



ARRAMPICA SITE SPECIFIC ABSEIL INSTRUCTOR

This course is to qualify staff to supervise abseiling activities on a specific indoor or outdoor climbing wall. First the staff will attend some training sessions. The second stage is consolidation where the opportunity must be found to practise and perfect the skills learned. The final stage is the assessment, where high standards must be achieved.

COURSE DETAILS

This course develops the skills and techniques required for managing top-roping and abseiling groups on purpose built artificial climbing walls and structures. The delivery style and content will be matched to the skills and experience of the candidates and their specific sites.

Theoretical course content:

- Equipment suitable for abseiling
- Managing a group split at the top and bottom of a climb
- Variations in anchor type, anchor height and distance relative to the belaying position
- Top Anchors
- Risk and appropriate management strategies.

Practical course content:

- Different belay systems and positions
- Holding a fall when top-roping
- Setting up Abseils
- Friction Devices
- Preventing and solving abseiling problems
- Accessing the top of a wall
- Safeguarding a group once at the top of a wall
- Suitable rope systems and group management styles

The course consists of training and assessment. Depending on the complexities of the site and the experience of the staff there may need to be a consolidation period in between.

Assessment:

All candidates will be given the opportunity to perform to the best of their ability in realistic conditions.

You will be assessed on:

- Logbook detailing consolidation experience
- Theoretical and Practical contents (see above)



- TRAINING COURSE OUTCOMES

At the end of the course candidates will develop an individual action plan regarding consolidation prior to assessment, including any weaknesses identified during the training course.

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- ASSESSMENT COURSE OUTCOMES

Individual feedback will be given to candidates after the assessment. If the candidate has satisfied the requirements they will be awarded their Arrampica Site Specific Abseiling Instructor qualification. This qualification will remain valid for three years provided the candidate completes an annual CPD day. To re-validate the award, candidates must be re-assessed.

In the unfortunate event of a candidate failing to meet the standard required during the assessment, the assessor will discuss with them what they need to improve on and how to proceed.

COURSE PRE-REQUISITES

- Minimum age of 17 years (18 years for assessment)
- Hold a suitable climbing wall instructor qualification
- Have an interest in supervising abseiling groups on a climbing wall
- Have the time and enthusiasm to complete the consolidation period prior to assessment
- Be physically fit and able to climb

WHAT'S INCLUDED?

- Instruction/Coaching
- Course booklet and information sheets
- Abseiling equipment to illustrate appropriate use
- PDF certificate on successful completion of the course

Training, Qualifications and Support Services
for Artificial Adventure Facilities

www.arrampica.com



KIT LIST – WHAT PARTICIPANTS NEED TO BRING

- Clothes suitable for abseiling including closed toe shoes
- An exceptionally warm jacket and hat
- You will need plenty of food and drink to sustain you
- Climbing harness and climbing shoes (optional)

REGISTRATION and BOOKING

Private closed courses can be booked to run anywhere in the UK or internationally.
Please contact us to discuss to discuss your requirements including possible dates and fees.

Email info@arrampica.com or call us on **08450 947 923**