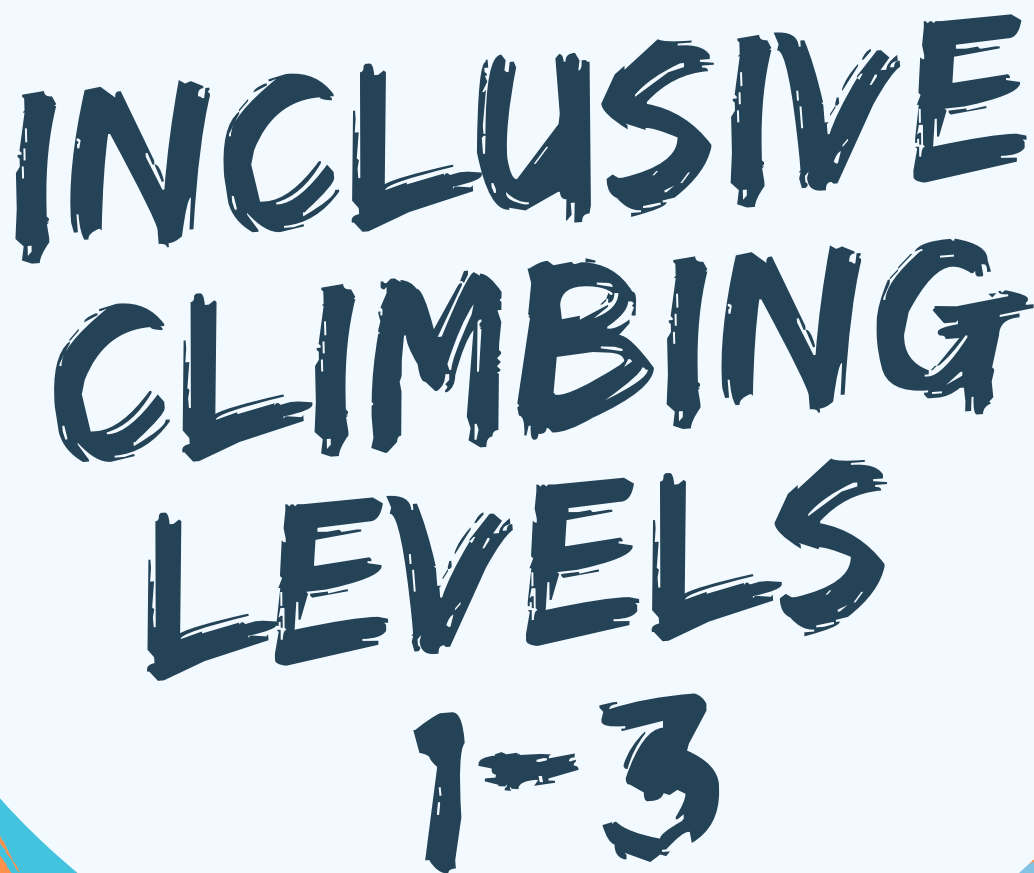


The logo for iDID, featuring the lowercase letter 'i' in orange and 'DID' in black, all within a white circle.

**iDID**

Empowerment  
through **Adventure**

The title text 'INCLUSIVE CLIMBING LEVELS 1-3' is written in a bold, black, hand-drawn brush style. It is centered within a large white circle that has a slightly irregular, hand-painted edge. The background of the entire page is a vibrant orange with thick, expressive blue brushstrokes that swirl around the central white circle.

**INCLUSIVE  
CLIMBING  
LEVELS  
1-3**

# IDID ADVENTURE INCLUSIVE CLIMBING LEVELS 1 - 3

We have worked with a range of individuals to create these levels so that they are appropriate for young people with additional needs and will strive to empower those who enjoy climbing to learn some new skills and hone current ones.

On completion of each level you will receive a certificate from iDID Adventure at the end of the term.

# 1. LEARNING THE ROPES

a) Learn how to put a harness and helmet on and show a volunteer

Date..... Signed.....

b) Identify the different parts of a harness (E.g. gear loop and belay loop) and show a volunteer

Date..... Signed.....

c) Explain the role of a belayer and the hazards involved whilst belaying to a volunteer

Date..... Signed.....

d) Describe the grade system to a volunteer and make at least one attempt of climbing a single colour to the top

Date..... Signed.....

e) Tie in using a figure of eight and a stopper knot and show a volunteer - do this 3 times

Date..... Signed.....

Date..... Signed.....

