

the reach

CLIMBING  WALL
SCHOOL BOOKING PACK

**£60 PER HOUR
UP TO 8 STUDENTS*
P.E, GCSE, A-LEVEL, & MORE**

*Ratio for SEN groups may vary.

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ABOUT US

WHO ARE WE?

We are South London's largest indoor climbing wall, established in 2010. The Reach works with local and national schools to deliver Youth Climbing Sessions including PE sessions, GCSE's, A-Levels, and SEN groups. We currently have over 400 7-17 years olds developing their way through NICAS (The National Climbing Award Scheme), and look forward to welcoming your students into our centre.

Our experienced instructors all hold nationally recognised Climbing Qualifications, are DBS checked, and first aid trained.

Sessions include shoes, harnesses and all necessary indoor climbing equipment.

The Reach is a not-for-profit organisation. Our members subsidise the cost of our School & Youth Group bookings. All school sessions are discounted to £60 per hour, per group of 8 participants (the instructor ratio is subject to change for SEN groups).

WHY CLIMBING?

Climbing gives students the opportunity to do something different, achieve new goals, and find a sport for life.

Climbing is a rewarding, non-traditional sport, and as such many P.E. students embrace it as a practical option which does not rely on the weather!

OUR VALUES

PERSONAL DEVELOPMENT

Enjoyable activities for young people of all abilities that are personally challenging and demand immediate focus and engagement.

SOCIAL INTEGRATION AND GROUP-WORKING SKILLS

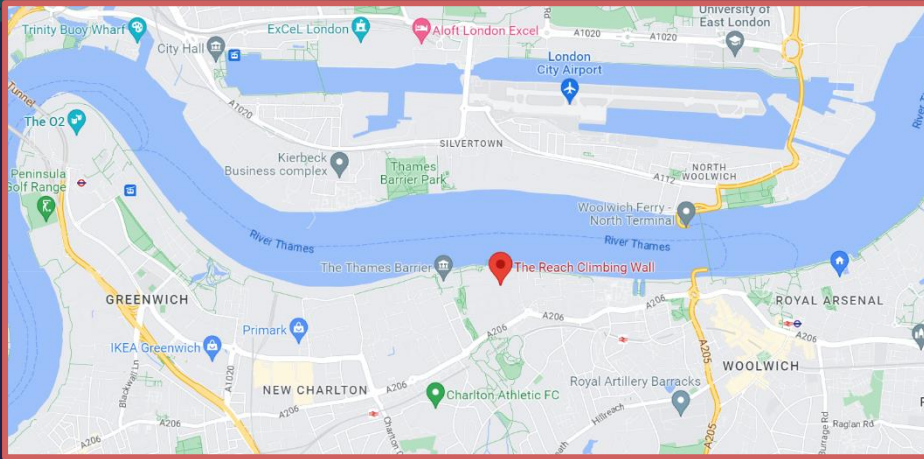
Learning to communicate positively and enhancing personal & social communication skills.

CLIMBING IS FOR EVERYBODY

This means that whatever someone's gender, size, race, age, religion, sexual orientation, disability or socio-economic background they will be able to enjoy indoor climbing and all it has to offer.



HOW TO GET HERE



We're located within comfortable walking distance between Charlton and Woolwich. With several public transport links in the local area, we are accessible from all four corners of London and beyond.

Driving? There is a large bay car park on site, which is free to use.

Just take a right when you come through the security barrier upon arrival. This is where all vehicles should park, including school buses. Please note that we are inside the Ultra Low Emission Zone.

TRANSPORT LINKS

UNDERGROUND

Nearest tube station is North Greenwich for the Jubilee Line, followed by a 15-20 minute bus ride.



Woolwich Dockyard and Charlton are the nearest train stations, a 15-20 minute walk or 3 minute bus away.

DLR

Take the DLR to Woolwich Arsenal, followed by a 5 minute bus or a 30 minute walk.

BUSES

The 472, 161, 180, and 177 all stop within a 5 minute walking distance from the centre.

ELIZABETH LINE

Getting to us from North of the river is now even easier thanks to the new Elizabeth Line, stopping at Woolwich Station.

NATIONAL CURRICULUM LINKS

Meet the elements of Key Stage 2 & 3 with the help of our qualified instructors and varied climbing facilities.

