



Code of Practice

Table of Contents:

[1.0 Intro and Committees](#)

[2.0 Memberships](#)

[3.0 Calendar](#)

[4.0 Kit](#)

[5.0 Coaching/Instructing](#)

[6.0 Health and Safety](#)

[7.0 Partnerships and Sponsors](#)

1.0 Intro and Committees

History & Reputation of the Club:

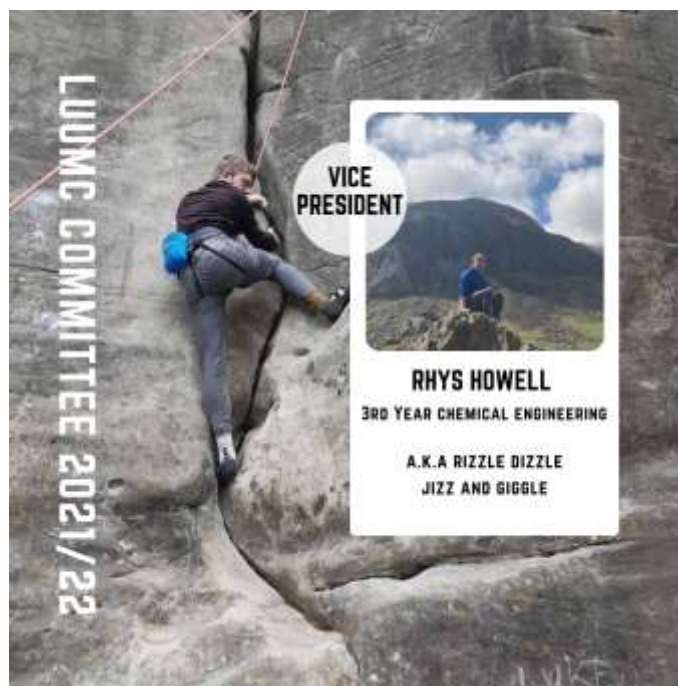
Our club has been in Leeds for roughly 60 years and has a long relationship with the local climbing walls and especially the Packhorse pub which we have frequented every Wednesday for all those 60 years. We are a relaxed yet physced society, whether you are a beginner or an experienced Mountaineer there is something here for you, with plenty of socials and trips to keep everyone entertained.

Your Committee:

President: The face of the club, oversee the rest of the committee, run trips and provide as much psyche as possible.



Vice President: A general help around the club, organises the merchandise and deals with the welfare of members.





Secretary & Gear Secretary: Do all the paperwork for the club plus take care of the club gear which is free to borrow for members.



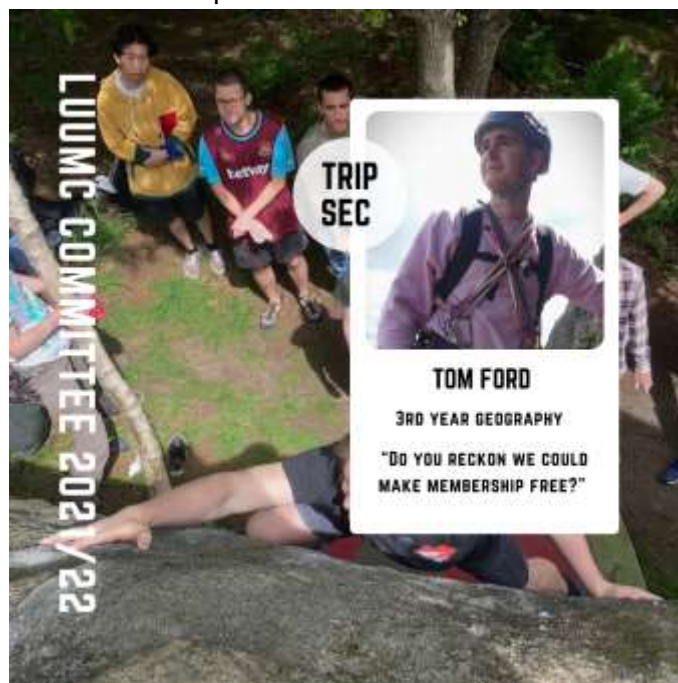
Treasurer: Manages our finances for the club to make sure we have enough money for some amazing socials and trips.



