

NICAS Bouldering Awards



Thank you for your interest in joining our 'Gripped Climbing Club' and completing the National Indoor Climbing Award Scheme (NICAS) Bouldering Levels with us. The following document will give an overview of how the scheme works, if you have any further questions or queries, please email info@hangonclimbing.com or call us on 01698 281615.

NICAS Bouldering Aims

- to develop climbing movement skills and improve levels of ability
- to learn how to use equipment appropriately
- to develop risk assessment and risk management skills in the sport
- to work as a team, communicate with, and trust other boulderers
- to provide a structure for development, motivation and improved performance
- to develop an understanding of the sport, its history and ethics
- to provide a record of personal achievement
- to point the way to further disciplines and challenges in climbing beyond the scheme.

The Five NICAS Bouldering Levels

Each level requires a different commitment of time and effort, this commitment increases as the level increases.

1. New Boulderer

An entry level award for candidates who wish to learn what bouldering is as a physical activity and how to use a bouldering wall safely. Will require at least 6 hours of climbing time to complete.

2. Foundation Boulderer

Aimed at helping the candidate to understand how a bouldering wall works, and basic preparation and control while bouldering, with an introduction to equipment and movement skills. Will require at least 12 hours of climbing time to complete.

3. Competent Boulderer

Corresponding to most bouldering-only centres' "membership" standards. This is aimed at ensuring a candidate possesses the knowledge and skill to boulder safely at any bouldering facility and operate in a responsible manner. Will require at least 20 hours of climbing time to complete.

4. Skilled Boulderer

Aimed at developing a self-motivated boulderer who has a wide range of skills and has reached a high level of competence, with a desire to progress by identifying and setting goals. Will require at least 30 hours of climbing time to complete.

5. Performance Boulderer

The top-level award that focuses on improving performance, with advanced skills and knowledge of training and bouldering as well as experience of local and national competitions. Will require at least 120 hours of climbing time to complete.

We can deliver levels 1-3 of the scheme. Most participants will start at level 1, however, it may be possible to start at a higher level at the discretion of the course director if the participant can demonstrate suitable competence.

Groups

We will divide our groups based on the following age categories, we believe that young people get the most from sessions when working with others of a similar age, whatever level they are currently working towards:

- Grippid 1 (7-10yrs)
- Grippid 2 (10-16yrs)
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If a young person fits into both categories (e.g. 10yrs) they can choose which club they prefer. Please see the website for timings and availability of each group.

Costs and what to expect

Each session will cost £15, this must be booked in advance online. Additional to the session cost, on a young person's first session they will also need to purchase a NICAS Bouldering Logbook for £7.50. This logbook will be used for completion of levels 1-3 and will not need to be purchased separately for each level.

Each session will last 1 ½ hours and be led by one of our experienced coaching team. A young person can expect to learn all the skills needed to become an independent climber, as well as develop their balance, technique, strength, and skill (plus have lots of fun!).

Parents/Guardians do not need to be present during lessons, however, we find the scheme is most rewarding and successful when parents/guardians take an active interest in the young persons development/progress. Please feel free to bring your child in to the centre outside of lessons to support and continue their progress.