



NATIONAL INDOOR CLIMBING
AWARD SCHEMES

CLIMBING

Going Climbing

I travel to the climbing wall for my climbing session



At the climbing wall I am greeted by my climbing coach



My coach shows me the equipment I need and what I need to do with it



I take part in a climbing activity that the coach has told me about





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I can choose to relax in a place that the coach has told me about



At the end of the climbing activity, I can choose to look at my NICAS logbook with my coach



Anything else that I need to know can be put in the space for notes

Space for notes: