

A photograph of a person with long brown hair, wearing a dark blue t-shirt and black pants, climbing an indoor rock wall. The wall is covered in various colorful climbing holds (yellow, green, red, black). The person is looking up and reaching for a hold. In the background, other climbing walls and ropes are visible in a large indoor facility with a high ceiling and industrial lighting.

SCHOOLS BOOKING PACK

**the
reach**

The logo for 'the reach' features the word 'the' in a small, black, sans-serif font above the word 'reach' in a larger, bold, black, sans-serif font. A stylized orange graphic, resembling a paperclip or a hook, is positioned below the 'reach' text, curving around the bottom right corner of the word.

A person with curly hair, wearing an orange t-shirt and a blue climbing harness, is climbing a grey rock wall. They are holding onto a yellow climbing hold. A brown stuffed animal is attached to their harness. The t-shirt has the text "the reach climbing wall" on it. The word "CONTENT" is written in large white letters at the top left.

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ABOUT US ABOUT US ABOUT US



23rd October 2010

We are South East London's largest climbing centre with over 15 years of experience in climbing.

We work with local, national and international schools to deliver youth climbing sessions, from P.E. sessions, GCSE's, A-Levels, SEN groups and reward trips.

We currently have over 500 3 - 17 years olds developing their way through NICAS (National Indoor Climbing Award Scheme) per week and look forward to welcoming your students into our centre.

Our experienced instructors all hold nationally recognised climbing qualifications, have advanced DBS checks and are first aid trained.



4th October 2011



WHY CLIMBING?

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

Indoor climbing is a rewarding, non-traditional sport.

Many 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 GROUPWORKING SKILLS

Learning to communicate positively to enhance personal & social communication skills.

SCHOOL

CLIMBING SESSIONS



REGULAR P.E. CLASSES

Suggested timeframe: 3 Terms of weekly 2 hour sessions

Join us for P.E. classes.

Weekly sessions designed to teach top-rope climbing and techniques.

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 Teamwork

GROUP SIZES

The Reach can cater for up to 7 groups of 8 participants at a time. (Please note: The ratio for SEN groups may be lower depending on the group's needs.)



NICAS

NATIONAL INDOOR CLIMBING AWARD SCHEME

WE ARE LONDON'S BIGGEST PROVIDER OF NICAS SESSIONS

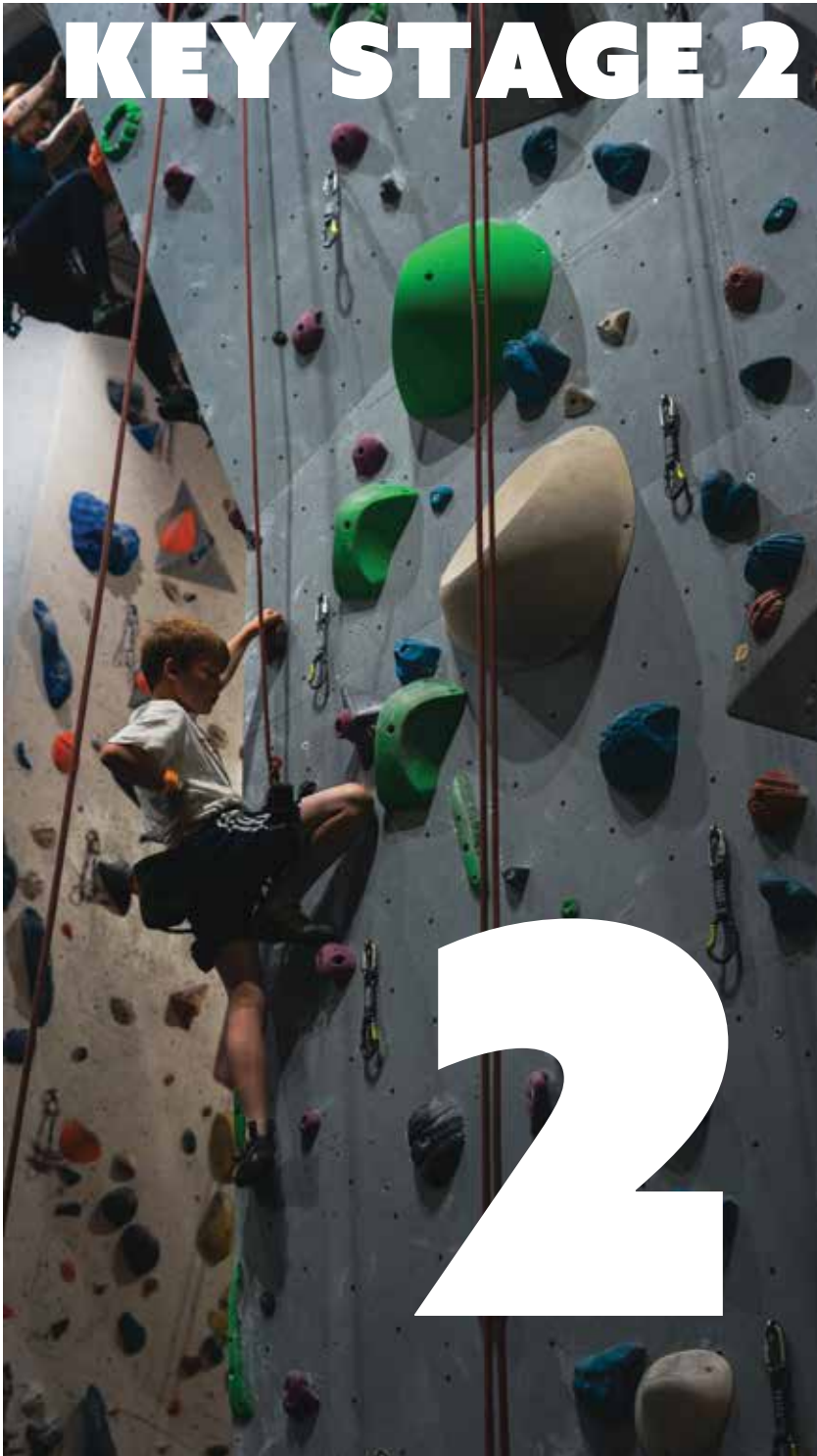
Schools often decide to sign their students up for NICAS. This course is designed to introduce and develop climbing through structured learning. Climbers will work their way through Levels 1-5, each tackling different aspects of indoor rock climbing.

Schools sign up kids for NICAS in their regular school sessions. Students receive nationally recognised certification for their progress through the syllabus. The Reach currently has over 500 young climbers progressing through the NICAS syllabus.

Find out more about NICAS please visit:
<https://nicas.co.uk/>



KEY STAGE 2



Regular sessions where students will learn the fundamentals of top rope climbing and technique.

Pupils develop a broad range of skills and use them in different ways on and off the climbing wall.

We encourage:

Pupils build communication, teamwork, and competition skills while improving performance and recognising their achievements in physical activities.

STUDENTS ARE TAUGHT:

To develop flexibility, strength, technique, control and balance.

To take part in adventurous activity, both as a team and individually.

To recognise improvement over a period of time.

KEY STAGE 3

Pupils can build on 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 climbing.

They develop the confidence and interest to develop skills out of school.

STUDENTS 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.

That team work is encouraged, building on trust and develop problem solving skills.

To analyse their performance and demonstrate improvement to achieve their personal best.

3



GGSF

EXAM BOARDS

GCSE

*With 15 years of experience teaching climbing,
we know what it takes to get your students the grades they deserve.*

We recommend no more than a week
between sessions so students can rest
but still retain skills.

Sessions we offer:

3 day - 4 hours a day (recommended)

2 days - 6 hours a day

6 days - 2 hours a day

*We are happy to adapt to
any specific exam boards*

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.

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.



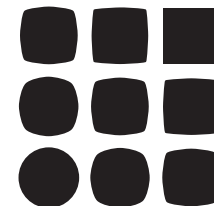
**EDUQAS
WJEC**



OCR



AQA



EDEXCEL

*To find more information about our Tracking
and marking sheets click here*

GCSE BOOKING OPTIONS

3 days - 4 hours a day

These 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

2 days - 7 hours a day (one hour for lunch)

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.

6 days - 2 hour a day

Ideal for SEN students.
Students with lower concentration or physical ability will find this more manageable than the longer sessions.

By consolidating learning over 6 sessions, students are more likely to be able to retain the skills learnt.

Considerations:
Multiple days away from school.
Minimum instructed time is 12 hours, so timekeeping is vital.
You 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 and time spent repeating skills if needed etc.



A LEVELS

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 course at The Reach, or alternatively through the school or personal 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 the options on the following page.



A LEVELS CONTINUED

SCHOOL SUPPORTED

Suggested timeframe: 3 terms, 2 hour sessions once a week.

A level P.E. sessions of regular climbing will set a base for students wishing to complete A Level climbing.

Students will need to participate in additional weekly climbing to consolidate the skills needed to pass A Levels.

Students will need to join one of two options below.

OPTION 1: PERSONAL

Students will need to come climbing once a week at The Reach to consolidate weekly learning.

Students will need to get signed off as junior members.

This means having an assessment to show their competency in the centre. This assessment is free.

Students will need to gather video evidence of top-rope and lead climbing across varying difficulties and wall angles.

They may need additional sessions to record additional evidence for moderators.

OPTION 2: NICAS

Weekly term time classes running on weekends or after school. Subject to availability.

If there is interest by a small number of students, or if you have any additional requirements, please email us info@thereach.org.uk



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.

WHO WILL FILM?

Each group should have a separate teacher 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.

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.

CAN STUDENTS FILM?

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 can fall.

Phones often run out of battery, storage and data and organisation of filming can be very difficult to achieve successfully.



SEN GROUPS



We have a team of dedicated instructors who have received training in accessible climbing.

Working with pulley systems, assisted belaying and accompanied climbing to ensure climbing is accessible for all.

In line with Access Sports we may ask you to fill "About Me" profiles to allow our instructors to get to know the students.

We are happy to accommodate and adapt to group specification.

We are able to adapt sessions for people.



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.



PERSONAL



Some students may find themselves wishing to continue climbing outside of school.

PROGRESSION

BECOME A JUNIOR MEMBER

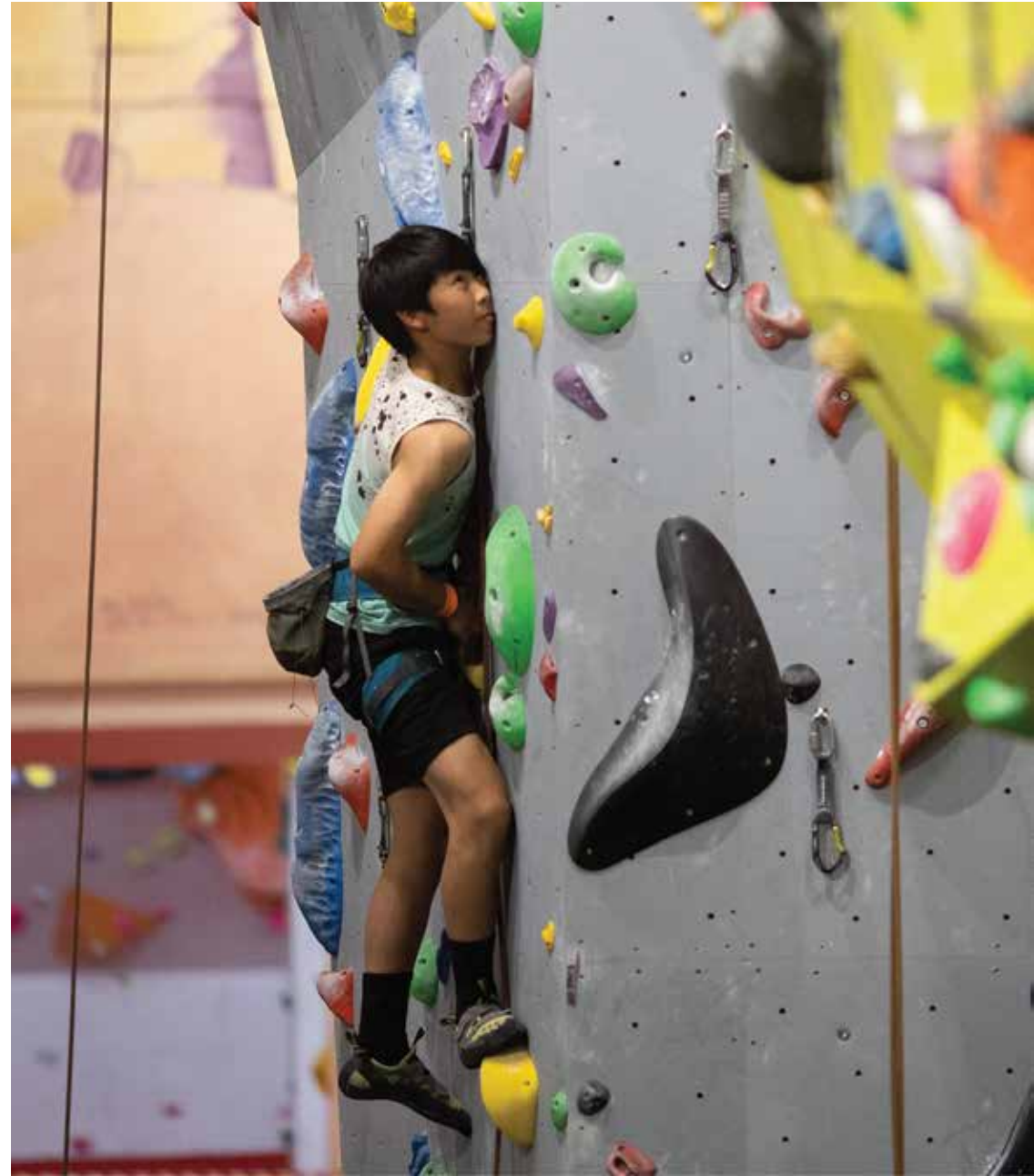
Junior climbers may climb at The Reach on their own.

Starting at 14 years old, they can boulder unsupervised after filling forms with their parent or legal guardian in the centre.

If junior members wish, they may do an autobelay induction and begin climbing on the autobelays after filling forms with their parent or legal guardian in centre.

For any rope climbing (top or lead), they will need to be assessed by one of our instructors and have paperwork filled with their parents or guardian present. This assessment must be arranged before your visit.

To find out more information about junior climbing, chat to us in the centre.



A young girl with brown hair in a ponytail, wearing a pink and white patterned t-shirt and black shorts, is climbing a blue rock wall. She is using red and white climbing holds. In the background, another person is visible, and the wall is covered in various colored holds.

NICAS is a nationwide scheme designed to introduce and develop climbing through structured learning.

NICAS provides a safe and enjoyable pathway of learning.

The NICAS course we offer at The Reach is a great way for young people to foster a lifelong climbing habit.

With the youngest starting age being 3 and ending at 18 years of age, students can join and progress alongside studies.

*To find more information about NICAS
Click Here*

A young boy with dark hair, wearing a light blue t-shirt and grey shorts, is climbing a grey rock wall. He is wearing a black climbing harness and a black helmet. He is holding a rope and looking up at the wall. The wall has various colored climbing holds (red, green, blue, yellow). In the background, another person is visible climbing a different part of the wall.

ON THE DAY

*AND OTHER THINGS THAT
MAY BE USEFUL*

ON THE DAY

OTHER USEFUL BITS

ARRIVAL

To ensure ease of check in, the ideal arrival time is 15 minutes before the session starts.

This will give enough time to check documents and get students gear.

CLOTHING

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 and may get broken.

Pockets must be empty!



ON THE DAY GETTING HERE

WHERE ARE WE?

