**Rock Skills: Introduction**

Mountain Training’s one day [Rock Skills](https://www.mountain-training.org/personal-skills/rock-skills/introduction) Introduction course is ideal for beginner climbers. If you’ve never climbed before or perhaps have some basic experience of climbing indoors this is the course for you! No previous experience is necessary.

Mountain Training aims to inspire, enable and develop people in walking, climbing and mountaineering through the provision of nationally and internationally recognised skills training and leadership qualifications. All Mountain Training courses are quality assured.

[Mountain Training: Our Ethos](https://www.youtube.com/watch?v=PzqVFu7N-RA)

**How to book onto a course**

To attend a Rock Skills Introduction course you will need to be at least 10 years old.

We will register you with Mountain Training prior to the course so you can be credited with attendance. If you’ve already got an account on Mountain Training’s Candidate website please share your ID number with us on booking.

**Digital logbook (DLOG)**

Once you have been registered onto the scheme you will have access to an account with Mountain Training which includes a digital logbook (DLOG). Here you can start logging personal climbing days, it’s a great way of storing all of your outdoor experience in one place.

If you need help connecting to your account, information can be found here: [Connect with your account](https://www.mountain-training.org/personal-skills/connect-with-your-account)

If you have any questions about adding entries: [DLOG FAQs](http://www.mountain-training.org/faqs/cms-and-dlog)

# **Rock Skills Introduction - course content**

# The Rock Skills Introduction syllabus covers the following aspects:

1. Background and Planning

2. Climbing Skills

3. Footwear and Equipment

4. Technical skills

5. Environmental Knowledge

6. Hazards and Emergency Procedures

**Access to courses**

Mountain Training is committed to ensuring that everyone has equal opportunity to attend our courses. If you have a particular need that requires extra assistance, please discuss it with Mountain Training or your provider.

[More information can be found here](https://www.mountain-training.org/help/resources/support-for-people-with-additional-needs)

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**Sustainable Transport**

Mountain Training recognises that climbing, hill walking and mountaineering impact on the environment, and acknowledges the responsibility to take reasonable measures to safeguard the environment for both the present and future generations. We therefore ask participants to consider sustainable transport to access courses.

[The BMC Community Liftshare site](https://thebmc.co.uk/bmcs-launches-lift-share-site)

A diagram of a personal skills course

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**Partnerships**[Cotswold Outdoors and their partner brand Snow & Rock](https://www.cotswoldoutdoor.com/our-partners/mt-skills-courses.html) are the “Official Skills Partner” of the Mountain Training skills courses. They promote our skills schemes to a wide audience as well as support participants with kit advice (follow link above) and a 15% discount instore and online.

[British Mountaineering Council](https://www.thebmc.co.uk/bmc-memorandum-and-articles-of-association) - The British Mountaineering Council (BMC) is the national representative body for England and Wales that exists to protect the freedoms and promote the interests of climbers, hill walkers and mountaineers.

**Insurance**

Mountain Training recommends you consider personal accident and cancellation insurance. If you already have insurance cover, check that it covers you for the activity you are undertaking.