

MLTE
Single Pitch Award Training Course
Course Information

Peak Pursuits Ltd
Castle Hill, Nantwich Rd
Audley, Staffordshire, ST7 8DH

T: 01782 722226 F: 01782 720475
www.peakpursuits.co.uk



This 2 day training course is non residential and will be based from Peak Pursuits at Tittesworth Water on the edge of the Peak District (directions are provided at the rear of this program). We will cover all aspects of the Single Pitch Award Scheme.

The programme will include:

- Equipment
- Belaying and anchor selection
- Abseiling
- Personal climbing skills
- Etiquette
- Access and environmental issues
- Group management

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Cost: The current cost of this course is £140 and a £50 non-refundable deposit is required to secure your place. All cheques/purchase orders should be made payable to Peak Pursuits Ltd. The full balance is payable 30 days before the course begins.

Registration: Before attending a training course you must be registered for the SPA scheme a mountain leader training board and to be a current member of the BMC or another mountaineering council. Details are available from: MLTE, Siabod Cottage, Capel Curig, Conway, LL24 0ET
Tel: 01690 720314 E: info@mlte.org W: www.mlte.org

Booking: Please send in the appropriate booking form, (available off our website) and payment or alternatively book your place on our on-line service.

Experience: Candidates should have at least 12 months experience of rock climbing, and have led at least 15 graded rock climbs on routes where leader protection is leader placed.

Timings: The first day of your course starts at 9am and you will finish on day 2 by 5pm.

Meals: Please bring along a packed lunch on both days of your course.



Accommodation: This course is non-residential, there is an abundance of B and B, hotel and camping available within a short distance of our centre. Many details can be found on the accommodation pages of our website www.peakpursuits.co.uk

Programme:

	Day 1	Day 2
Morning	Introduction – outline of the course and syllabus Review of personal experience Warming up Using Guidebooks and route choice Equipment – placing of protection	Suitability of crag to certain groups Groups management and etiquette Bouldering Top and bottom roping Different belaying systems Anchor selection
Afternoon	Personal Climbing Setting up belays Abseiling personal	Abseiling with groups Problem prevention/avoidance Access and environmental issues Course review, logbooks and action plans.
Evening	History of climbing Role of mountaineering councils Climbing wall – use of different belay devices/confidence exercises/Group management	

Note please that this programme is flexible and may be subject to change.

Personal equipment: You should bring along your own personal climbing equipment.(some equipment is available from Peak Pursuits please contact the office to discuss)

- Climbing Harness
- Rock boots/shoes
- Helmet
- Belay device
- Waterproofs
- Walking boots/shoes
- Rucksack
- Spare clothes
- Hat,Gloves
- Pen and paper
- Sun cream/insect repellent
- MLTE log book and syllabus



- Personal first aid kit

Check List

- Completed booking form
- Payment
- 12 months rock climbing experience
- Have led a minimum of 15 outdoor routes using leader placed protection
- Be registered with a MLT board on the SPA scheme

Directions to Peak Pursuits at Tittesworth

Peak Pursuits at Tittesworth
The Fishing Lodge,
Tittesworth Reservoir,
Meerbrook, nr Leek,
ST13 8SH



**SINGLE PITCH AWARD
COURSE BOOKING FORM**

Peak Pursuits Ltd
Castle Hill, Nantwich Rd
Audley, Staffordshire, ST7 8DH

Please use **BLOCK CAPITALS** and complete
all pages

T: 01782 722226 F: 01782 720475
www.peakpursuits.co.uk



Course Date:

Supporting Organisation
(if any):

Personal Details:

Surname:

First Name: Title:

Occupation: Nationality:

Date of Birth:

Home Address:

Postcode:

Telephone: Mobile:

Email:

MLT Candidate Number:

If you have not registered yet, please contact the MLTE for a registration form: 01690 720314 or go to www.mlte.org

Payment:

To confirm a place on the course, I enclose:

(Please tick as appropriate) Non-refundable deposit of £50.00
(remainder to be paid at least 30 days before the start of the course)

Full Payment

Purchase order for the full amount due

I have paid online via www.peakpursuits.co.uk

All cheques/purchase orders should be made payable to **Peak Pursuits Ltd**



**INDEMNITY FORM – FOR AGED 18 & OVER
TO BE COMPLETED AND SIGNED BEFORE PARTICIPATING IN ANY
ACTIVITY.**

Activities to include one or more of the following: Teambuilding, Rock Climbing, Snowboarding, Skiing, Canoeing, Kayaking, Mountain Biking, Fencing, Scrambling, Trekking, Archery, Hill / Mountain Walking, Orienteering, Raft Building, Abseiling, Indoor Caving & Climbing, Mountain Boarding, Fencing, DJ Skills, Music Production, Drumming, Art & Graffiti, Breakdancing and any other activity which may be added which will be included in our insurance policy.

Group Name

Name of candidate

Date of Birth

Date of Activity **Time of Activity**

Do you suffer from any conditions requiring medical treatment, including medication?	Yes/No
If Yes please provide sufficient details.	
To the best of your knowledge, have you been in contact with any contagious or infectious diseases or suffered from anything that may become contagious in the last four weeks	Yes/No
Are you allergic to any medication?	Yes/No
If Yes please provide sufficient details.	
Are you up to date with Tetanus Injections?	Yes/No
I agree to inform Peak Pursuits in writing as soon as possible of any change in the medical circumstances between the date signed and the start of the activity.	Yes/No
I agree receive emergency medical treatment, including anaesthetic, as considered necessary by the medical authorities present.	Yes/No
Do you have any special dietary requirements?	Yes/No
If Yes please provide sufficient details.	



For water based activities can you swim 50 metres?	Yes/No
I understand that activities such as climbing, hill walking, mountaineering, mountain biking, canoeing and any other outdoor activities carry a risk of personal injury and fatality.	Yes/No
I understand extent and limits of the insurance cover provided. Certificates are available for viewing at the Peak Pursuits office.	Yes/No
I give my permission for any photographs to be taken, whilst involved in the event/activity, to be used for display or publicity purposes and may also be used on the Peak Pursuits website.	Yes/No

No insurance is offered for the loss or damage to property during the activity.
 I authorise the leader of the group to make emergency decisions on my behalf, including the giving of permission for medical treatment on the advice of the medical authorities present having taken the following medical information into account.

My Home Address is:

I may be contacted by telephoning the following numbers:

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**Home:
 Mobile:
 Work:**

In the event of an emergency please contact:

**Name:
 Address:**

Telephone:

Please provide Doctors details:

**Name:
 Address:**

Telephone:

Signed:

Date:

