

GETTING AHEAD



Start to develop skills that are relevant to your course before you join HSDC this September!

Outdoor Adventure Education

Welcome to Outdoor Adventure Education. This work will help you gain an understanding of the different disciplines of rock climbing, the equipment used and some of the skills that are required when taking part in the activity.

Research Activity

Create a poster (preferably digitally) that explains the different disciplines of climbing listed below:

- Bouldering
- Top/Bottom Rope Climbing
- Sport Climbing
- Traditional Climbing
- Soloing

Please include pictures to help illustrate the different equipment, skills and techniques you would need for each type of climbing.

You will then need to bring this along to your first taught lesson and the lecturer will be going through them in detail.

Read

Please use the following link to help you, however, there are many more that you can use if you research yourself:

<https://www.nicas.co.uk/about/types-of-climbing>

Watch

Here are some simple climbing techniques:

<https://www.youtube.com/watch?v=GdvmNTZzYZ4>

Just a great video from National Geographic:

<https://www.youtube.com/watch?v=FCWLtyTmX3o>

Follow Us

Follow us on Instagram and Facebook to see what other activities and stories past and current students have been up to and what you can expect to do from September 2020.



hSDCoutdooradventure



@be_hsdC_outdoor_adventure

We look forward to seeing you in September!

For further information about your college and being a student at HSDC, please visit [hSDC.ac.uk/South-Downs](https://www.hsdC.ac.uk/South-Downs)