Date..... Signed.....

f) Be able to feed the rope correctly into an appropriate belay device and show a volunteer you can do this confidently

Date..... Signed.....

g) Climb any route confidently with a volunteer belaying you

Date..... Signed.....

h) Belay confidently for another climber whilst being backed up by a volunteer

Date..... Signed.....

# 1. LEARNING THE ROPES - PRACTICAL

i) Climb 10 routes of any colour.

Date.....	Signed.....
Date.....	Signed.....
Date.....	Signed.....
Date.....	Signed.....
Date.....	Signed.....
Date.....	Signed.....
Date.....	Signed.....
Date.....	Signed.....
Date.....	Signed.....
Date.....	Signed.....

Once completed this is to be checked by the Session Supervisor and signed.

Session Supervisor .....

Signed.....

Date.....

# 2. DEVELOPING ABILITIES

a) Communicate well with partner on the ground and demonstrate to a volunteer

Date..... Signed.....

b) Perform buddy checks before climbing and get an instructor to check

Date..... Signed.....

c) Explain how a ground anchor works to a instructor

Date..... Signed.....

d) Recite the rules of the bouldering room and boulder safety to a volunteer

Date..... Signed.....

e) Do 1 belay climb up and climb back down

Date..... Signed.....

f) Explain 3 reasons to complete a warm up

Date..... Signed.....

g) Identify 5 types of handholds including the best direction to hold them

Hold 1:

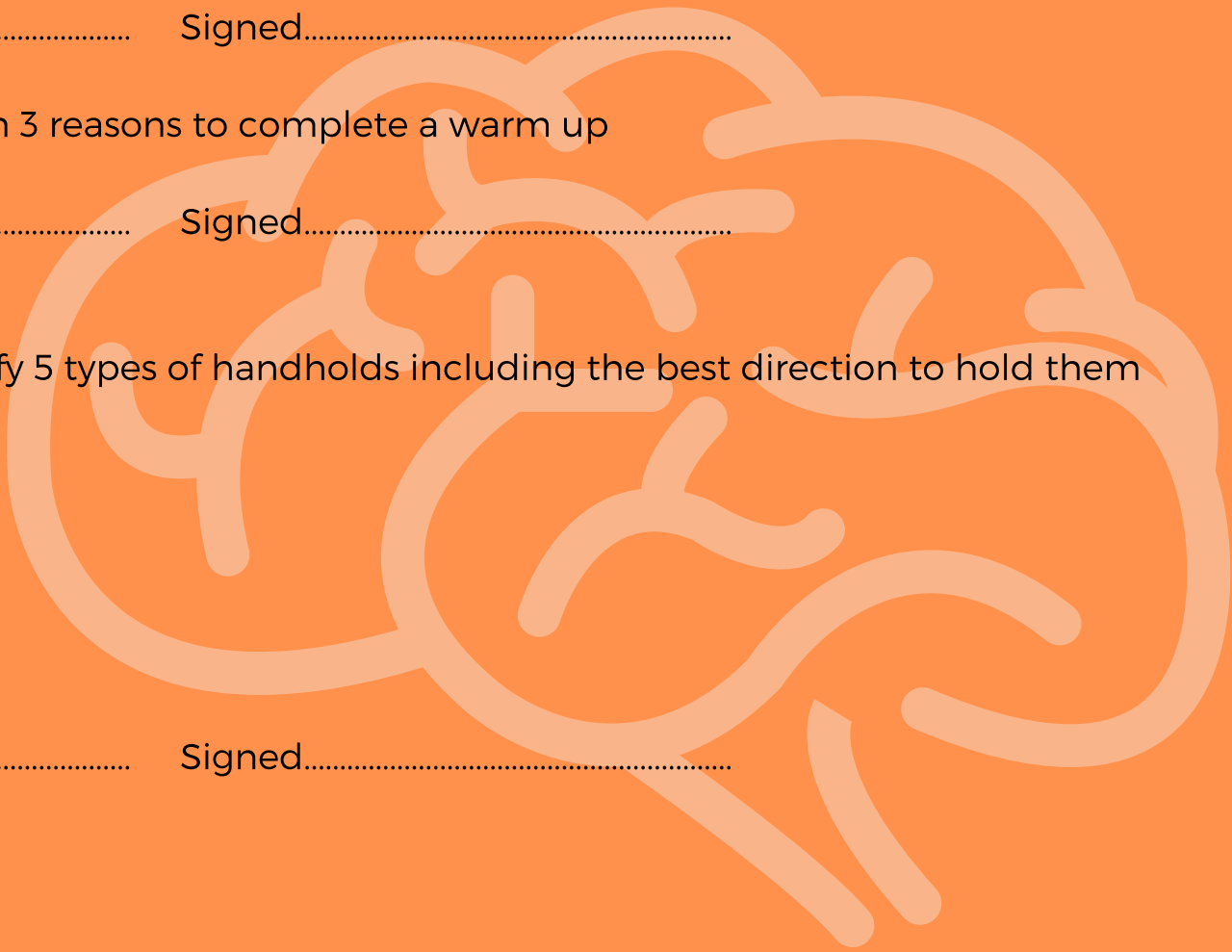
Hold 2:

