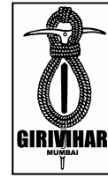


GIRIVIHAR



ROCK CLIMBING CAMP

GIRIVIHAR since its conception in 1954 has been devoted to outdoor adventure activities like hiking, rock climbing and mountaineering. Activities that cultivate love for the environment and respect for nature.

Rock Climbing is an art in itself. It is also developing as an independent outdoor as well as indoor sport. Like any other sports activity, Rock Climbing also calls for perfect physical and mental fitness and mastery over the basic techniques and skills. Some are attracted towards the sheer adventure involved in rock climbing while some towards the calculated risk involved in it. Some people have a natural instinct for this sport and some just love to observe it. But certainly if one loves climbing, learning correct and safe techniques is a must. It will not be correct to claim that rock climbing can be taught through classroom style sessions. So we provide perfect, on-site training from experts in the field. What remains to bring out the hidden genuine tough rock climber in you is real hard practice.

It is with all those in mind that GIRIVIHAR has been conducting the Annual Rock Climbing Training Camp for youth (age above 14) for more than 30 years now.

So if you have started experiencing the urge to climb, we are sure you will find this camp an attractive proposition. Of course, a question most likely to occur to you will be, why you must choose GIRIVIHAR's camp, when you can master the sport just by practicing with your senior fellow climber friends and other options that are available. Here's the answer:

- ❖ GIRIVIHAR is one of the oldest and most reputed mountaineering clubs in Mumbai
- ❖ We have had decades of experience conducting Adventure and Rock Climbing Activities, and have enjoyed an enviable safety record
- ❖ With a long list of pioneering ventures to our name, we are an organisation of genuine mountain experts
- ❖ First Aid facilities are available at climbing site
- ❖ An optimum instructor: trainee ratio of 1: 4
- ❖ We conduct this camp for one reason only - introducing new rock climbing enthusiasts to the sport and moulding them to adapt only the correct and safe techniques.
- ❖ We offer plenty of follow up sessions to fine tune and upgrade your skills
- ❖ And last, but not the least, we conduct the Camp on a NO-PROFIT basis, making it one of your wisest and most economical investments in your hobby

Camp Kit (Essential)

- ❖ A sturdy ruck-sack /haver sack / any back-pack which can hold the following items.
- ❖ Jogging / sports shoes (for activities other than climbing).

- ❖ Snugly fitting canvas shoes with rubber soles or similar sports shoes (for climbing e.g. bata's fitness pair)
- ❖ Slippers /floaters (after activity time)
- ❖ Cotton socks (2 pairs)
- ❖ Loose tough light weight trousers (cotton preferred) or track pants (2 nos.) avoid jeans.
- ❖ Loose tough lightweight full-sleeve shirts (cotton preferred) (2 nos.)
- ❖ Personal undergarments (2/3 sets minimum); light weight towel
- ❖ Light bedding, sleeping mat & one full sleeve sweater
- ❖ Light weight mug, plate, spoon, and bowl.
- ❖ Simple plastic water bottle of min. 1 lit capacity
- ❖ Torch with a spare set of batteries. (avoid pencil cell torch)
- ❖ Note book, pen, sewing kit, spare laces, safety pins, mosquito repellent cream, tooth brush, tooth paste, soap, talcum powder, 4 'band-aid' strips, 2-3 plastic bags (assorted sizes).
- ❖ Small haversack /daypack for daily activity.

NB :Rock climbing is a strenuous activity .fifteen minutes of jogging ,push ups & pull ups fifteen days before the course will be helpful.

Dates : Friday 25st December to Wednesday 30th December 2009

Location

- The Girivihar Rock Climbing Camp will be held at C.B.D, hill at different locations as decided by the Instructor
- The hills near C.B.D are about 1.5 km. away from Belapur Rly station and 1 km from BEST Bus stop. It is just off the Navi Mumbai – Sion – Panvel Express Highway. There are rock sites, which offer one of the finest collections of boulders suitable for copybook type of training routes.
- Girivihar has conducted International level Rock Climbing Competition for the last 5 years in this location, and the seven is round the corner.

