

# Dynamic Rock NICAS newsletter



AUTUMN 2025

## NICAS at Dynamic Rock

Hello and welcome to our second NICAS newsletter, a chance for us to update you with our current NICAS schemes and future plans! Firstly, here's an update on our weekly NICAS sessions:

Monday	Mini Monkeys (Wild Climbers) 4.15pm NICAS Clip 5.15pm
Tuesday	Mini Monkeys 4.15 pm Young Climbers Club (NICAS Levels 1&2) 2pm NICAS 3 6pm
Wednesday	NICAS 3 5pm
Thursday	Young Climbers Club 4pm NICAS 4 6pm
Friday	Young Climbers Club 4.30pm NICAS 3 6.30pm
Saturday	Young Climbers Club 10.15am NICAS 3 12.15pm NICAS 4 2.15pm NICAS 5 4.15pm
Sunday	Mini Monkeys 10.15am and 11.15am

We now offer NICAS Wild Climbers (4-6 year olds), NICAS Clip (6+years), NICAS Climbing and NICAS Bouldering (both 7+years) and, from September, NICAS Ascend.

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# NICAS Bouldering & Clip



NICAS Clip is a short scheme covering use of the auto-belays as well as fitting a harness, route reading and basic climbing skills. It comes with a logbook and a certificate for completion of the scheme and is suitable for age 6+ years. It could be done as a stepping stone from Wild climbers to NICAS Climbing, alongside NICAS Climbing or as a standalone scheme. NICAS Clip will run at 5.15pm on Mondays from October 2025.

NICAS Bouldering allows young climbers (7+ years) to develop climbing movement skills and improve levels of technical ability. Just like NICAS Climbing, it develops teamwork and communication skills but has more emphasis on the development and understanding of both fundamental and advanced movement skills with less psychological demands than roped climbing. It allows progression through Levels 1-3 as follows:

Level 1 - New boulderer

Level 2 - Foundation boulderer

Level 3 - Competent boulderer

It has often been observed that climbers who have previous experience of bouldering progress through NICAS Climbing at a faster rate. It can be completed alongside NICAS Climbing or could be an alternative pathway after NICAS Climbing Level 3 if young climbers don't feel ready for lead climbing and want to concentrate on developing movement ability and technique.

If you are interested in NICAS Bouldering, please speak to staff and we can find a slot to run sessions.

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## NICAS Rock Camps

Our new NICAS Rock Camps, intensive sessions run over several days in school holidays, have been popular this year. They are aimed at new climbers, or as an intensive boost for those on Young Climbers Club and aim to take participants through NICAS Climbing Level 1 in 3-4 sessions. They run as small groups of 6 with an instructor over consecutive days and will allow children and young people to quickly pick up basic climbing skills - please ask at Reception for details.

In the future we also hope to run Rock Camp for NICAS 3 participants to get a taste of lead climbing before signing up to NICAS 4.

# NICAS for schools

If you're a teacher and are interested in bringing a small group or class to work towards a NICAS award please speak to us. We can run sessions tailored to their needs whether it's Wild Climbers, NICAS Climbing, Bouldering, Clip or Ascend. And remember that NICAS logbooks offer a great way of evidencing skills progression for GCSE PE or DofE.

## NICAS Ascend

NICAS Ascend is the newest addition to the NICAS awards and at Dynamic Rock we are proud to be amongst the first climbing centres in the UK to offer it. Developed in partnership with Access Sport, it is the

UK's first national climbing award for disabled & neurodivergent learners, breaking barriers & making climbing accessible for all. It offers personalised learning and target setting in logbooks with stickers and certificates to reward achievement. It can be offered to individuals taking part in some of our other NICAS sessions or we can look at putting on a session for a small group.

## NICAS Pro Connect

In June Dynamic Rock hosted the NICAS regional meet up, a chance for instructors and coaches from across South Wales to get together and discuss all things NICAS and climbing! As well as Tom Vaessen-Walker, NICAS Head of Commercial Partnerships, we were also joined by Kong Climbing, Petzl, Access Sport and Lime Street Active insurance. Part of the day was given over to a workshop on inclusive climbing in preparation for the roll out of NICAS Ascend.





# NICAS outdoors

In July we held our first Inside Outside weekend where we offered all of our regular NICAS sessions - but outside! On Saturday , NICAS 1-3 were at Dinas Rock with Matthew and NICAS 4 & 5 were at Graig Cwm with Steffan. On Sunday it was Mini Monkeys' turn to smash out climbs at Herberts Quarry with Steffan.



# NICAS for grown-ups!

It's worth mentioning that, although our NICAS sessions are for under 18s, NICAS awards are not just for youngsters! Anyone can register for NICAS awards and in August (thanks to COAST funding) we ran our first learn to climb course for adults using the NICAS program. Interested? Just ask at reception and, if there's enough demand, we'll run some more sessions!



"Putting climbing at the heart of the community."



## Contact

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