

SAMPLE ITINERARY

LEAD CLIMBING COACHING (5 DAY)

MONDAY	<ul style="list-style-type: none">• Informal welcome chat with our staff and your course members• Chat about picking the best crag for the team given the weather and conditions• Spend a good chunk of the day looking at movement coaching on a single pitch crag to see where everyone's at• Review key skills such as belaying and abseiling• Return to PYB for tea and cake!
TUESDAY	<ul style="list-style-type: none">• Visit a sport climbing crag and look at how to use a clipstick and different belay devices such as Grigis and Clickups• Lead routes with a tactical focus; finding rests and good clipping positions, breaking the route in sections etc.• Considering how to manage the risk of leading a route – creating awareness of obstacles and distance in the event of a fall• Return to PYB for more tea and cake!
WEDNESDAY	<ul style="list-style-type: none">• Climb on a single or multipitch crag with a focus on placing gear, either as a simulated lead with a top rope for safety, or without for those who have led before• Look at the intricacies of placing good nuts, cams and hexes• Consider what makes a good belay, and how to tie into it with the rope• Rig an abseil and set yourself up with a prusik as a safeguard• Return to PYB for more tea and cake!
THURSDAY	<ul style="list-style-type: none">• Lead routes on a multipitch crag with an instructor alongside to boost confidence and provide coaching on anything you'd like• Think about how to manage a stance, avoid tangles and be efficient• Use of half / double ropes for those with previous leading experience• Get lots of climbing in!• Return to PYB for more tea and cake!
FRIDAY	<ul style="list-style-type: none">• Consolidate all that's been learnt during the week and have a great day of lead climbing!• Return to PYB for more tea and cake, and a fond farewell.