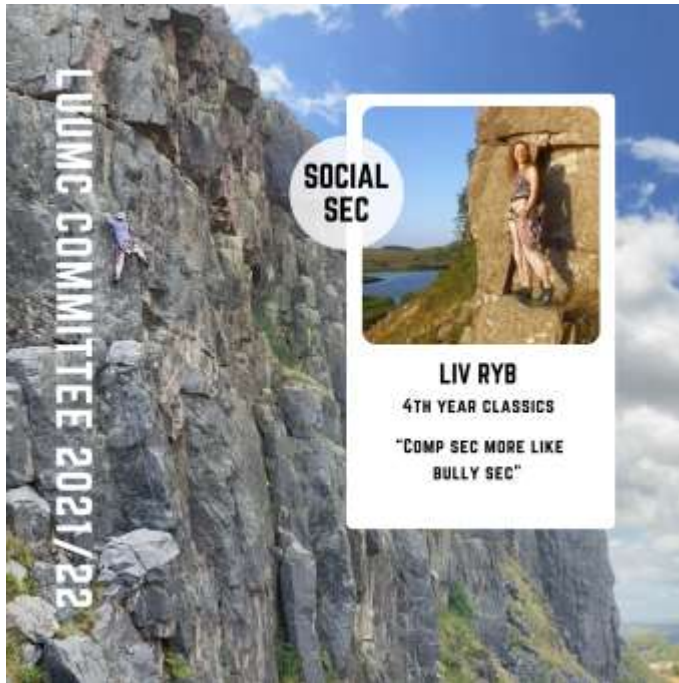
Competition Secretary: Organises competitions throughout the year for both new and experienced climbers.



Trip Secretary: Create day trips throughout the year which will provide a platform to get outside and manage transport for weekend trips.




Social secretaries: Organises a large variety of socials including the summer ball and nights out.



LUUMC COMMITTEE 2021/22

SOCIAL SEC



LIV RYB
4TH YEAR CLASSICS
"COMP SEC MORE LIKE BULLY SEC"

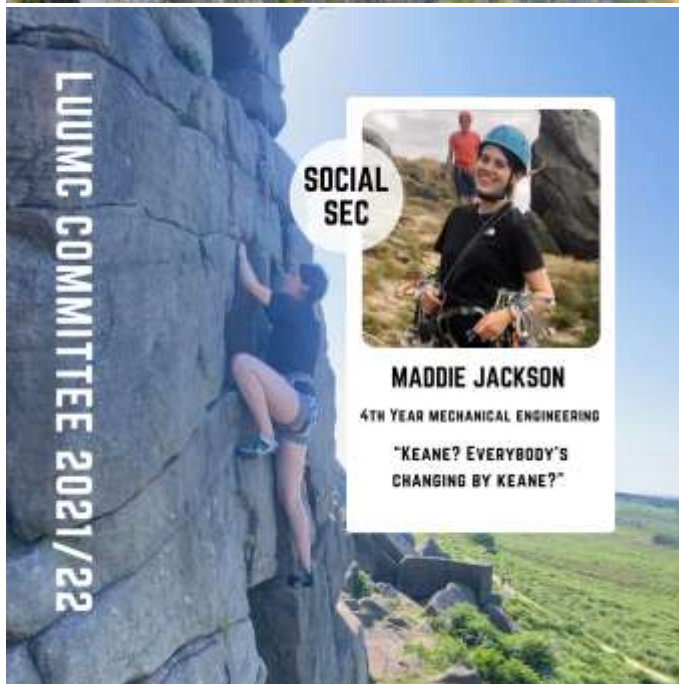


LUUMC COMMITTEE 2021/22

SOCIAL SEC




WILL JONES
3RD YEAR AEROSPACE ENGINEERING
"...JUST GO UP"



LUUMC COMMITTEE 2021/22

SOCIAL SEC



MADDIE JACKSON
4TH YEAR MECHANICAL ENGINEERING
"KEANE? EVERYBODY'S CHANGING BY KEANE?"



2.0 Memberships

Our membership is currently £30. This has gone up in the last couple of years, however, this is due to the price of BMC membership increasing so over half of this money does not go to the club itself.

3.0 Calendar

Weekly Training:

Starting from wednesday the 29th of september we run climbing sessions at the Big Depot on Gerald road. The sessions normally run from 1 to 5 in the afternoon. However, we start by meeting at the parkinson step and organise the walk down to the Big Depot which is a 50 minute walk. Once arrived everyone is signed in through the Big Depot reception we meet by the lockers to give out gear and put people into groups depending on their climbing ability. Some groups will just be top roping, some will start learning how to top rope belay and others will start to learn lead climbing. Normally, people like to end their session by using the bouldering wall to cool down before they leave.

