



## NICAS at Dyno Climbing Centre

The National Indoor Climbing Award Scheme (NICAS) has five progressive levels of award for complete novices to expert climbers. The scheme is split into two parts and takes a minimum of 80 hours to complete Levels 1 to 4 and an additional year to complete Level 5. Part, one contains Levels 1 to 3 and part two contains Levels 4 and 5.

The NICAS schemes give candidates the opportunity to learn about safety, equipment, climbing grades, belaying, warming up, techniques, training and progression as well as the many other positive aspects of becoming a climber. Combine this with life skills: trust, communication, teamwork, self-confidence, awareness, risk management and understanding limitations and it quickly becomes clear why climbing is an amazing sport. There is a huge amount of learning and development that takes place at the climbing wall. Climbing aids in mental and physical development, and has been shown to improve creativity, memory, critical thinking ability. NICAS is a nationally recognised qualification and completion of Level 3 is equal to a pass grade at GCSE PE (Indoor Climbing) and it can also be used as the physical or skill section for the Duke of Edinburgh's Award.

### **Why Dyno?**

At Dyno Climbing Centre we do our best to create NICAS groups for participants of similar ability and age so that they can work through the scheme together. Our instructors will work through the NICAS scheme at a pace that suits the group, with emphasis on safety and learning skills properly. Safety is paramount to us, we work on a maximum of 1:8 ratio which enables our instructors to manage the climbers safely and means they can give individual attention to participants, ensuring each child can achieve their personal targets. As a Dyno Climbing Centre registered NICAS climber they will also receive free equipment hire outside of their instructed session and can get a discounted monthly membership of £25.

### **Structure**

We offer term time blocks for each level of the scheme which coincide with the school academic terms, each session costs £15 and payment for the entire term block is taken on the first session of the block, for example a 6-week term block will cost £90. All instruction, climbing shoes and harness are included for each session. There is a one-off payment of £9 for NICAS registration and to receive the logbook for Level 1-3, and on completion of each level they will be awarded with a certificate.

Please find our current timetable below, however private groups can be organised separately. To add your child to our waiting list or for any questions then please send us a message, email or give us a call.

Day	NICAS Level
Tuesday	Level 1 and Level 3
Wednesday	Home Ed and Level 2
Thursday	Level 3
Friday	Level 2



## NICAS AIMS

- To develop climbing movement skills and improve levels of ability
- To learn climbing rope-work and how to use equipment appropriately
- To develop risk assessment and risk management skills in the sport
- To work as a team, communicate with, and trust a climbing partner
- To provide a structure for development, motivation, and improved performance
- To develop an understanding of the sport, its history, and future challenges
- To provide a record of personal achievement
- To point the way to further disciplines and challenges in climbing beyond the scheme.

## THE FIVE NICAS LEVELS ARE:

### 1. New Climber

An entry level aimed at novices that recognises their ability to climb safely under supervision.

### 2. Foundation Climber

Aimed at promoting good practice in climbing and bouldering unsupervised on an artificial wall.

### 3. Technical Climber

A more advanced top-roping and bouldering award that focuses on developing technique and movement skills. This is aimed at ensuring a candidate possesses the knowledge and skill to climb and belay safely at any climbing facility (either under supervision or with back-up) and operate in a responsible manner. Achievement at this level is broadly equivalent to a pass at GCSE.

### 4. Lead Climber

Concentrating on the skills required to lead climb proficiently. Aimed at developing a self-motivated climber who has a wide range of skills and has reached a high level of competence, with a desire to progress by identifying and setting goals.

### 5. Advanced Climber

The top-level award that focuses on improving performance, a deeper understanding of climbing systems and the wider world of climbing, as well as experience of local and national competitions.

For more information on the NICAS scheme please follow this link:

<https://www.nicas.co.uk/climbers>