
	SERVICE DATA SHEET			
	TECHNICAL COURSE - INITIATION TO CLIMBING			
	Code: IP 5.9.2	Edition: 12	Date: 01-01-2025	

BASIC DESCRIPTION OF THE ACTIVITY

ACTIVITY		SERVICE	
TECHNICAL COURSE		CLIMBING INITIATION	
TECHNICAL DESCRIPTION			
<p>Climbing and its modalities: Sport, Classic, Alpine...</p> <p>Personal and collective material: Its characteristics and use.</p> <p>Harness, ropes, express slings, Gri-gri, HMS carabiners...</p> <p>Climbing techniques: 2nd and 1st progression and securing techniques.</p> <p>Technical movements: Basic and more complex ones.</p> <p>Safety: Prevention and risks of climbing.</p> <p>Depending on the group's capacity and the duration of the course, the subject will be covered in greater depth.</p>			
PHYSICAL DESCRIPTION			
DESCRIPTION	DURATION	PLACE OF DEVELOPMENT	MEETING POINT
1st Day:	5 hours	Egino (Arabic)	La Leze car park in Ilarduia-Egino . (Google Maps)
<ul style="list-style-type: none"> · We will teach the most commonly used materials and their correct use. · We will open one or two paths for participants to try out how the activity should be carried out. · We will show the most appropriate technique to secure and progress from 2nd. · We will analyze the most frequent risks and safety measures to prevent accidents. · We will practice the most appropriate techniques for progressing 2nd during the rest of the day. 			
2nd Day:	5 hours	Egino (Arabic)	La Leze car park in Ilarduia-Egino . (Google Maps)
<ul style="list-style-type: none"> · We will put into practice everything we learned in the previous session. · We will show the most appropriate technique to ensure and progress from 1st. · We will choose the simplest ways to put this technique into practice. · We will practice the most appropriate techniques for progressing from 1st to 2nd grade during the rest of the day. 			
3rd Day:	5 hours	Egino (Arabic)	La Leze car park in Ilarduia-Egino . (Google Maps)
<ul style="list-style-type: none"> · We will show the knots and the different types of meetings. · We will analyze the different devices to be able to rappel safely. <p>We will set up several meetings and do some rappelling.</p> <ul style="list-style-type: none"> · We will put into practice everything we have learned in different ways. 			
4th Day:	5 hours	Egino (Arabic)	La Leze car park in Ilarduia-Egino . (Google Maps)
<ul style="list-style-type: none"> · We will explain the theory for climbing multi-pitch routes. (Belaying, meetings, rappelling...) · We will carry out various practices on short and simple routes. · We will finish by trying 2-person routes with a higher degree of difficulty. 			
<p><i>NOTE: We remind you that the subjects or techniques to be taught during the course will be assessed according to the abilities or needs of the group and the degree of assimilation of the same, so everything described in the document is only a point of reference.</i></p>			
SEASON			
All year round. (Depending on the weather)			
RATES (21% VAT included)			
1 Day	2 days	3 days	4 days
95,00 €	190,00 €	280,00 €	36 0,00 €
<i>NOTE: We recommend that school groups, associations and institutions request a customized quote.</i>			

PHYSICAL AND TECHNICAL DATA

MINIMUM NUMBER OF PARTICIPANTS		MAXIMUM NUMBER OF PARTICIPANTS	
4 people		12 people (Consult larger groups)	
DIFFICULTY LEVEL	MINIMUM RECOMMENDED AGE	RATIO	
(Initiation or Improvement)	14 years	1 Technician for every 6 participants	
REQUIRED PERSONAL SKILLS			
<ul style="list-style-type: none"> - Not suitable for pregnant women. - Check whether people with any type of disability can carry out the activity. 			
WARNINGS:			
<p><i>Participants are required to inform the company if they suffer from any physical, psychological, sensory disability, cardiovascular disease or if they are pregnant.</i></p>			
MATERIALS AND EQUIPMENT			
<p>MATERIALS INCLUDED IN THE ACTIVITY:</p> <ul style="list-style-type: none"> - Harness. - Helmet. - Technical material required for the activity. (Ropes and other safety materials) <p>MANDATORY EQUIPMENT TO PERFORM THE ACTIVITY</p> <ul style="list-style-type: none"> - Mountain clothing or comfortable clothing adapted to the weather conditions of the day. - Shoes in good condition, with good grip. - Climbing shoes. (Recommended only for participants who can bring them to the activity) - A little water per person, for the activity. - Towel, clothes and spare shoes. (For days of adverse weather) <p>RECOMMENDED EQUIPMENT</p> <ul style="list-style-type: none"> - On very sunny days it is advisable to bring sunscreen. 			
INCLUDED SERVICES		SERVICES NOT INCLUDED	
<ul style="list-style-type: none"> - Activities with specialized guides. - Technical material necessary for the activity. - Civil Liability and Health Assistance Insurance. 		<ul style="list-style-type: none"> - Transportation during the course of the activity. - Food or water during the activity. - Accommodation, check availability. 	
PHOTO ALBUM		VIDEOS OF THE ACTIVITY	
No album.		No Videos.	
PHOTOS OF THE ACTIVITY			
