

Rock Skills Learn to Lead Trad Climbs

Mountain Training's two-day Rock Skills Learn to Lead Trad Climbs course will provide you with the skills you need to participate in traditionally (trad) protected climbing, including an introduction to leading simple trad climbs. This course is also ideal if you are looking to improve your confidence or refresh your personal trad leading skills with the aim of helping you to become an independent climber.

Mountain Training aims to inspire, enable and develop people in walking, climbing and mountaineering through the provision of nationally and internationally recognised skills training and leadership qualifications. All Mountain Training courses are quality assured.

How to book onto a course

To attend a Rock Skills Learn to Lead Trad climbs course, it is advised that you have some of the following experience:

- to be at least 14 years old.
- Have belayed on at least 20 occasions
- Have seconded a minimum of 20 rock climbs at Very Difficult (VDiff) or above; OR Have led 20 sport climbs (indoors or outdoors). To have logged 20 indoor or outdoor climbs. Have belayed on at least 20 occasions.

Desirable - Completed Rock Skills Intermediate and/or Rock Skills Learn to Lead Sport Climbs

We will register you with Mountain Training prior to the course so you can be credited with attendance. If you've already got an account on Mountain Training's Candidate website please share your ID number with us on booking.

Digital logbook (DLOG)

Once you have been registered onto the scheme you will have access to an account with Mountain Training which includes a digital logbook (DLOG). Here you can log personal climbing days, it's a great way of storing all your outdoor experience in one place.

If you need help connecting to your account, information can be found here: [Connect with your account](#)

If you have any questions about adding entries: [DLOG FAQs](#)

Rock Skills Learn to Lead Trad Climbs - course content

The Rock Skills Learn to Lead Sport Climbs syllabus covers the following aspects:

1. Background and Planning
2. Climbing Skills
3. Equipment
4. Technical skills
5. Environmental Knowledge
6. Hazards and Emergency Procedures

Useful information

[Rock climbing by Libby Peter](#)

[New rock Climbers](#)

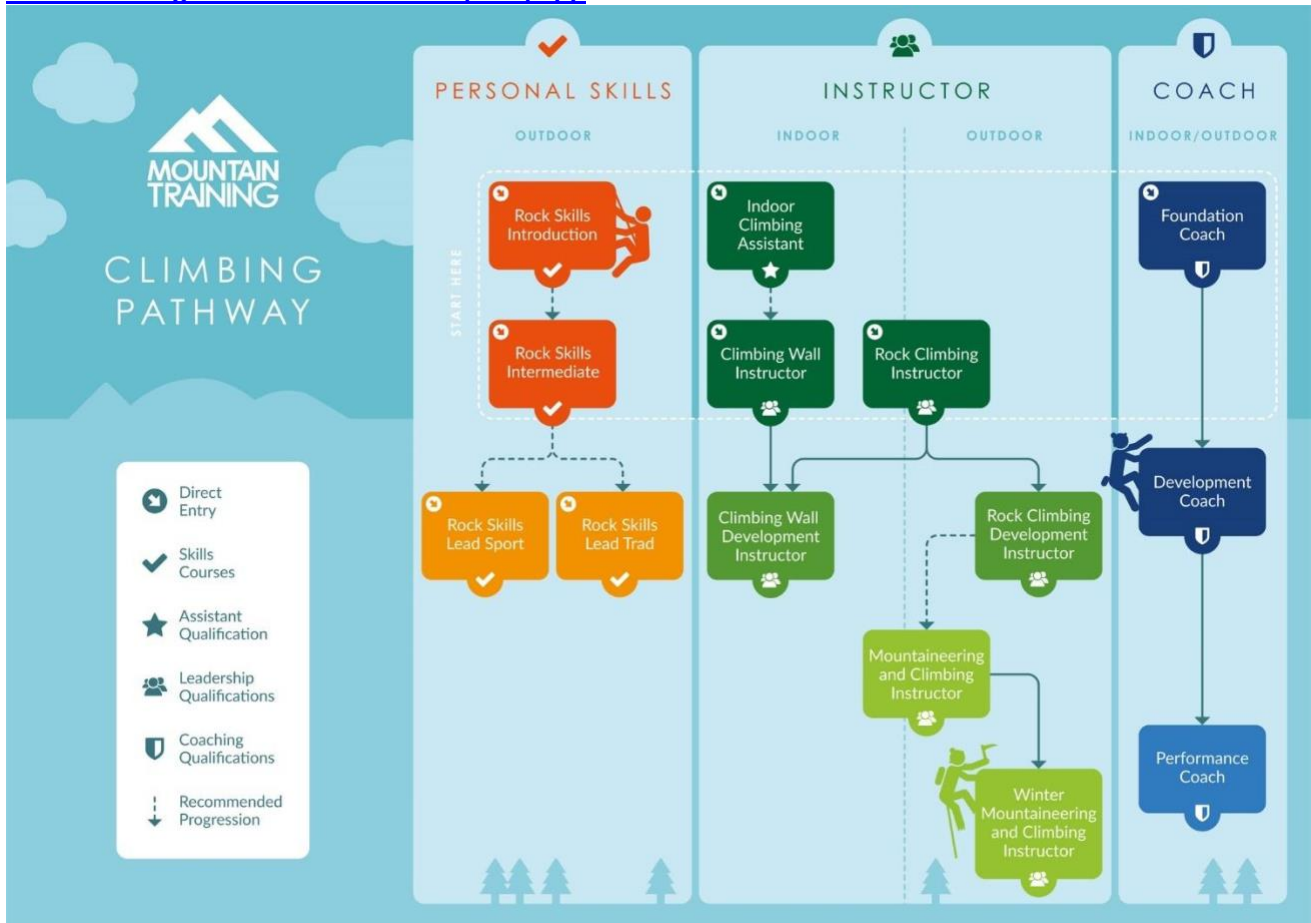
[Rock Skills handbook](#)

[Mountain Training's YouTube channel](#)

[Support for people with additional needs](#)

[British Mountaineering Council \(BMC\)](#)

[The BMC's Regional Access Database \(RAD\) app](#)



Equipment list

The following list is a suggestion of what you should bring with you (this list is not exhaustive). Many items may be available to borrow, please ask us if you have any queries about any of these items.

- Rock shoes
- Harness
- Helmet
- Personal climbing equipment.
- Personal outdoor clothing to include waterproof top and bottoms
- Personal first aid kit and personal medication

Insurance

Mountain Training recommends you consider personal accident and cancellation insurance. If you already have insurance cover, check that it covers you for the activity you are undertaking.

Course programme

Course start time: 9:00am

Meeting location: Keswick climbing wall, Goosewell Farm, Keswick CA12 4RN

Day 1

- Course introductions.
- Mountain Training overview
 - About Mountain Training, their Mission, Vision and Ethos
 - Skills scheme courses and qualification pathways
 - Explanation of Mountain Training, and the Mountaineering Councils
- Practical syllabus coverage – indoor and outdoor
 - Background and Planning
 - Climbing Skills
 - Footwear and Equipment
 - Technical skills
 - Environmental Knowledge
 - Hazards and Emergency Procedures
- Review and address queries from day 1.

Day 2

- Review and address queries from day 1
- Practical syllabus coverage – indoor and outdoor
 - Background and Planning
 - Climbing Skills
 - Equipment
 - Technical skills
 - Environmental Knowledge
 - Hazards and Emergency Procedures
- Review and address queries from days 1 and 2
- Feedback and personal development
- Review on Mountain Training pathways and support on offer

The programme is subject to change to make best use of the weather and venues chosen for the course.