



Adventure Activity Leadership Modular Courses

Module 1: An introduction to teaching climbing

Who is the module for?

This 5 week module introduces the basics of climbing indoors and on rock. The module is for someone looking to gain personal climbing experience or to start to be able to teach single pitch climbing. It culminates with the Single Pitch Award training course.

What could I achieve?

Single Pitch Award Training

What experience do I need?

No previous experience required

What is included in the price?

- All coaching and use of equipment and transport for training for the duration of the module
- In-house Learn to Lead course
- One week climbing trip in the UK
- National Governing Body (NGB) membership
- National Governing Body training fees
- All food and accommodation in single sex bunk bedded rooms, possibly shared – participants should be aged 18 or over

How does the programme work?

A typical day will start with breakfast followed by a short daily meeting. A full day of coaching or un-coached practice time will follow with a review of the day and dinner on return to the centre. During the NGB course, there may be evening input from the visiting coach.

Weekends are free time but it is expected that module participants will spend the time refining skills and taking some rest!

About Abernethy

Abernethy operates 4 Christian adventure activity centres and a bunkhouse in Scotland along with a Swiss winter ski base. The School of Adventure Leadership is in its 20th year of operation and is home to our flagship one year fully residential Adventure Activity Instructor Training Course. Module participants will be training alongside our residential students.

The Abernethy staff team are all Christians and are here to provide a comfortable, welcoming and memorable experience to all who visit. Our dependence is on God and prayer underpins everything we do. We are a charitable trust - with Christian values at the core of our service. Course participants will be required to be sympathetic with our Christian ethos. Module participants are invited to join our optional weekly evening team fellowship session. Abernethy operates an on-site no smoking / no alcohol policy.

