



## Single Pitch Award (SPA) Training

The Single Pitch Award (SPA) is intended for those who wish to supervise groups on single pitch crags and climbing walls in the UK. The award consists of a training and assessment course, it should be noted that completing the training alone, without the assessment is not a qualification in itself.

James Thacker Mountaineering SPA Training Courses, are run under the providership of Peak Mountain Training.

In order to attend an SPA Training course you must meet the following requirements, as stipulated by Mountain Leader Training England (MLTE):

1. Be over the age of 18.
2. Have a minimum of 12 months climbing experience.
3. Be an active climber with experience of leading on traditional leader placed protection.
4. Have led a minimum of 15 routes outdoors on traditional leader placed protection.
5. **Register with the MLTE** before attending a training course.

## Registration

You should, already be registered with Mountain Leader Training England (MLTE) if you are considering attending an SPA training course.

Failing this you can now register online via the MLTE website, <http://www.mlte.org>

## Learning Objectives

We aim to cover the SPA syllabus in full. Detailed guidance notes on the SPA syllabus should have been provided in the booklet with your logbook. In addition, full details can also be viewed online via <http://www.mlte.org/uploads/publications/14.pdf>

## Course Format

The course will run over two days from 0915 to 1700 with the addition of an evening session on day one.

Day One:

Meeting Point TBC

0915 Introduction to course and the SPA scheme  
0930 Equipment selection personal and group  
1030 Crag Venue 1

Belays, protection placement  
Holding falls and dealing with problems  
Abseiling  
Route selection  
Personal climbing, leading if appropriate  
Access and Conservation  
1800 Evening Session: Local climbing wall

Use of a climbing wall  
Teaching and coaching skills  
Injury avoidance  
Session structure  
2000 Close

Day Two:

Meeting Point: Crag Venue 2 or local café decided on Day One.

0915 Introduction to group skills day  
Crag Venue 2

Group abseils  
Top roping  
Bottom roping

Group management  
Crag 'games'

1700 Course review and individual action planning.

1800 Close.

Please note that we will aim to proceed regardless of the weather, although the above programme may change to make the best use of the prevailing conditions.

## **Venues Used**

We will aim to pick venues that are appropriate for the learning objectives of the day and the prevailing weather conditions. James Thacker Mountaineering instructors are experts at finding the best locations, despite the weather. In all cases we will endeavor to discuss these choices with you so that you are aware of our thought processes.

The Peak District is world famous for the quality of its gritstone rock climbing. The single pitch crags we normally use will include some of the most popular in the country including, Stanage, Froggatt, Burbage and Curbar edges.

## **What do I need to bring?**

We can supply all the technical equipment required for your course including ropes, climbing hardware, helmets etc (limited lead racks). However, as an aspiring instructor we would anticipate that you will have much of the equipment required, and would encourage you to use your own kit as much as possible. James Thacker Mountaineering will supply lead ropes

If you wish to purchase personal climbing equipment we are always more than happy to make time/advise during the period of your course.

Please note that all participants on James Thacker Mountaineering courses receive a 15% discount at the welovemountains webshop.

<http://www.welovemountains.com>

A full kit list for all courses can be downloaded from

<http://www.jamesthacker.co.uk/internetkitlist.pdf>

Specifically, we would suggest that you bring the following:

Footwear relative to the conditions e.g. walking boots or trainers/approach shoes

Warm clothing

Waterproof jacket and trousers

Rucksack (somewhere between 20 and 40 litres capacity)

Lead climbing equipment

Harness and Helmet

Belay Plate

SPA logbook

Water bottle or flask

Packed Lunch

\*Notebook

\*Digital camera (some candidates find it useful to take photos of belays/systems)

\* Optional items

## **Accommodation**

Please note that the price does not include accommodation. Given that we are likely to visit a number of venues a central location on the eastern side of the Peak District is probably best e.g, Hope, Hathersage

We recommend the Woodbine Café and B&B in particular, but please note that Judith will only accept bookings of two nights at the weekend as do many B&B's in the valley. Tel: 07778 113882 or <http://www.woodbine-hope.co.uk/>

Further details of Peak District accommodation can be found at <http://www.jamesthacker.co.uk/accommodationpeak.htm> and <http://www.peakdistrictonline.com>

## **Cancellation**

For MLTE courses the board stipulates a minimum of 4 candidates have to attend the course for it to run. In the unlikely event of course cancellation due to lack of participants, contact will be made no later than 10 days prior to the course start date. If this situation does occur then an alternative date will be given or a full refund made.

## **What happens now?**

We will look forward to meeting you on the first day of your course. However, in the mean time if you have any queries or require further advice please feel free to contact us.

8 Stanage Rise SHEFFIELD S12 4SB tel: 0114 2659722 mob: 07887 992745  
email:enquiries@jamesthacker.co.uk