



BIG ROCK



INDOOR CLIMBING FOR **SCHOOLS**

FUN FITNESS TO INSPIRE & MOTIVATE



BIG ROCK

WELCOME TO BIG ROCK HUB

Indoor climbing at Big Rock Climbing Centres is an exhilarating activity offering exciting physical and mental challenges at a level specific to the individual. Getting involved is a great way to inspire physical activity for young people of all athletic abilities by proving that exercise is actually really fun!

This booklet provides an overview of indoor climbing at our Big Rock Hub site in Kingston, Milton Keynes, for schools, and how learning outside a traditional environment can benefit your pupils. Conquer our high roped climbing walls for an unbeatable sense of achievement. Or experience the thrills of climbing above foam matting without using a rope in our low level 'bouldering' areas. Have fun and get fit!

Big Rock Hub is already used by schools throughout the region as a valuable and fun educational resource, providing young people with new and exciting experiences that allow them to explore their true potential. We would love your school to realise the benefits of using the climbing centre too and we are keen to answer your questions, discuss your ideas and tell you more about what Big Rock can offer your school.

Call us on 01908 583 128, email bookings@bigrockclimbing.com, or visit www.bigrockclimbing.com for further information. You are also welcome to visit Big Rock Hub anytime to have a look around.

We look forward to seeing you!

Kind regards

The Big Rock Team

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WHAT IS INDOOR CLIMBING?

Opened in 2010 and located within a huge indoor studio, Big Rock Hub is a professionally operated all-weather venue offering a fantastic variety of indoor climbing from 11m high climbs requiring the use of safety ropes and harnesses, to low level 'bouldering' climbs attempted above deep foam matting.

Big Rock Hub has hundreds of different colour coded climbs to attempt from really easy to really hard, designed to accommodate all levels of ability and all ages. Choosing the correct sequence of colour coded holds and reaching the top provides a really fun workout and an unbeatable feeling of achievement that can be hugely beneficial towards increasing confidence and self-esteem. The climbs are even changed regularly throughout the year, ensuring there is always a fresh challenge to undertake for future visits.

“Climbing has built up my confidence and I have learnt to try my best and have a go.”

Indoor Climbing is a superb way to encourage physical activity and helps to develop movement, balance, hand eye co-ordination, team work and communication skills in an engaging environment that encourages social interaction. In addition to the physical challenge, climbing also provides a technical challenge that requires concentration, problem solving abilities and mental tenacity to succeed, as participants must discover how to successfully move between the coloured holds. It is a great activity to stimulate, motivate and enhance confidence outside of the typical learning environment.

- ✓ Increase personal confidence and self-esteem.
- ✓ Develop confidence and trust in others.
- ✓ Experience a real sense of achievement.
- ✓ Develop team work and communication skills.
- ✓ Enhance concentration and focus.
- ✓ Develop balance and co-ordination.
- ✓ Strengthen mental resolve.
- ✓ Be inspired to learn and succeed.



WHO IS BIG ROCK FOR?

The indoor climbing at Big Rock Hub has been carefully configured to provide highly enjoyable and achievable challenges for all pupils aged 4 years and up including those with special needs. No previous experience is necessary and all the specialist climbing equipment required is available at the centre.

With a comprehensive range of climbs available ranging from really easy challenges designed to offer manageable climbing for those new to the sport, to professional level climbs designed to inspire and challenge future champions, participants are able to operate at a level specific to their individual capabilities. Consequently, young people who dislike the competitive nature of traditional field and gym sports are often willing to have a go and almost always enjoy climbing after experiencing the sense of achievement upon reaching the top.

GETTING STARTED

Indoor climbing sessions at Big Rock Climbing Centres are fully supervised and focus on introducing young people to the sport in a friendly environment, at a level appropriate to their age and ability.

We offer one off taster sessions, providing an exciting introduction to indoor climbing, or if you would like to bring your group regularly, pupils will have the opportunity to gain additional skills and knowledge and to develop an active interest in climbing. Pupils of all ages will find that their balance, co-ordination, strength and flexibility will improve through participating in regular sessions.

