

Schools Program

OUTCOMES BASED COURSE



city summit

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WELCOME TO CITY SUMMIT ROCK CLIMBING CENTRE

Perth's very own climbing centre built to the Australian Standard AS 2316.1

As a climbing centre built by climbers for climbers, we pride ourselves on high teaching standards, best practices and above all a safe learning environment. Our goal is to increase participation in the sport of climbing in Western Australia from beginners to professionals.

THE COURSE

The City Summit Outcomes Based Course (OBC) has been designed to provide teachers and students with a practical, challenging and rewarding course to teach the sport of rock climbing.

The course engages students with goal setting, communication skills, teamwork and self-confidence development through an understanding of rock climbing techniques, safety and responsibility. The course follows the Outdoor Education Curriculum requirements and covers competencies such as:

- **Equipment safety, maintenance and use**
- **Climbing Communication**
- **Correct and safe belay process**
- **Climbing Techniques**
- **Climbing Knots**
- **Bouldering and mini Bouldering competition**
- **Introduction to Lead Climbing**
- **Top Roping skills and techniques with focus on graded climbs**

Course content, assessment and student feedback is provided by experienced climbing instructors, taking the hard work out of the academic year for you. We work to a high instructor to student ratio to ensure students get the most from their climbing experience.

On course completion students are presented a Certificate of Attainment for their efforts. We encourage graduates to continue their climbing practice and offer special discounts valid for the remainder of the year. School administrators are also provided with course assessment results and feedback is available on individual and group performance.

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COURSE STRUCTURE

The OBC can be structured dependent on your timetable and budget requirements however we propose a minimum of 5 weeks duration of either 1 or 2 hour sessions per week. The course can then be extended anywhere up to 10 weeks with increased outcomes to suit. We are also happy to work with you to accommodate any required learning outcomes and/or the skill level of your group.

On commencement of the course, students are divided into groups of eight and assigned an Instructor. These groups remain consistent throughout the course to encourage team building, communication and familiarity among peers and climbing styles. Students are given the opportunity to climb each week to practise the prescribed skills and outcomes.

Our Outcome Based Course offers far more than the prescribed skills and techniques of rock climbing. The course provides participants the opportunity to build their self-confidence, learn the importance of teamwork and understand how to set and achieve personal goals.

COSTING

One hour session, once per week: \$12 per student/per week

Two hour session, once per week: \$15 per student/per week

Longer session times and/or repeat visits per week may be organised.

Prices include weekly hire of equipment (harness, shoes & chalk), outcomes based curriculum from our experienced instructors and a Certificate of Attainment.

Rock climbing is a rapidly growing global sport and now is the perfect time to challenge your students with a great course to complement their academic education. We look forward to welcoming you to City Summit soon.