Weekly Social:

We attend the Packhorse pub every Wednesday from 9pm and from there we can go to either HI-FI or mischief or stay at the Packhorse if you want.

Weekend Trips:

We have multiple weekend trips:

- Northumberland - 15-17th October
- North Wales - 12th-14th November
- Scotland (winter mountaineering) - 28-th January
- The Roaches - 25-27th February
- Lake District - 18-20 March

Day Trips:

Our first day trip will be on the 9th of October

Others will be organised throughout the year to give members the opportunity to climb some real rock.



Competitions:

We compete in Nubs which is a very relaxed competition for all ability levels and also BUCS which is a far more serious competition between universities.

4.0 Kit

Kit for New Climbers:

If they are completely new they do not need to buy any gear as the shoes, harness and belay devices are provided by the club. Having said that, it is recommended that new climbers buy shoes that are properly fitted and same with a harness. Additionally, they should have trousers with a degree of flexibility.

Kit Recommendations for Intermediates:

If you're an intermediate climber it is 100% recommended to have your own climbing shoes, harness, belay device and chalk bag.

Kit for Day Trips:

Many day trips will have a walk up to the crag we aim to climb at therefore we recommend suitable shoes for walking in rough environments such as walking boots or activity shoes. Make sure you bring plenty of food and water because there will not be shops nearby plus warm clothes because there will be a lot of standing around.

Kit for Weekend Trips:

On weekend trips you should bring what you would usually take camping such as a sleeping bag and spare clothes. Other items we recommend are some clean indoor shoes such as slippers or crocs because muddy boots will not be allowed within the hut. Earplugs could be a good idea as well if you are not used to snoring.



5.0 Coaching/Instructing

Our Committee will aim to teach throughout a member's time in the club. There is a lot to learn in climbing so often it will take time to learn certain skills, many of the basic skills will be taught during the GIAG.

6.0 Health and Safety

Correct Equipment Use:

Throughout the year we aim to teach new climbers the appropriate use of the equipment especially during the GIAG. If you are interested in learning some good habits beforehand a few links have been posted below.

How to Belay: <https://www.youtube.com/watch?v=CFIz4cBFVro>

How to tie a figure of eight knot: <https://www.youtube.com/watch?v=GFlwrvggas0>

How to put on a harness: <https://www.youtube.com/watch?v=v5WpeMStpf0>

Buying Protective Equipment:

For your safety we do **not** advise buying the following equipment second hand:

- Harness
- Helmet
- Ropes
- Slings

First Aiders:

Eight of our committee members are currently up to date on all our outdoor first aid qualifications.



Mental Healths Links:

<p><i>Support</i> FROM THE UNIVERSITY</p> <p>LEEDS NIGHTLINE Evening and late night phone support. 2am - 2am</p> <p>LUU MIND MATTERS SOCIETY Support available on FB and Insta and through the Union</p> <p>LUU WELFARE SEC Hilda is the welfare secretary for the union and posts updates about support available</p> <p>LSMP Support from your GP, and connections to NHS services</p> <p>UNI COUNSELLING Friendly counselling sessions that can be booked through the Leeds website. They offer group support sessions as well as individual appointments</p>	<p><i>Support</i> FROM THE COMMITTEE</p> <p>Talking to assigned welfare people or support staff, can be daunting. The most important thing is that there are a variety of ways you can get support, so that you can see those best suited to what you need at that time.</p> <p>There is no such thing as your problems not being big enough, or your mental situation not being "bad enough yet" or "as bad as it was". Talking early on is important.</p> <p>All members of the committee will lend an ear when you need. You can talk to any of us at any time, even if that's a late GP.</p> <p>YOUR WELFARE SEC Hilda is your welfare secretary this year. He can help direct you to support.</p>	<p><i>Support</i> IN OTHER PLACES</p> <p>TOGETHERALL Large selection of resources and websites for self help/management</p> <p>NHS Resources and information on their website and app.</p> <p>C/A/M Climbing alongside mental health.</p> <p>LEEDS UNI BEAT SOCIETY Specific support regarding eating disorders.</p> <p>LUU DISABLED STUDENT NETWORK Specific support and group meet up sessions for disabled leeds students.</p>
---	---	--

7.0 Partnerships and Sponsors

Charities:

We are linked with Climb Alongside Mental Health charity and Yorkshire Air Ambulance and do multiple charity events through the year.