

Course Title	Sport Climbing Course Level One
Course Code	SCCL1
Course Duration	7hrs or 2 sessions of 3.5hrs
Objective (s)	The purpose of this course is to give participants an enjoyable, safe and informative introduction to sport climbing. The course is designed for people with no prior knowledge of sport climbing. Participants will be introduced to: equipment, climbing techniques, checking procedures, belaying for top-roping and climbing calls.
Passing Standards	Trainees must demonstrate the following course requirements : <ol style="list-style-type: none"> 1. Correct harness usage 2. Correct tie-in technique using the figure-of-8 knot 3. Correct belay technique using a friction device 4. Correct use of climbing calls 5. Perform pre-climb checks
Pre-requisite	At least be 13yrs of age
Award	SNCS Sport Climbing Level One Certificate
Syllabus	<ol style="list-style-type: none"> 1. Introduction to the Sport of Climbing <ul style="list-style-type: none"> • Development of climbing in Singapore • Concept of climbing <ul style="list-style-type: none"> - Sport climbing /Traditional climbing; - Lead / Top-rope; - Bouldering 2. Introduction of Climbing Equipment (usage, care, limitation) <ul style="list-style-type: none"> • Ropes (Dynamic & Static) • Harness • Karabiner • Friction devices – (Fig.8 and Tubular) • Climbing shoes • Helmet • Chalk (drying agent) • Others – Quickdraws (Runners), Sling/Tape 3. Tie-in Knot (usage, limitation, dressing) <ul style="list-style-type: none"> • Figure of Eight thread-through 4. Belaying Technique (5 steps belay) using friction devices <ul style="list-style-type: none"> • Belaying a climber • Lowering a climber • Belaying stance • Arresting a climber’s fall • Rope handling & management 5. Basic Climbing Technique <ul style="list-style-type: none"> • Use of handholds – pinch, grip, underhand, side pull, sloper, pocket • Use of footholds – edging, smearing • Basic wall configuration – corners, overhangs, slabs, roof 6. Top-rope Climbing <ul style="list-style-type: none"> • Pre-climb checks • Climbing commands • Spotting • Safety considerations – pendulums, falling on other people, rope placement, buddy check 7. Course Review <ul style="list-style-type: none"> • Suggestions for further advancement • General discussion and feedback
Instructor Qualification	Sport Climbing Instructor Category 1 / 2
Instructor to Trainee Ratio	1 Instructor : 10 Trainees or 1 Instructor + 1 Climbing Assistant (or Trainee Instructor) : 16 Trainees

Course Title	Sport Climbing Course Level Two
Course Code	SCCL2
Course Duration	14hrs or 2 sessions of 7hrs
Objective (s)	This course is designed as a follow on from the Sport Climbing Course Level 1. This course builds on the top-rope skills acquired from Level One and teaches a progression into lead climbing on artificial climbing walls. Participants on this course should be confident in all the techniques covered at Level One before undertaking this more advanced level course.
Passing Standards	<p>Trainees must demonstrate the following course requirements :</p> <ol style="list-style-type: none"> 1. Confident with lead climbing on an easy route 2. Correct placement of protection points on a lead climb 3. Correct belaying of a lead climber using a friction device 4. Correct top-out technique on fixed anchor 5. Conduct proper pre-climb checks 6. Correct use of climbing calls 7. Safe equipment handling
Pre-requisite	<ul style="list-style-type: none"> • At least be 13yrs of age • Sport Climbing Course Level One certificate
Award	SNCS Sport Climbing Level Two Certificate
Syllabus	<ol style="list-style-type: none"> 1. Introduction to Lead Climbing <ul style="list-style-type: none"> • Top-rope Climbing vs Lead Climbing • Placement of protection points • Understanding Fall Factor and Impact Force • Understanding the anchor system on artificial wall 2. Equipment Required for Lead Climbing (usage, care, limitation) <ul style="list-style-type: none"> • Dynamic rope vs Static rope • Harness with gear loops • Quickdraws (Runners) • Slings / Tapes (safety slings, extension as Runners) • Friction devices – (Fig.8, Tubular) • Helmet 3. Knots (usage, limitation, dressing) <ul style="list-style-type: none"> • Double Figure of 8 knot • Tape knot 4. Belaying a Lead Climber using friction devices <ul style="list-style-type: none"> • Giving slack & taking-in • Belaying stance • Arresting a climber’s fall • Dynamic Belaying • Rope handling & management 5. Lead Climbing & Techniques <ul style="list-style-type: none"> • Pre-climb checks • Clipping in techniques / prevention & undo “Z” clips • Runners’ placement/direction • Climbing on overhangs & roofs • Safe falling position • Climbing commands • Safety considerations – hand & foot placement to avoid nasty rope burns, skipping runners, falling on a lead, buddy check 6. Top-out Technique 7. Course Review <ul style="list-style-type: none"> • Suggestions for further advancement • General discussion and feedback
Instructor Qualification	Sport Climbing Instructor Category 1 / 2
Instructor to Trainee Ratio	1 Instructor : 10 Trainees or 1 Instructor + 1 Climbing Assistant (or Trainee Instructor) : 16 Trainees
Note	Wearing of helmet is compulsory when engaging in a lead climbing session

