



## ARRAMPICA SITE-SPECIFIC INSTRUCTOR (TRADITIONAL ROPES COURSE)

The ARRAMPICA Site-Specific (Traditional Ropes Course) qualification is aimed at facilities who want staff to be qualified but only need them to be trained to work on one particular ropes course and do not require a National Governing Body qualification.

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### COURSE DETAILS

The ARRAMPICA Site-Specific course will only cover the parts of the syllabus that we decide are relevant to fulfil the required criteria for your particular site, taking into account the variety of ropes course or ropes course elements included in the training.

A Traditional High Ropes course is usually a site that uses roped belay systems where participants belay each other (assisted belay systems), and may include elements such as a Leap of Faith or Jacob's Ladder. They are primarily designed for developmental or educational purposes.

ARRAMPICA Instructor qualifications will train your staff according to current best practice and relevant legislation and are recognised by insurance companies. The ARRAMPICA syllabus for the Traditional High Ropes Instructor Qualification is fully compliant with EN15567 Part 2.

#### **Theoretical course content:**

- General knowledge and the role of the Instructor
- Norms and ARRAMPICA-Standards
- Laws and insurance
- Medical checks and exclusion criteria
- Site-specific regulations
- Emergency plans and general safety standards
- Equipment care and maintenance
- Basic knowledge of forces that can affect a ropes course
- Safety Systems

#### **Practical course content:**

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- Instructing, assessing and supervising participants
- Knots and harnesses
- Preparation and operation of high elements
- Belaying Techniques
- Routine checks and inspections
- Accessing techniques
- Facilitation skills

The course consists of training and assessment, finishing with a summary practical assessment and a written multiple-choice paper.

## COURSE ASSESSMENT and OUTCOMES

Upon successfully completing the course the candidates will be issued with the ARRAMPICA certificate for Site-Specific Instructor (Traditional Ropes Course). This certificate is valid for three years.

To re-validate the award, candidates must either attend another ARRAMPICA course, or a 1-day refresher. Revalidation can be at any time within the three years, or within a one-year grace period after the certificate validity expires.

In the unfortunate event of you failing to meet the standard required during the summary assessment, the trainer will discuss what you need to improve on and how to proceed.

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## COURSE PRE-REQUISITES

- Participants must be of a minimum age of 18 years old
- Hold a valid First Aid certificate
- Physically fit enough to take part in a ropes course activity
- Capable of working at height
- At least one-day prior experience on a Traditional Ropes Course, ideally the ropes course they are to be trained on.

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## WHAT'S INCLUDED?

- Instruction/Coaching
- Course booklet
- Equipment hire for the two days
- ARRAMPICA registration & pdf certificate on successful completion



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## KIT LIST – WHAT PARTICIPANTS NEED TO BRING

- Exceptionally warm clothes including a jacket, hat and gloves
- Full waterproofs
- Boots/trainers
- Working gloves
- You will need plenty of food and drink to sustain you
- Sunblock

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## REGISTRATION and BOOKING

Private ARRAMPICA courses can be booked to run at any ropes course in the UK or internationally.

Please contact us to discuss to discuss your requirements including possible dates and fees.

Email [info@arrampica.com](mailto:info@arrampica.com) or call us on **08450 947 923**.