



big rock

climbing centre

Welcome to Big Rock Climbing for Schools

Big Rock Climbing Centre offers a unique experience for school groups, providing fun physical activity in an engaging environment that encourages social interaction.

Suitable for all age groups and all abilities, climbing provides a positive physical and mental workout and is a great activity for developing team and communication skills. Climbing is also an ideal activity to participate in when working towards Healthy Schools, as an enrichment activity or as part of the Duke of Edinburgh Award scheme.

During your session at Big Rock Climbing Centre, our qualified instructors will lead you in fun climbing activities at a low height on our bouldering walls and at greater heights on the roped climbing walls.



One off or once a week, come and have some fun

At Big Rock Climbing Centre, we offer one off taster sessions to anyone over the age of 4. If you would like to bring your group regularly, as part of a BTEC or A-level course for example, we can help develop your group's climbing skills and abilities through NICAS, the National Indoor Climbing Achievement Scheme.

NICAS (National Indoor Climbing Achievement Scheme) introduces new and young climbers (aged 7 - adult) to climbing on artificial climbing walls in a series of 5 levels of increasing technical skill and knowledge. NICAS provides a logbook to record the skills learnt and the climbs undertaken, with certificates on completion of each level.

Taking it further

If your pupils wish to continue climbing at Big Rock Climbing Centre after your visit, we offer organised Youth Training and NICAS sessions, and we will be running inter schools climbing competitions.

Costs

For your group's safety and in conjunction with national guidelines, Big Rock Climbing Centre instructs groups at a maximum ratio of 1:8.

Costs include instruction and the hire of equipment, including safety helmets.

£32 per instructor per hour (pro rata for extra half hours) + £5 entry per person

£100 per instructor per half day + £5 entry per person

£150 per instructor per full day + £5 entry per person

An ideal length of time for a taster session is 1.5 hours, however, should you wish to only come for 1 hour then we could offer a reduced rate of £32 per instructor + £3 entry per person.

If you have your own fully qualified instructor and would like to bring school groups to Big Rock Climbing Centre then please get in touch with us.



Opening hours

Big Rock Climbing Centre is open 7 days a week, throughout the year and we are happy to open for school groups from 9.30am onwards.

Safety

At Big Rock Climbing Centre, 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, and hold relevant first aid qualifications. Our risk assessment is included in this pack.

Other useful information

Big Rock Climbing Centre has a cafe on site which your group may use to purchase drinks and snacks. For an additional cost, we can organise and provide catering for your whole group. Please contact us for more details.

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

Big Rock is located in eastern Milton Keynes close to the A421 and next to the Kingston Centre.



Please contact us for further information and booking enquires:

Email: info@bigrockclimbing.co.uk Telephone: **01908 583128**

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