

Guidelines for SPORT CLIMBING

Sports Activity I./ III. / V.

Contact:

Mgr.Patrik Berta

patrik.bera@upjs.sk

1. **The aim of the course** is to introduce the fundamentals of sport climbing and manipulation with ropes and other climbing equipment to students.
2. **Registration process:** Students are obliged to register for Sports Activities (e.g.:1) via AIS 2. The next step is to register for Outdoor activities (eventually: Bloková výučba/Outdoor activities) in your schedule. Subsequently – register for the climbing event via **Register for examination**. The deadline to complete the registration is 12 00 PM one day before the event.
3. **Equipment requirements:**
 - o climbing equipment is recommended but not mandatory
 - o health insurance card
 - o appropriate clothing
 - o water

The course will take place at Rokodromo near Košice, situated at the beginning of the Čermel' Valley (see the map below).

4. **Completion requirements:** A student has to register for at least **two** climbing events **and one further activity** (hiking, cycling, Nordic-walking) to acquire the credits.
5. **Additional information:** A student is responsible for the transportation costs to the meeting point or starting point.

The minimum number of students registered for the climbing event is 3, otherwise the event will be cancelled. (check your UPJS mail account for updates).

In the case of unfavourable weather forecast, the climbing event may be cancelled (check your UPJS mail account for updates).

Students are recommended to be insured for the day of the climbing event. The UPJS does not take responsibility for medical expenses related to climbing injuries.