Unit 6
Mellish Industrial Estate
Harrington Way
London
SE18 5NR



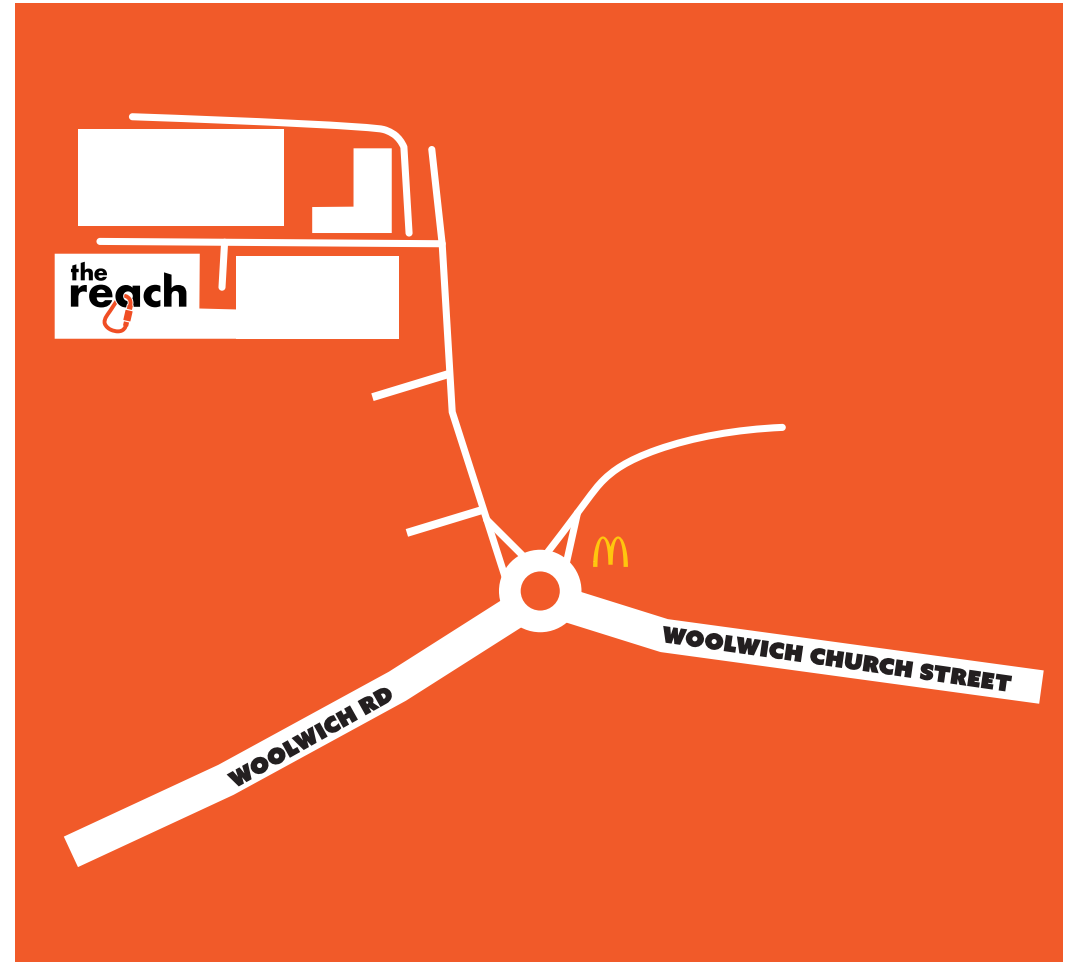
We're located within comfortable walking distance between Charlton and Woolwich.

With several public transport links in the local area, we are accessible from all four corners of London.



Driving? There is a large parking bay on site with easy access to coaches and busses.

Just take a right when you come through the security barrier upon arrival. This is where all vehicles should park, including school buses. Please don't park in front of The Reach.





BREAKS

During breaks the teachers are responsible for the students on site. A teacher must be present with the group at all times

Climbing is a highly strenuous and mentally tiring sport.

A packed lunch is encouraged, please ensure this includes sufficient drinks and sensible foods.

There is a cafe on site offering hot and cold drinks and a range of food.

The cafe is only useable by groups purchasing food and drinks.



We ask for no trips to McDonalds.

The trip is time consuming and leads to lateness coming back to the session

LUNCH

GROUP GUIDELINES

ARRANGING GROUPS

Please consider group dynamics based on the following points:

ABILITY

Having similar physical ability within the groups will allow the group to progress at a similar pace.

Mixing groups of different abilities could hold back the entire group.

SOCIAL GROUP

Friendly groups can help encourage each other to achieve high results.

However they can also be disruptive. Please consider this when creating groups.

SIZE

Students of similar height and weight will work well together for belaying and climbing.

We ask that students in the groups are similar in height and weight.

SEN

For SEN groups the ratios change on a case by case basis.

Please confirm the ratios with our reception team for your booking.

BEHAVIOUR

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 in supporting the instructors.

