

NICAS CLIP

FOUNDATION 6 WEEK PLAN

Session 1

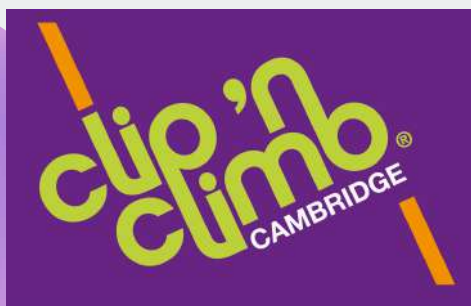
- Safety briefing and introduce NICAS
- Show how to get into a harness
- How to Descend
- Play catch-**Ice Breaker**
- Free climb and Log climbs- Introduce Buddy Check

Session 2

- Recap 4 rules
- Buddy checks on harnesses Instructor to check as well
- Superman- **Balance**
- Free climb using balance-Log climbs

Session 3

- Recap 4 rules
- Buddy checks on harnesses Instructor to check as well
- Clipping themselves in (with little help)
- Mountain Rescue Game- **Communication**
- Free climb using balance-Log climbs



NICAS CLIP

FOUNDATION 6 WEEK PLAN

Session 4

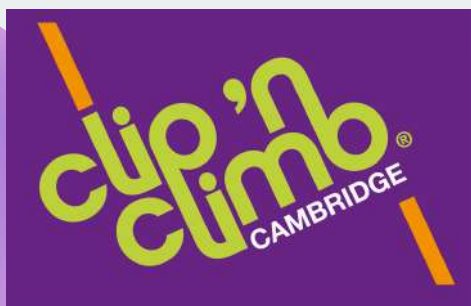
- Recap 4 Rules
- They put on their own harnesses-Buddy Check
- Clipping in themselves or help from a buddy
- Twister Game- **Co-Ordination**
- Coach Selected Climbs

Session 5

- Recap 4 rules
- Buddy checks on harnesses
- Clipping in themselves or help from a buddy
- Clothes Swap- **Agility**
- Free climb/Catch up on Logged climbs

Session 6

- Recap 4 rules
- Buddy checks on harnesses
- Clipping in themselves or help from a buddy
- Catch up on logged climbs and Coach climbs
- Award and certificates (last 10mins)



NICS CLIP

ADVANCED 6 WEEK PLAN

Session 1

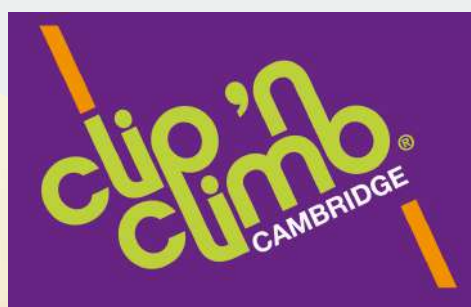
- Safety briefing (15 Mins)
- Show how to get into a harness
- Ice breaker (Get to know each other-little game)
- Corks on Footholds Game-**Footwork**
- Record speed wall time-Freeclimb-using Footwork

Session 2

- Recap 4 rules-Put on own harness
- Buddy checks on harnesses Instructor to check as well
- Freeze Game- **Centre of Gravity**
- Free climb using CoG

Session 3

- Recap 4 rules
- Buddy checks on harnesses Instructor to check as well
- Clipping in themselves (With little help)
- Pass the Parcel Game- **Weight shift**
- Free climb using Weight Shift-Open stairway?



NICAS CLIP

ADVANCED 6 WEEK PLAN

Session 4

- Recap 4 Rules
- They put on their own harnesses-Buddy Check
- Clipping in themselves or help from a buddy
- Snakes and Ladders Game- **Pull Direction**
- Coach Selected Climbs

Session 5

- Recap 4 rules
- Buddy checks on harnesses
- Clipping in themselves or help from a buddy
- Balloon Climb-**Teamwork**
- Free climb putting Knowledge Into Practice

Session 6

- Recap 4 rules
- Buddy checks on harnesses
- Clipping in themselves or help from a buddy
- Catch up on logged climbs and Coach climbs
- Award and certificates (last 10mins)

