

JOINING INSTRUCTIONS FOR THE ROCK CLIMBING COURSE

1. **AIM**

To promote adventure sports as a means for imparting special skills amongst the CRPF personnel. To explore the avenues of Adventure sports with the view to build capacity/talent search/skilling, affiliation of these adventure sports with the concerned Adventure sports federation/Association for participants etc.

2. **LOCATION, TOPOGRAPHY AND DEMOGRAPHY**

Mount Abu is located at a distance of 28 Kms from Abu Road, which is the nearest railhead on Delhi -Ajmer-Ahmedabad railway route. It is a sub divisional HQ of district Sirohi of Rajasthan. Mount Abu is the only hill station of Rajasthan located on Aravalli Range of Rajasthan, which is one of the world's oldest mountain ranges, at an average height of about 1220 meters above sea level. The mountain forms a distinct rocky plateau 22 km long by 9 km wide. The highest peak of Aravalli range is Guru Shikhar, at 1722 meters above sea level which is around 12 Kms from Mt. Abu. It is referred to as 'an oasis in the desert', as its heights are home to rivers, lakes, waterfalls and evergreen forests. The ancient name of Mount Abu is "Arbudaanchal". It is also one of the major pilgrimage sites of India for both Hindu as well as Jain religions. Besides the temples and sites of historical importance, Mt. Abu is also rich in natural scenic beauty.

The town is located in approx. 25 Sq Kms. As of 2011 India census, Mount Abu has a population of 24,982. Male constitute 58% of the population and female 42%. Mount Abu has an average literacy rate of 67%. Mount Abu has a healthy and salubrious climate throughout the year. The summer season lasts from April to June and the average maximum and minimum temperatures are 34°C and 23°C respectively. The rainy season lasts from July to September and the average annual rainfall is 70-180 cm. The average maximum and minimum temperatures during these months are 25°C and 15°C respectively. The winter season lasts from November to February and the average maximum and minimum temperatures ranges from 25°C and 10°C to -8°C (in Night). The peak tourist seasons at Mount Abu last from March to June and from to September to December.

3. **TYPE OF COURSES**

Following courses are to be conducted at Swami Vivekanand Institute of Mountaineering (SVIM), Mt Abu in succession.

Sl. No.	Name of Course	Eligibility	Duration
1	Basic Course in Rock Climbing	SOs/ORs below the age of 35 yrs. having very good physical fitness.	10 days
2	Advance course in Rock Climbing	Who has completed basic course in rock climbing successfully.	15 days
3	Coaching course in rock climbing	Who has completed advance course with 'I' Grading.	30 days

4. **REPORTING TO THE COURSE**

The trainees are required to report at the ISA Mt Abuseven days prior to the commencement of the course.

5. **RECEPTION CENTER**

Transport will be provided by the Academy at Abu Road Railway Station / Mount Abu bus stand on receipt of advance intimation regarding the date and time of arrival. Regular buses and taxis also ply during the day from Abu Road to Mount Abu and back. The Rajasthan State Transport Corporation plies direct Buses from Ahmedabad, Delhi, Ajmer, Jaipur, Sirohi and Udaipur to Mount Abu. Ahmedabad is also well connected with Mt. Abu by road and rail and the journey takes around 4 to 5 hours. Rail connectivity from Udaipur is not proper and public transport services are also limited. The Participants are required to intimate their travel plan i.e., mode, date and time of their arrival at ISA, CRPF Mount Abu well in advance for arranging reception at Abu Road Railway Station or at Mt Abu Bus Stand, as the case may be.

6. **DOCUMENTS**

The trainees must bring following documents with them: -

- (i) Movement order
- (ii) Medical fitness certificate (Appendix "A")
- (iii) Health Card
- (iv) Identity card
- (v) 02 Nos passport size photographs in uniform

7. **RAILWAY WARRANTS AND AIR VOUCHER: -**

Trainees are to bring their own Railway Warrant, E-tickets/ Air Voucher for return journey. Institute does not issue the same. The trainees are advised to make their own reservation for the return journey.