Age Limit:

- Above 14 yrs (Application from candidates below 18 years of age must be attested by the parent / guardian)

Course fees: Fees Rs. 1500/- for level –I

Rs 3000/- for level I & II

(Includes lodging, boarding, equipments and non-refundable registration charges Rs. 100/-)

Lodging and Boarding: C.B.D, Belapur, Navi Mumbai.

Reporting: C.B.D Belapur BEST Bus stand (Navi Mumbai) on 25th Dec 2009 at 07.30am.

Correspondence address :

Mr Abhijit Burman (Bong) 8/7 Artist .Village Sector-8 C.B.D, Belapur, near Apna Bazar
Navi-Mumbai-400614. Cell No: 09869615166, Ph: +91-22-25590158 (Office) 8.30am -
4.00pm (Monday to Friday) Email: abhijit_bong@rediffmail.com

Further Inquiries:

1. **Mr Franco Linhares.** Tel: 24450601 (08.00 am 10.30 am & 7.00 pm – 10.00 pm) Cell
No: 09869989542.
2. **Mr Gaurang Swarge.** Cell No: 09820151429 **Email:** gaurang.swarge@gmail.com
3. **Mr Vivek Thakur** Cell No 09870218973

For further details visit:

www.girivihar.org

Email: girivihar.mumbai@gmail.com

Application form available at

AVI Industries ,
13, Shriji Sadan,352, Chandavarkar Road,
Matunga (Central Railway), Mumbai - 400 019.
Phone 24143810

For Office Use only

Temporary Receipt: Received Rs:.....\-

From

Mr. /Ms..... towards fees for Rock Climbing camp 2009.

Receiver's Signature

Syllabus

Course Title	Rock Climbing Course Level -I
Objectives	The purpose of this course is to give participants an enjoyable, safe and informative introduction to Rock climbing. The course will be held over 6-sessions of 3.5 to 4.5 hours each. The course is designed for people with no prior knowledge of rock climbing. Participants will be introduced to equipment, climbing techniques, belaying for top-roping and climbing calls
Pre-requisite	Participants must be 14 years of age or older (Application from Candidates below 18 years of age must be attested by the Parent / Guardian)
Standards	The participants must demonstrate the following course requirements before they will be awarded the rock Climbing Certificate: <ul style="list-style-type: none"> ➤ Correct harness usage ➤ Correct tie-in technique ➤ Correct belay technique ➤ Correct use of climbing calls
Syllabus	Introduction to Rock Climbing : Introduction of Climbing Equipment Tieing-in Knot - Figure-of-8 knot Introduction to Belaying and Lowering with a Basic Belay Device Basic Climbing Techniques (a bouldering session) . Top-rope Climbing Course Review - Suggestions for training and further advancement, General feedback

Course Title	Rock Climbing Course Level -II
Objectives	This course is designed as a follow on from the Sport Climbing Course Level 1. This course builds on the tope-rope skills acquired on the previous course and teaches a progression into lead climbing on artificial climbing walls. Participants on this course should be confident in all the techniques covered on the previous course before undertaking this more advanced level course.
Pre-requisite	Girivihar Sport Climbing Level 1 Certificate or equivalent.
Standards	The participants must demonstrate the following course requirements before they will be awarded the Sport Climbing Level 2 Certificate: <ul style="list-style-type: none"> > Application of a range of basic climbing techniques on an easy route at an artificial climbing wall. > Competency in leading an easy climb, including clipping bolts correctly, using climbing calls, and safe rope handling. > Correct belaying of a lead climber.
Syllabus	Introduction to Lead Climbing Care of equipment Climbing Techniques Lead Climbing Anchor Set-up Rappelling Course Review - Suggestions for training and further advancement, General feedback