**Indoor Climbing Assistant course notes**

**Introduction**

The [Indoor Climbing Assistant](https://www.mountain-training.org/qualifications/climbing/indoor-climbing-assistant) qualification is for those with competence in the basic skills of climbing who wish to assist qualified climbing instructors and coaches in the management of their sessions.

Indoor Climbing Assistants can have an inspirational effect on individuals, groups and communities. They work with participants and a range of others such as instructors, other climbing assistants, colleagues, volunteers, parents, teachers, youth workers and health professionals to ensure the climbing experience is the very best it can be. The Indoor Climbing Assistant course aims to develop your technical skills, judgements and areas of knowledge deemed necessary to be able to assist qualified climbing instructors and coaches in the management of their sessions.

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.

[Mountain Training: Our Ethos](https://www.youtube.com/watch?v=PzqVFu7N-RA)

**Prerequisites for the Indoor Climbing Assistant course**

Before you book onto an Indoor Climbing Assistant course you should have;

* Experience in the basic skills of climbing (belaying, harness fitting, tying on).
* Logged 5 indoor climbing sessions. (There is no personal climbing requirement, you can just belay, but it is useful to have experience of climbing.)
* Belayed on a minimum of 5 indoor climbing sessions.

**Please ensure you have entered your minimum prerequisites in your digital logbook (DLOG) at the time of confirming your place on the course.**

**Indoor Climbing Assistant course content**

The course follows the Indoor Climbing Assistant syllabus. The course involves one day (or potentially two evenings) of training and ongoing assessment in a supportive learning environment and will cover the following areas:

Technical competence

* Equipment
* Belaying
* Personal skills
* Background knowledge

Management and Decision Making

* Planning and structure of sessions
* Management of participants
* Decision Making
* Knowledge and demonstration of techniques
* Working with other staff

Teaching and Learning Skills

The climbing environment

* Access
* Etiquette and ethics

Detailed information on each of the above topics can be found in the [Indoor Climbing Assistant handbook](https://www.mountain-training.org/Content/Uploaded/Downloads/MLT/ef81ceb2-224b-4296-9f29-41ea926e9a63.pdf).

**Potential outcomes of the course**

Throughout the course you will be trained and assessed based on the knowledge and skills detailed in the handbook.

Possible outcomes: *Pass* or *Defer*

In the case of a ‘Defer’ result candidates will be given an action plan and guidance on further training and

experience. The candidate may be required to attend a subsequent course or given the opportunity to

undertake a one-to-one demonstration of competence. Candidates are strongly encouraged to return to

the original provider for reassessment but can be seen by any approved provider.

Following the course, a course report will be completed.

**Open access to courses**

Mountain Training is committed to ensuring that everyone has equal opportunity to attend our courses. If you have a particular need that requires extra assistance, please discuss it with Mountain Training or your provider.

[More information can be found here](https://www.mountain-training.org/help/resources/support-for-people-with-additional-needs)

**Sustainable Transport**

Mountain Training recognises that climbing, hill walking and mountaineering impact on the environment, and acknowledges the responsibility to take reasonable measures to safeguard the environment for both the present and future generations. We therefore ask participants to consider sustainable transport to access courses.

[The BMC Community Liftshare site](https://thebmc.co.uk/bmcs-launches-lift-share-site)

**Insurance**

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

**Partnerships**[Mountain Training Association](http://www.mountain-training.org/associations/mountain-training-association) - The Mountain Training Association is a membership community that provide members with support and development opportunities, mentoring, resources, workshops and events to help those working towards their qualification, and keep skills and knowledge current for those already qualified.

[British Mountaineering Council](https://www.thebmc.co.uk/bmc-memorandum-and-articles-of-association) - The British Mountaineering Council (BMC) is the national representative body for England and Wales that exists to protect the freedoms and promote the interests of climbers, hill walkers and mountaineers.

A diagram of a personal skills course

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