



Mckinlay Mountaineering is an approved Mountain Training provider enabling us to deliver their industry standard awards. This allows us to provide training and assessment for the Mountain Leader (ML), Rock Climbing Instructor (RCI), Climbing Wall Instructor (CWI) and Climbing Wall Development Instructor (CWDI). We now are the largest provider of MLTE awards in the North of England delivering 60 courses in 2023 alone.

ROCK CLIMBING INSTRUCTOR

The Rock Climbing Instructor (RCI) is administered by the Mountain Training (MT) and trains and assesses candidates in the skills required to supervise climbers on single pitch crags and climbing walls. As such it is seen as an essential qualification for those wishing to work in the outdoors industry and with outdoor centres, school groups and the voluntary sector.

The RCI is also a vital tool for climbers wanting to review their personal skills, allowing them to expand their knowledge of current best practise.

To be awarded the RCI a candidate must complete the training course and pass the separate assessment. Unless you have a lot of teaching and personal climbing experience candidates should leave a minimum of 6 months between training and assessment courses in order to consolidate the techniques learned and to develop their own personal and group skills.

What you need to do before your RCI Training

Before you come on a training course you must be

- 18 or over
- have registered for the award with the Mountain Training [MT](#)
- have lead trad climbs outside on at least 15 occasions
- have lead sport climbs outdoors on at least 5 occasions
- have lead sport climbs indoors on at least 15 occasions

Price:

- £250.00 Training
- Bespoke courses are worked out on an individual basis

Payment:

Payment is made via the website. Please note the full amount is payable immediately. Alternatively payment can be made by cheque or bank transfer payee Mckinlay Mountaineering. Our details are account 29548861 sort code 601239. We will contact you as soon as payment has been made.

You will need:

Clothing for an outdoor crag session including: warm clothing, waterproofs, harness, helmet and rock boots, a rack if you have one and a "single" or "half" climbing rope(s) suitable for lead climbing, rucksack. Rigging rope may be useful for Sunday if you have one but we will provide otherwise.

Please bring a packed lunch for everyday. Some people find a camera useful for taking photos of belay systems.

Entrance fee to Climbing Wall

All items are brought with the knowledge that Mckinlay Mountaineering takes no responsibility for the loss or damage of these items. These are the sole responsibility of the candidate.

RCI Training Itinerary

Day 1 Meet at 9am at Big Depot, Leeds	Course introduction Artificial Walls - use of managed facilities Comparison of this wall with others you may have used Lead climbing indoors, Active/dynamic belaying and holding lead falls	Afternoon 5pm finish Warm ups and bouldering Movement coaching and teaching climbing. Roped climbing, basic rescues. Managing an assistant How to descent from outdoor sport routes.
Day 2 9.00am Start Meet at crag (weather dependent and decided the night before)	History, equipment and PPE Go to nearest crag Guidebooks Lead climbing outdoors Gear placement, anchor selection	Afternoon 5.30pm finish Simple problem avoidance Personal abseiling Fall factors Access and conservation
Day 3 9.00am Start Meet at crag (weather dependent and decided the night before)	Review the crag to be used on this day and its suitability. Minimum impact. Environmental & conservation issues. Group management - safe area - briefing of group. Bouldering/weaselling if appropriate. Top and bottom rope set ups Abseil set up	4.30-5pm finish Teaching belaying, bell ringing Problem avoidance and top down rescues Depart crag Course review and general de-brief. Route to assessment. Logbooks and individual action plans

Note: Course program may change to suit the prevailing weather conditions

Typical venues used include Almscliff, Brimham Rocks and Ilkley Cow and Calf.

Transport:

No transport is included but we are happy to car share.

Recommended Reading:

Please refer to your Rock Climbing Instructor handbook for details with regards to the syllabus and remit of the RCI qualification. If you need a copy, this can be downloaded from the Mountain Training website. Please also refer to the below titles for further reading:

- Rock climbing essential skills and techniques– The official handbook of the MIA/RCI/CWI/CWDI schemes which can be purchased from the Mountain Training, BMC, Amazon websites.

Post course training notes:

Unlike any other RCI course in the country after the course you will receive detailed post course training notes via email. These will include:

- RCI rescues made simple, slab rescue and abseil rescue
- AALA belaying lemons and belay systems (details how to run sessions and avoid accidents),
- group warm up and bouldering games
- fall factors and access and conservation pdf's