Big Rock Hub is also a NICAS (National Indoor Climbing Wall Award Scheme) Primary centre delivering NICAS courses to anyone from age 7 and upwards. The scheme features a series of 5 levels of increasing technical skill and knowledge and provides the structure and motivation for new climbers to develop their skills in order that they may gain the most out of their climbing, in addition to having their achievements recognised by a national body.

NICAS promotes pupil led learning and peer teaching where participants can learn at their own pace and take responsibility for recording their achievements in their NICAS log book. For those at GCSE level, NICAS has been taken up by examination boards for pupils working towards not only a Climbing GCSE, but also those who are using climbing as one of their key activities in GCSE PE.

Additionally, participants in the scheme can continue to progress outside of school organised sessions by joining our Rockhopper Clubs (suitable for ages 7-16) or our 15-19 Training Sessions (suitable for ages 15-19), run weekly during school term time. Big Rock also hosts a bi-annual youth climbing competition with entry open to all schools.



Aims of the National Indoor Climbing Award Scheme

- ✓ 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, it's 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.

“We learnt how to use the equipment to keep each other safe when climbing together.”



PRICING FOR SCHOOLS

PRICES FOR 1 HOUR 30 MIN SESSION (our most popular duration)

Climbers	up to 6	up to 12	up to 18	up to 24	up to 30	up to 36
Cost (peak)	£110	£220	£330	£440	£550	£660
Cost (off-peak)	£66	£132	£198	£265	£330	£396

ALTERNATIVE DURATIONS

Climbers	1 hour	2 hours	2.5 hours	3 hours	3.5 hours	4 hours
Cost / instructor (peak)	n/a	£147	£184	£220	£257	£294
Cost / instructor (off-peak)	£52.50	£88	£110	£132	£154	£176

Off-peak rates apply to bookings during school term dates where the session finishes before 17:45. All other times will be charged at peak rates.

Ratios: We operate a maximum ratio of 6 climbers to 1 instructor for all sessions.

We are happy for you to provide your own instruction for your school or group provided that all instructors are appropriately qualified and insured. Registration is required and can be arranged by contacting our bookings team. Equipment can be hired where required.

Group using external instructor: standard entry rates apply - please see our website.

SAFETY INFORMATION

At Big Rock Climbing Centres safety is our priority and we are committed to providing safe facilities, equipment and instruction. All our instructors are fully qualified in accordance with national guidelines, holding a minimum of CWA (Climbing Wall Award) or SPA (Single Pitch Award) qualifications and holding relevant first aid qualifications.

Big Rock is also a full member of ABC (the Association of British Climbing Walls), the representative body for UK climbing centre managers and owners. ABC members are committed to operating and managing their climbing walls to current ABC guidelines which are endorsed by the British Mountaineering Council and the Entertainment National Interest Group of the Health and Safety Executive. We are happy to provide you with a copy of our Risk Assessment and to answer any of your concerns.

OPENING HOURS

Big Rock Climbing Centre is open 7 days a week, throughout the year.

Monday, Tuesday, Thursday & Friday: 14:30 pm - 10:00 pm

Wednesday: 11:30 am - 10 pm

Weekends: 10:30 am - 10:00 pm

Please note that we are happy to open for school groups from 9.30 am onwards with prior arrangement.

ADDITIONAL INFORMATION

Big Rock Hub has a café on site offering full catering options with plenty of seating overlooking the climbing areas. Our café offers a great selection of hot and cold drinks, snacks and meals available throughout the day. We can also organise and provide catering for your whole group. Please contact us for further details.

Changing areas with showers, toilets and lockers are available for all Big Rock users.

“It was brilliant to see my students working together to help each other succeed.”



OUR LOCATION

Big Rock Hub is situated in eastern Milton Keynes near the Kingston Centre, a short distance from the M1. The Climbing Centre has extensive free car parking and cycle storage. Find us next to Tesco and Costco just off Mandeville Drive. Full directions and maps are available on our website.

BOOKING INFORMATION

You are welcome to visit Big Rock Climbing Centre anytime to have a look around and gain an insight into the activities available to school children. To organise a visit, or for further information, please call us on 01908 583 128 or email bookings@bigrockclimbing.com. You can also browse the 'Groups & Schools' section on our comprehensive website www.bigrockclimbing.com.