

REALrock 2011



In Association with:



REALrock is climbing on the 'the real thing' outdoors at small crags in Scotland. **REALrock** is for young climbers who already have some experience of climbing indoors.

These sessions are NOT suitable for beginners.

Sessions will involve 'Traditional' adventure climbing

REALrock includes: *Bouldering, Top/Bottom Roping, Anchor placements, Gear Placements, Abseiling and leading*

REALrock: PARENTS MUST ATTEND

(To get the most from **REALrock** it is recommended that you attend up to three sessions!)

Venues: *Crags in the Central Belt, Northumberland sandstone; Sea Cliffs near Aberdeen, Pass of Ballater (See Crag Venue details)*

Cost: *Each session costs £15 (£10 Income Support / Family Credit)
Non Members must join MCofS to be eligible to participate. Cost of MCofS membership Youth Club is £10 (this is a reduced special offer – the normal price is £13.75)*

Booking: **Application Forms are available at EICA: Ratho or Transition Extreme, Aberdeen, on the MCofS website (pdf's) or from the MCofS Office (hard copy or by email)**

Personal Clothing:

Warm cloths; suitable footwear (walking boots or trainers); hat/gloves, water proof jacket and a change of clothes. Rock shoes are preferable for climbing in but, Please bring any medication required; midge cream and climbing harness, helmet, and chalk bag if you have them!

Equipment: *Some technical equipment will be available during the session, but it is recommended attendees bring their own harness, rock shoes, belay device, helmet and rope*

PLEASE NOTE:

- Cost includes climbing coaching/instruction; civil liability insurance; use of technical equipment
- Parents should note that those taking the sessions are both MCofS volunteers and qualified instructors
- All venues and activities are risk assessed
- Parents are asked to provide their own transport to the venues and to attend the session, even if they do not climb, to supervise their children when not climbing
- Parents can view the MCofS Child Protection Policy on the website, but as parents are attending we do not ordinarily ask for our volunteers to undergo Disclosure, although many have
- If you have any further questions please contact the Development Officer, Kevin Howett

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