KEY STAGE 2

- Pupils apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movements.
- Communication, collaboration and competing with each other.
- They develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

KEY STAGE 3

- Pupils can build on embedded physical development learnt in key stages 1 & 2.
- They become competent and confident in their climbing techniques
- They will understand what makes climbing performance effective and how to apply these principles to their own and other climbing.
- They can develop the confidence and a keen interest to develop their climbing skills out of school and later in life, applying the long-term health benefits of physical activity.

PUPILS ARE TAUGHT

- To develop flexibly, strength, technique, control and balance.
- To take part in adventurous activity challenges, both as a team and individually.
- To recognise improvement over a period of time.

PUPILS ARE TAUGHT

- To develop their technique and improve their performance in a unique competitive sport.
- To take part in an adventurous activity which presents an intellectual and physical challenge.
- Team work is encouraged, building on trust and developing skills to tactically and strategically solve problems.
- Analyse their performance compared to previous ones and demonstrate improvement to achieve their personal best.
- The NICAS (National Indoor Climbing Award Scheme) provides students the option to participate in continuous climbing development outside of school.

SCHOOL CLIMBING SESSIONS

The Reach can cater for up to 5 groups of 8 participants at a time. (Please note: The ratio for SEN groups may be lower dependent on the group's ability level.)

REGULAR P.E SESSIONS

Come and join us as part of your regular P.E class. These are 1.5 to 2 hours sessions which can be tailored to your school's timetable. Students are taught:

- Safety in an adventurous environment
- The ABC's of climbing... Agility, Balance and Coordination
- Communication and Team Work



NATIONAL INDOOR CLIMBING AWARD SCHEME

Schools may decide to sign their students up for NICAS. This course covers all of the above, and climbers will work their way through Levels 1-4, each tackling different aspects of indoor rock climbing. Students receive nationally recognised certification for their progress through the syllabus.

The Reach currently has over 450 young climbers progressing through the NICAS syllabus.

Further details of NICAS can be found on their website here:
<https://www.nicas.co.uk/>

TASTER SESSIONS

1.5 to 2 hours fun/taster sessions designed to introduce everything The Reach offer. These sessions include roped climbing and auto-belays, as well as warm up & cool down games. These can be enjoyed by students and teachers alike!



CORPORATE EVENTS

For staff parties, get togethers, or team building events, email our reception team at info@thereach.org.uk and they will help you get this booked in.

GCSE CLIMBING

With years of experience teaching GCSE climbing, we know what it takes to get your students the grades they deserve.



RECOGNISING ACHIEVEMENT



We review the GCSE Climbing syllabus yearly. Our instructor's tracking sheets consist of a selection of the skills and techniques needed to cover the syllabus for indoor climbing. You can view our tracking + marking sheets [here](#).

In the GCSE specs there are often grades and terminology used predominantly in the outdoor climbing world. These have been accounted for and translated to indoor climbing. Our "jargon busting" sheet can be found [here](#).

Other exam boards can be accommodated for upon request.

BOOKING OPTIONS

OPTION 1 3 x 4-hour days

Benefits:

- The 3 x 4-hour sessions offer the opportunity for the students to push themselves over the 4 hours period and recover between sessions.
- Time between sessions aids consolidation of learning.

Considerations:

- 3 days away from school

OPTION 2

2 x 6-hour days (With additional 1-hour break)

Benefits:

- Ideal for more able students who are able to concentrate over 12 hours of tuition and strenuous exercise.
- Only 2 days away from school, saving on travel time and time away from lessons.
- Less time consumed by safety briefs & equipment.

Considerations:

- Those with average physical prowess will find the 6 hours days challenging and their grade may suffer, especially over the last 1-2 hours where the more advanced challenges require the most focus, technique and strength.

