## Welcome!



Thank you for choosing Hardrock to host your vertical adventure!

This program has been designed to assist Scout Leaders in running a successful activity, and help participants achieve their goals while developing rock climbing skills and knowledge along the way, building from the foundation up.

## **Choose your Adventure!**

Each of the 3 stages covered in this program have 3 individual session plans available (summarised below).

The first session of each Stage is an introductory session where groups will complete the required safety training before spending the remainder of the session casually climbing.

The second and third sessions listed for each Stage have a sharper focus on climbing skills & techniques.

The group Leader can select which session to do based on which one is more appropriate to their group.We recommend a selecting session plan from the Stage that the majority of your group are currently working on.