Hold 3:

Hold 4:

Hold 5:

Date..... Signed.....



# 2. DEVELOPING ABILITIES - PRACTICAL

h) Belay another person 10 times whilst being backed up

Date.....	Signed.....
Date.....	Signed.....
Date.....	Signed.....
Date.....	Signed.....
Date.....	Signed.....
Date.....	Signed.....
Date.....	Signed.....
Date.....	Signed.....
Date.....	Signed.....
Date.....	Signed.....

i) Complete 10 routes of at least Grade 3

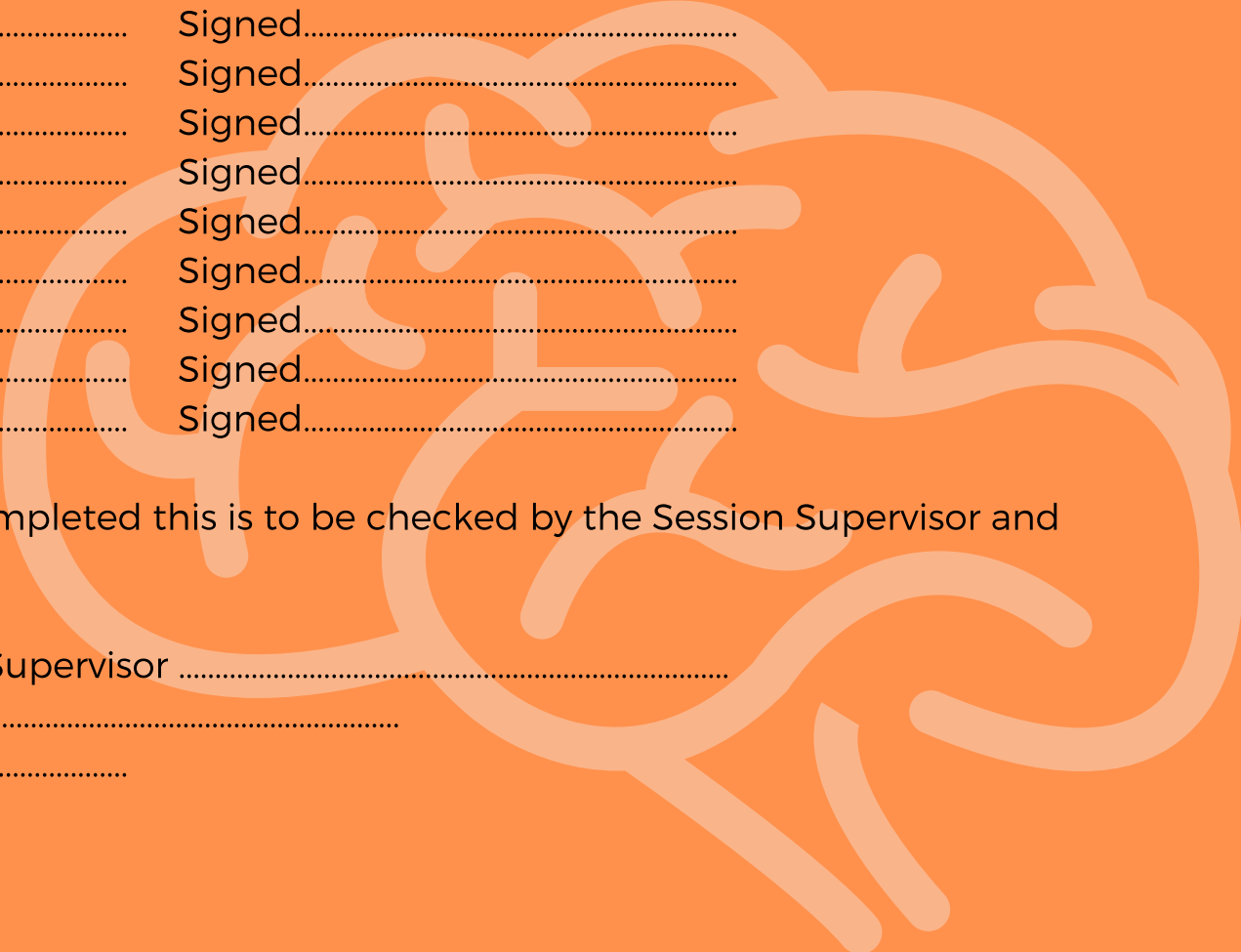
Date.....	Signed.....
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Date.....	Signed.....
Date.....	Signed.....
Date.....	Signed.....
Date.....	Signed.....
Date.....	Signed.....
Date.....	Signed.....