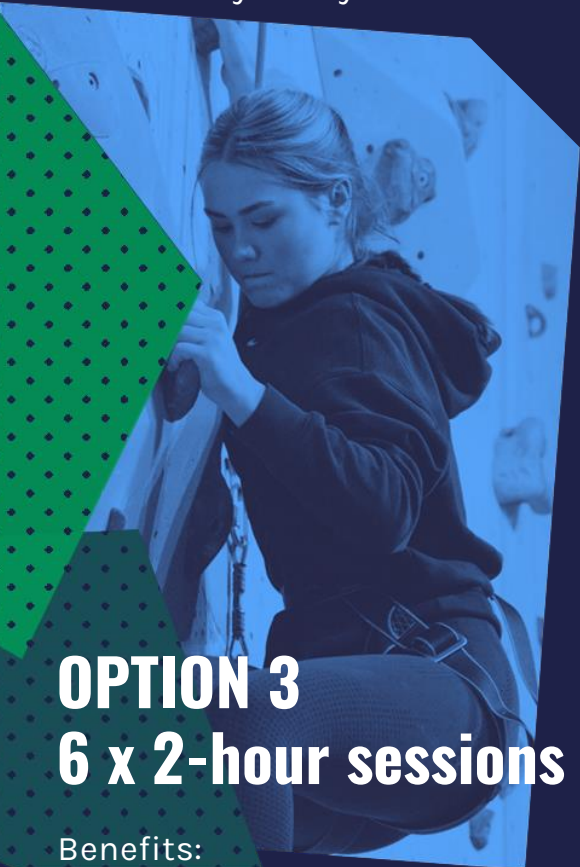
OPTION 3 6 x 2-hour sessions

Benefits:

- Ideal for SEN students. Students with lower concentration or physical ability will find this more manageable than the longer sessions.
- By consolidating learning to climb over 6 sessions students are more likely to be able to retain the skills learnt. This will especially be beneficial for those who would like to continue climbing in their own time.

Considerations:

- Multiple days away from school
- Minimum instructed time is 12 hours so timekeeping is vital. The school may need to add additional sessions to achieve the highest marks available in the syllabus for those who have missed out on tuition due to lateness, time spent on equipment and safety briefs, time spent repeating skills if need be etc.



ON THE DAY

ARRIVAL

A prompt arrival to the reception can be the difference between student's having the time to achieve a high grade or not.

Ideal arrival time is 15 minutes before the session

CHECKING IN (15 MINS)

- Paperwork is checked/completed
- Participants are organised into groups (See "Group Booking Guidelines" page ____)
- Climbing shoes are fitted for all participants
- All participants have received a centre safety brief
- Valuables/phones locked away (£1 or trolley token required for lockers)

BREAKS

During breaks the teachers are responsible for the students on site. A teacher must be present with the group at all times - this includes when students are using the Mellish Estates outside garden area.

LUNCH

Climbing is a highly strenuous and mentally fatiguing sport. A packed lunch is encouraged, please ensure this includes sufficient drinks and sensible energy rich foods.

There is a café on site. Groups will only be able to use this facility if they are purchasing food or drink.

No McDonalds! The trip is time consuming which often causes lateness. Bringing a packed lunch helps ensure that students are ready to continue with their afternoon session without delay.

CLOTHING, HAIR, NAILS

Sportswear should be worn to all sessions. We recommend each student wears a numbered bib or an alternative way to distinguish them for filming. The centre gets very cold in the winter months, so bring a hoodie/jumper with you.

Long hair must be tied back, and no jewellery should be worn. Long nails will hinder climbing performance.

Pockets must be empty!



FILMING

On most occasions it is unlikely that there will be a “live moderation”. You will need to gather video evidence to send to the moderators, for every student. We recommend the following options when it comes to filming your evidence.

We have compiled a filming tracking sheet for you to use on these sessions.

This can be found [here](#).

TEACHERS FILM (1 PER GROUP)

Each group would have a separate teacher/member of staff with their own camera. Teachers can then track the progress of each student. It's important to ensure there are enough cameras and staff to allow each group to be filmed simultaneously. Ensure spare batteries are available and being charged. Teachers should discuss directly with each instructor the structure of their sessions as timings may vary, and attempt to fit all aspects of the syllabus in line with the tracking sheet we provide.

MEDIA STUDIES STUDENTS

One media study student per group of 8 taking ownership of the filming. Teachers would still coordinate with instructors to determine timings etc. but this provides a great opportunity to bring in students from other subjects and have them be involved, allowing teachers more freedom to observe/manage their own students.

CAN STUDENTS USE THEIR OWN PHONES?

Students have more control/ownership of footage. This is only to be considered with the most responsible groups who are focussed on achieving high grades. Having phones on sessions can be highly disruptive for focus and phones in pockets when climbing are hazardous. Phones often run out of battery/storage/data and organisation of filming can be very difficult to achieve successfully.



A-LEVEL CLIMBING

It is possible for the more athletic students to achieve a high grade at GCSE Climbing within a short period of time. A-level syllabuses require a far greater level of competency, understanding and risk assessment.