Course Title	Activity Supervisor Course (Sport Climbing & Abseiling)
Course Code	ASC
Course Duration	21hrs or 3 sessions of 7hrs
Objective (s)	This is a course designed for teachers, physical training instructors, people in-charge of climbing gyms and anyone required to supervising group climbing & abseiling activities on artificial climbing walls or tower. The course equips participants with the knowledge and skills necessary to safely supervise top-rope climbing, lead climbing, abseiling and bouldering sessions. The course emphasizes on safety and organization. The course does not qualify participants to conduct formal climbing and abseiling certification courses.
Passing Standards	Participants must demonstrate the following course requirements : <ol style="list-style-type: none"> 1. Correct use of and the ability to discern any incorrect use of climbing & abseiling equipment 2. Have knowledge on safety practices in supervising: <ul style="list-style-type: none"> - Top-rope & lead climbing session including belayers; - Bouldering session with spotters and crash mats - Abseiling with a belay line 3. Have knowledge on managing groups, organizational and communication skills 4. Understanding of risks associated with climbing and abseiling and have knowledge on strategy to minimize risks 5. Ability to set up anchor system for top-rope climbing and abseiling 6. Have knowledge on wall maintenance and route setting 7. Safe equipment handling
Pre-requisite	<ul style="list-style-type: none"> • At least be 18yrs of age • Sport Climbing Course Level Two and Abseil Proficiency Course Level Two certificates • Confident to lead climb a 5.7 (YDS) / 5b (French) route on an artificial climbing wall
Award	Activity Supervisor Certificate valid for 3yrs; to be accompanied with a valid first aid
Syllabus	<ol style="list-style-type: none"> 1. Roles and Responsibilities of a Supervisor 2. Revision of skills and knowledge on <ul style="list-style-type: none"> • Equipment (usage, care, maintenance, check) • Knots (Figure of 8 – thread-thru, double-bight) • Belaying technique (top-rope, lead) • Bouldering , Abseiling and Spotting 3. Setting up activities for <ul style="list-style-type: none"> • Bouldering, Top-rope & Lead climbing • Abseiling 4. Planning a session (top-rope, lead, boulder, abseil) <ul style="list-style-type: none"> • Objective of activities • Profile of participants • Site & equipment inspection • Level of challenges (structures, routes) 5. Managing a session (top-rope, lead, boulder, abseil) <ul style="list-style-type: none"> • Group management (procedures, rules, processes, ratio) • Facilitating experiences (teaching methods, communication) 6. Risk Analysis and Management <ul style="list-style-type: none"> • Understanding & Identifying Risks • Strategies to minimize risks • Risk assessment & management plan 7. Protocol, Guidelines, Wall Maintenance 8. Discussion on <ul style="list-style-type: none"> • Common mistakes and incidents in climbing and abseiling • Supervision of climbing, abseiling, belayers • Route setting 9. Theory Assessment
Instructor Qualification	Sport Climbing Instructor Category 2
Instructor to Trainee Ratio	1 Instructor : 8 Trainees or 1 Instructor + 1 Category One Instructor (or Trainee Instructor) : 12 Trainees
Note	Wearing of helmet is compulsory when engaging in a lead climbing session

