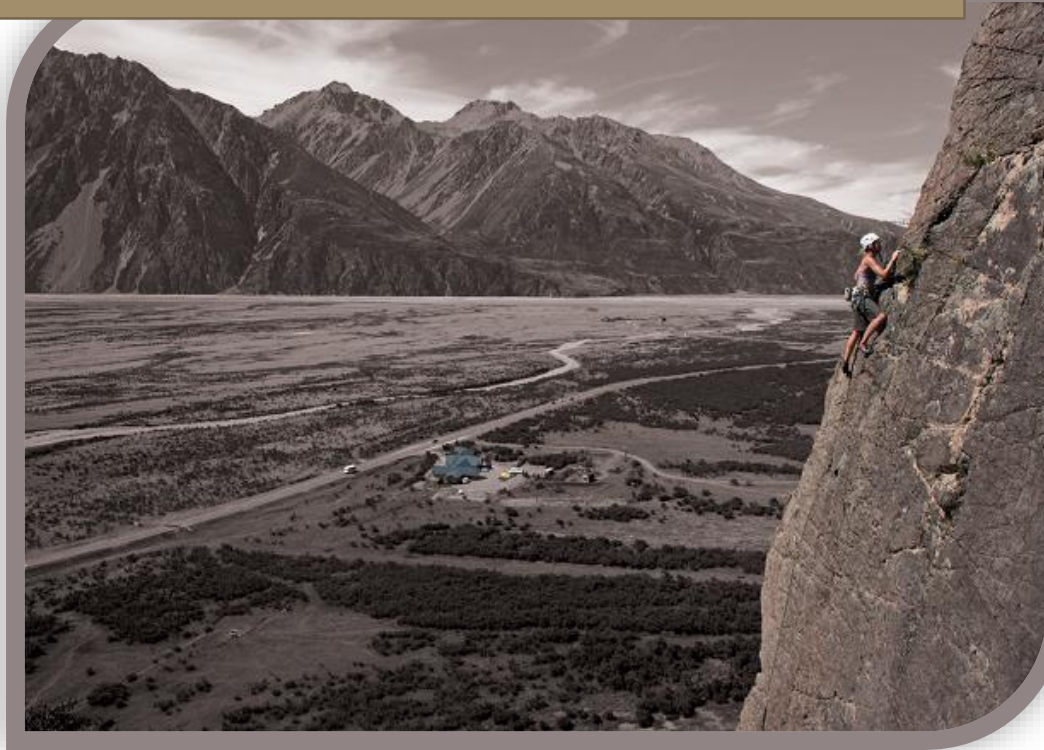


# Advanced Rock Skills Course



25<sup>th</sup> - 27<sup>th</sup> March 2016\*



NEW ZEALAND  
ALPINE CLUB



## Advanced Rock Skills Course 2016

---

**Where: Sebastopol Bluffs, Aoraki Mt. Cook National Park**

**When: 25<sup>th</sup> – 27<sup>th</sup> March 2016**

**\*March 28<sup>th</sup> wet weather postponement day**

[Click here to register if viewing online](#)

### **Who is this course for?**

The Advanced Rock Skills Course (ARSC) is a three-day course designed for those who already have lead climbing experience, either indoors or outdoors. Ideally participants would have completed a lead climbing course at a climbing gym and been assessed as able to lead climb and belay, or have equivalent experience on rock.

Participants must be NZAC members and enrolled at the [Unwin Easter Rock Meet](#).



**At a minimum, those wishing to register for the ARSC must be capable of:**

- Putting on a harness correctly.
- Tying into a harness with a figure 8 knot and stopper.
- Put on and adjust a climbing helmet correctly.
- Belaying a lead climber on a single rope.
- Complete safety checks on themselves and their climbing partner.
- Lead climb safely on bolts using quickdraws.

**On the ARSC, participants will learn the following:**

- How to lead sport climbs on rock efficiently and safely
- Analyse and improve movement on rock
- Belaying, communication and getting down safely
- Fundamentals of multi pitch climbing and abseiling
- Fundamentals of traditional gear placements and anchor building

**Instruction**

The course will be run in a minimum 1:4 instructor to client ratio, headed by a fully qualified NZOIA Rock 2 Instructor. A maximum of 8 participants will be accepted for the course.

**Course Fees**

The course fees are \$390. Payment on acceptance of application secures you a place on the course. Any refunds are at the discretion of the NZAC National Office and will depend on whether a replacement can be found. Participants must be enrolled at the Easter Rock Meet.

A wet weather option venue of the Twizel climbing wall may be utilised if required, entry to the wall will need to be paid by the participants in this case.

**Food**

Each participant will organise their own food.

**Course Duration**

Start time will be at 8am on the first day of course. Your instructor will do to an equipment check and briefing so please make sure that all gear is readily accessible and you are fed and ready to go. The course will finish at Unwin mid-afternoon on the 27<sup>th</sup>, unless one of the instruction days is postponed until Sunday 28<sup>th</sup> due to poor weather. Participants need to be available for all four days.



## Equipment List

Gear marked with an \*asterisk is optional and can be borrowed at no extra cost, one set per pair needed

Item	Specification	#
<b>Climbing Gear</b>		
Rock Shoes	Pair	1
Chalk Bag		1
Harness	Rated for climbing	1
Helmet	Designed specifically for climbing	1
Locking carabiners		2
Personal anchor system	With locking carabiner, e.g. cow's tail	1
Belay device	ATC or similar	1
Long sling	120cm	1
Quickdraws*		12
Rope*	50-60m	1
Rock gear: Cams*	(#0.5 – 3)	5-6
Rock gear: Wires*	Assorted	8-12
Nut tool*		1
<b>Personal</b>		
Day Pack		1
Waterproof Jacket		1
Warm Jacket or top		1
Sunblock and lip balm		1
Personal medication		1
Personal 1 <sup>st</sup> Aid Kit	Small, for blisters etc.	1
Drink bottle	1.0L minimum	1
Food	Snacks and lunch for each day	2 days
Multi-tool	Or pocket knife if not available	1

Questions and booking enquiries can be directed to:

**Sefton Priestley**  
Programme Manager  
New Zealand Alpine Club

**Email:** sefton@alpineclub.org.nz  
**Phone** 64 3 377 7595 ext 5 **Mobile** 021 0550 568 **Fax** 64 3 377 7594  
**Post** PO Box 786, Christchurch 8140, New Zealand  
**Courier** Unit 6, 6 Raycroft Street, Waltham, Christchurch 8023, New Zealand

[Click here to register for the ARSC if viewing online.](#)