Once completed this is to be checked by the Session Supervisor and signed.

Session Supervisor .....

Signed.....

Date.....



# 3. GETTING TECHNICAL

a) Demonstrate awareness of the iDID Sign Climb System

Date..... Signed.....

b) Try multiple belay devices under supervision

Date..... Signed.....

c) Pick 3 different footholds and demonstrate the best way to use them

Foothold 1:

Foothold 2:

Foothold 3:

Date..... Signed.....

d) Improve your climbing grade by one level:

Current level:

New level:

Date..... Signed.....

e) Demonstrate different climbing techniques to a volunteer

Date..... Signed.....

f) Independently run through some warm up exercises with a partner

Date..... Signed.....

g) Watch a volunteer/supervisor do a 'bad climb' and identify what they do wrong:

Issue 1:

Issue 2:

Issue 3:

Issue 4:

Date..... Signed.....





# 3. GETTING TECHNICAL - PRACTICAL

i) Complete 10 boulder problems

Colour.....	Date.....	Signed.....
Colour.....	Date.....	Signed.....
Colour.....	Date.....	Signed.....
Colour.....	Date.....	Signed.....
Colour.....	Date.....	Signed.....
Colour.....	Date.....	Signed.....
Colour.....	Date.....	Signed.....
Colour.....	Date.....	Signed.....
Colour.....	Date.....	Signed.....
Colour.....	Date.....	Signed.....

Once completed this is to be checked by the Session Supervisor and signed.

Session Supervisor .....

Signed.....

Date.....

# IDID ADVENTURE CLUB

iDID Adventure is an award-winning organisation promoting the positive use of adventure sports to improve self-esteem, well-being & confidence amongst young people with additional sensory, learning, physical, and emotional needs. We deliver a range of projects to enable access and participation in activities.

Our new Adventure Club has a range of different activities booked for this year to give you a taste of something different.

The diary of events for 2019 are listed below:

3rd February Indoor Archery  
10th February – Bouldering  
10th March – Autism friendly cinema experience  
31st March – No limits Bush Craft  
28th April – Trip to Derbyshire outdoor climbing  
26th May – S Fear, Gulliver's land  
23rd June – Summer Session: Paddle Boards + Canoes  
7th July - Aqua park, Grendon lakes (inflatable)  
18th August – Canoeing  
29th September – Summer Session: Whitewater rafting  
20th October – Low Ropes + Archery Tag

To view our sessions and book online please go to our facebook page and look at our Events page.

Alternatively contact Saffy for more information  
S.Tuckfield@ididadventure.co.uk

# IDID CLUB MEMBERSHIP

There are currently three different membership types, each with their own unique benefits:

\*Adventure Club (£30 p/year) - special rate to all Adventure Events

\*Inclusive Club (£25 p/year) - special rates to all inclusive club sessions

\*Ultimate Adventurer Membership (£45 p/year) - special rates to everything

All three memberships come with a free iDID T Shirt and access to our quarterly newsletter as well as getting discounted rates to our clubs and activities.

## How to Join?

To join you simply need to fill in a membership form and either set up a standing order or pay via BAC's

## Gift Aid

iDID Adventure relies heavily on the generosity of its members and as such it would be much appreciated if when joining you could fill in a GiftAid Form.

## Rules of Membership

How to renew or cancel membership: iDID Adventures membership runs from January to December and can be renewed either via a standing order submitted to your bank or by Bac's.

For more information on memberships please email [info@ididadventure.co.uk](mailto:info@ididadventure.co.uk)



**iDID**

Empowerment  
through **Adventure**