8. **Individual items to be brought by the trainees**

S/ No	Name of Item	A/U	Qty required	Remarks
1.	Trekking cap	Nos	01	
2.	Track suit (Blue colour)	Pairs	02	
3.	T-shirt white coloured	Nos	03	
4.	Trekking shoes/Jungle boot	Pair	01	
5.	Jogger/Sports shoes	Pair	01	
6.	Socks normal	Pair	04	
7.	Socks woollen	Pair	01 (Min)	
8.	Shorts	Nos	02	
9.	Water proof/Raincoat/Poncho	Nos	01	
10.	Wind proof jacket	Nos	01	
11.	Pullover/sweater	Nos	01	
12.	Water bottle	Nos	01	
13.	Writing material			
14.	Mosquito Net	01	01	
15.	Personal Clothing	As required		
16.	Sufficient money to pay mess bill for the duration of the course.			

9. **ACCOMMODATION**

All trainees and Adm staff will be accommodated in SVIM, Mt Abu only. Mess will be run by ISA CRPF at SVIM.

10. **LEAVE/SICK REPORT**

- (a) No leave will be granted to any trainee during the course of his training.
- (b) Trainees wanting to go out pass are permitted on proper out pass signed by Officer – in charge of Training.
- (c) Trainees wanting to report sick will enter their names in sick report register kept with the Training SO and they will fall in behind PT parade/ Morning fall-in.
- (d) Persons remaining sick for more than three days will be returned to their Units.

11. All participants must get themselves tested for COVID-19 (RT PCR Test) within 72 hrs prior to undertaking travel to Internal Security Academy, without which participation in the course will not be considered.

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COURSE COORDINATOR– Sh. Vijay Choudhary AC, ISA - 7762951289

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MEDICAL FITNESS CERTIFICATE

1. Certified that F.No. _____ Rank _____ Name _____ of
_____(unit/HQrs) has been medically examined by me and FIT*/UNFIT*
to undergo _____ Course Sl No. _____ in all
respects.

Place:

Date:

Signature of Medical

Officer with seal

*Strike off which is not applicable.

ROCK CLIMBING COURSE

SOP for Participants

- I. Eligible criteria:
 - SO's/OR's below the age of 35 years having very good physical fitness.
 - Medical category- SHAPE - I
 - BMI below 25.
 - Willingness for the course.
- II. Participants to bring all required documents/certificates (As indicated in joining instructions)
- III. The trainees are required to report at the ISA Mt Abu seven days prior to the commencement of the course.
- IV. No leave will be granted during the course.
- V. Participants to bring necessary Equipment and items for the course (As indicated in joining instructions)
- VI. Without prior approval/permission, no participant allowed out pass.
- VII. Participants remaining sick for Two days or more will be returned to their unit.
- VIII. Medical & Hygiene –Due to the spread of Corona Virus, Participant to bring 05 Masks, hand sanitizer and gloves for the course duration.
- IX. Participants are forbidden to bring vehicles, families, valuables, Jewellery, arms and large amounts of cash.
- X. Participants are strictly forbidden to consume alcohol or indulge in any kind of addiction during the course.
- XI. Adhere to COVID-19 related advisories issued by Govt of India to be followed strictly.

SOP for ISA

- I. ISA will be conducting opening and closing ceremonies for the course.
- II. Overall supervision of the course.
- III. All the necessary/required communication related to the course and participantsto the higher formations or Units/Offices.
- IV. ISA will be responsible for Dining requirements of the participants.
- V. ISA will be coordinating for the transfer/travelling of the Participant from SVI to training area or any other journey performed in relation to the training purpose including arrival at Dep. From Railway Station Abu Road.
- VI. ISA to ensure that COVID-19 related guidelines are adhered to by Participants.
- VII. Any financial implication arising in relation for the course.
- VIII. All participants must get themselves tested for COVID-19 (RT PCR Test) within 72 hrs prior to undertaking travel to Internal Security Academy, without which participation in the course will not be considered.

SOP FOR CONCERNED UNIT/OFFICES

- I. Proper Selection- Checking physical, mental and aptitude of the Participants.
- II. Timely dispatch of Participants for the Course.
- III. Equipping the participants for the course.
- IV. Issuing/availability of Medical fitness certificate. (*Attached as Appendix- "A"*)

SOP for SVI,Mt.Abu

- I. Successful imparting Rock Climbing Skills to the Participants.
- II. Running of Day to Day Schedule/Activitiesand completion of Course.
- III. SVI will be responsible for the Accommodation of the Participants for the course duration.
- IV. Checking suitability for the next level courses i.e. Advance course and Trainer course in Rock Climbing.
- V. Coordination with Internal Security Academy, Mt. Abu about Participants performance.
