

## **Rock Climbing Development Instructor training - Course information**

**The RCDI is for experienced climbers and instructors wishing to develop a participant's rock climbing proficiency. This may extend to teaching and developing lead climbing on single pitch sport and trad crags, and climbing walls.**

Check you meet the below **prerequisites** for RCDI training.  
Once you have **registered for the RCDI scheme** through Mountain Training, you can book on to a training course.

Prerequisites:

- You must be a qualified Rock Climbing Instructor.
- You must have delivered a minimum of 20 days as an RCI at a variety of venues and with a variety of groups, recorded in DLOG.
- You must have led a minimum of 60 named single pitch routes using leader placed protection in three different climbing areas at VS 4c or above and logged them in DLOG.
- You must have led a minimum of 60 sport climbs in three different climbing areas at 6a or above and logged them in DLOG. Up to 50% of this experience can be outside the UK and Ireland.

### **Cost**

RCDI training costs £400.

You can either book and pay a deposit through Esther's website, or contact Esther directly to book.

### **You will need:**

- Clothing for outdoor crag days including: warm clothing and waterproofs
- Harness, helmet and rock boots
- Trad and sport rack (clip stick if you have one) and a "single" and "half" climbing rope(s) suitable for lead climbing
- Rucksack
- Rigging rope may be useful for if you have one but we will provide otherwise.
- Bouldering mat may well be useful but not essential
- Please bring a packed lunch for each day.
- Notebook and pen
- Some people find a camera/phone useful for taking photos of belay systems



## Syllabus

The RCDI training course covers the below key syllabus areas, all designed to give you the experience and tools to develop fantastic teaching, development and decision making skills.

- Technical Competence (including equipment, anchors, belaying, personal skills and background knowledge)
- Management and Decision Making (including planning, organising, managing participants, decision-making, knowledge and demonstration of techniques, and personal safety)
- Teaching Skills (including coaching movement and individualised tuition)
- The Climbing Environment (including access, conservation, etiquette and ethics)

Further syllabus details can be found in Mountain Training's RCDI handbook [here](#)

## Support for candidates

We are committed to making our courses as welcoming and supportive as possible, and will try to improve on this year by year. We want everyone to feel included on our courses, regardless of your gender, age, background, sexuality, or religion.

How?

- If you have any concerns before attending a course with us, please do get in touch and we're always open to chatting through things with you
- Please make us aware, either beforehand or during, if you have any additional needs, or have anything to share that might help us to adapt teaching to you. Sometimes people process things differently to others, need more time and space to think, or have had experiences on courses in the past that have made them anxious.
- Mountain Training have a 'reasonable adjustments' policy to support people that need it. You can check out that info [here](#).

## Support for aspirant RCDI trainees

We recognise that the RCDI is a tough qualification to get through. It can feel like a long way to get on the training course, or a lot of time needed to get to assessment.

We have an RCDI trainee Facebook group and mailing list where we offer support, peer networking, and training opportunities to help people along the process. Check it out on Facebook and look out for our CPD workshops to help you on your journey.

## **Sample Course Programme**

Please note that the programme may be adapted due to the weather.

### **Day 1 - Gold standard RCI and structuring development**

- Introductions and course outline.
- Mountain Training Pathway
- Structuring development (meeting climbers and choosing what to do)
- Structuring teaching progression (what and how)
- Nuts and bolts, what skills do we need to develop climbers?
- Doing the simple well
- Rigging and moving up and down a rope next to a climber.
- Timing (both tasks and also time spent teaching different elements)
- Using bouldering to progress your clients, enhance their climbing, or as isolated sessions
- Managing safety
- Coaching movement and matching techniques to routes

### **Day 2 - Sport climbing**

- Personal leading skills
- Holding falls and dynamic belaying
- Equipping and stripping routes
- Setting up routes for group use
- Teaching leading and lead belaying at sport venues
- Break-assisted belay devices
- Common mistakes and problem avoidance
- Warming up at sport venues
- Movement coaching and progression for sport climbing

### **Day 3 - Personal trad climbing and looking after others**

- Lead climbing safely at VS 4c min
- Demonstrating best practice
- Inspiring lead climbing
- Teaching lead belaying
- Managing climbing in series and parallel
- Lead climbing with a focus on demonstrating and teaching
- Teaching how to take out gear
- Looking after the second
- Belay plate in guide mode, management and problem avoidance/solving
- Teaching "building blocks" to clients lead climbing e.g. how to place gear
- Blending leading people up routes to progress them onto self-sufficiency



## **Day 4 - Developing climbers and teaching leading in a trad setting**

- Ways to teach lead climbing in a safe and progressive manner
- Adapting methods and teaching to different scenarios and clients
- Warming up, ground-based movement, and matching skills to routes
- Lesson planning and timing
- Manage personal safety whilst supervising participants progressing to and undertaking lead climbing.
- Ground level teaching
- Clients on the sharp end
- Teaching clients to abseil
- Debrief and clear action plans

### **Accommodation and travel**

Our courses will use a variety of crags around the Lake District, and we will try to arrange car shares and meeting points that suit everyone.

We can also arrange pick ups from Kendal, Keswick and Ambleside for anyone using public transport, please let us know when you book if you are arriving by public transport.

Accommodation can be found at hostels, B&Bs and campsites around Keswick, the central Lakes, Ambleside and Kendal.

### **Potential outcomes of training:**

Following training, a course report will be completed. The results you can achieve are:

**Completed:** You have attended and completed the training course and met the prerequisite requirements.

**Not yet completed:** If for any reason you do not complete the required hours for a course you will receive this result. In all cases an action plan will be discussed and created for you. Providers have up to 21 days to submit a course report, which allows for you to submit further information if necessary, for example if you have not fully met the prerequisite requirements.

*Candidates are reminded that attendance on a training course must not in any way be considered a qualification in its own right. This is only achieved by passing the Rock Climbing Development Instructor assessment.*