The participants should be climbing regularly. Ideally taking part in a NICAS (National Indoor Climbing Award Scheme) course at The Reach, or alternatively through the school or personal climbing. 'Area of Assessment 2' (AQA syllabus) covers 'Lead Climbing' - a highly skilled type of climbing which should not be attempted without a suggested minimum of 6 months of regular weekly 'Top Rope' Climbing.

Some students may already be competent regular lead climbers and will only need to gather video evidence of their competency from their own personal climbing. Most will need to book onto one of the options on the following page for regular A-Level instructed sessions over a minimum of 3 school terms.

OPTION 1

SCHOOL SUPPORTED LEARNING SESSIONS

Suggested timeframe: 3 Terms of weekly 2 hour sessions (additional personal climbing time essential).

A-Level P.E Sessions: Regular Sessions designed to improve top-rope climbing and technique to a level of competency where the students will be able to learn lead climbing (AQA - Area of assessment 2 - Lead Climbing)

NICAS P.E Sessions: Regular sessions as above. The students are registered on the NICAS (National Indoor Climbing Award Scheme) database and are issued nationally recognised certificates as they progress through and complete the syllabus for NICAS Level's 2, 3 & 4.

OPTION 2

NICAS SESSIONS AT THE REACH

Details of the [National Indoor Climbing Award Scheme](https://www.nicas.co.uk) can be found here:
<https://www.nicas.co.uk>

NICAS sessions: Parents/guardians can enrol individual students onto our regular weekly NICAS sessions. They run across at weekends or after school. Spaces are subject to availability.

Private Weekly NICAS Sessions: Parents can arrange Private NICAS sessions for groups of 2-6 students which can be tailored to the student's timetable (3 students minimum).

OPTION 3

16YRS+ PERSONAL CLIMBING DEVELOPMENT JOURNEY

Students will need a regular climbing partner to climb & belay for them and will need to gather video evidence of their progression.

Step 1: 1-3 Private Tutorials - Refreshing GCSE training and developing student towards competence levels of a Junior Climber/member.

Step 2: Personal regular top-rope climbing sessions. (3-6 Months)

Step 3: Adult Lead Course - 4 hour instructed course introducing Lead Climbing (AQA - Area of assessment 2 - Lead Climbing)

Step 4: Personal Regular Climbing sessions with a goal of achieving 5+/6a Lead climbs on an over-hanging terrain. (Suggested time frame: Varying from 3-6 months dependant on regular weekly sessions).

Step 5 (Optional): Video evidence Instructed Sessions (Students can opt to regularly record their climbing sessions and may not need additional sessions if they have enough evidence for a moderator)

GROUP BOOKING GUIDELINES

ONLINE PRE-ATTENDANCE FORM

Before bringing your group along to The Reach, please provide the details of your group. PLEASE ENSURE STUDENTS ARE IN THE ORDER THE GROUPS WILL BE CLIMBING WITH ON THE DAY.

ARRANGING GROUPS

Please consider your group dynamics based on the below points. This will help your students have the best possible experience, or achieve the highest grade possible for those on their GCSE/A-Level modules.

ABILITY LEVEL

Having similar physical and mental abilities within the groups will allow each group to be able to progress at a similar pace. Mixing groups of different abilities could hold back the entire group from achieving their best results.

SOCIAL GROUPS

Can be encouraging and/or disruptive. Friendly groups can be encouraging for each other to achieve high results in a highly challenging environment.

SIZE

Due to the physics of Climbing and Belaying, Students of similar height and weight will work well together. Big differences can be managed but may prove challenging (especially for the smaller of the pair).

SEN

For SEN groups the instructor/participants ratio changes on a case/by case basis. Please confirm the ratios with our reception team before completing the Group Consent form below.

BEHAVIOUR

For the instructors to be able keep all of the participant's safe within a dangerous environment; Behavioural dynamics should be considered when grouping the participants. If there is a risk of misbehaviour, the teachers on site should be prepared to be actively involved supporting the instructors.



ADDITIONAL DOCUMENTS

Click the boxes below to access The Reach Climbing Wall's Risk Assessment and Insurance documents.

RISK ASSESSMENT

INSURANCE

PHOTO/MODEL RELEASE FORM

We would like to take some photos of the students climbing in order to promote future courses for U18s on our social media channels and our website.

We understand the sensitivity of taking photos of children and therefore would be very grateful if you could forward the photo consent link to parents so that they may opt-in by signing our U18s photo consent form.

No Images of any U18 participants at The Reach will be used without consent of the participant's parent or guardian.



**PHOTO
CONSENT**