

# PERSONAL ROPE ACCESS

**SAR 412 DEMONSTRATE PERSONAL ROPE ASCENT FOR SIMPLE SINGLE PITCH OPERATIONS**

**SAR 411 DEMONSTRATE PERSONAL ROPE ASCENT AND DESCENT FOR A DIFFICULT MULTI PITCH OPERATIONS**

**LEVEL 4 | 11 CREDITS**

Skills acquired on the course are essential for an aspiring ACR, Cave Rescue or Advanced Swift Water Rescue Technicians. They are skills that are not usually acquired through rock climbing and mountaineering activities.

This 2 day course (including a Friday evening session) covers all aspects of personal movement on a rope. This includes:

- Ideal equipment and setup
- Ascending
- Descending
- Multi pitch
- Use of prusiks, mechanical ascenders and descenders, back up devices
- Dealing with mid rope obstructions i.e. changeovers, bends, redirects and rebelay
- Personnel on rope rescues including lowers, pickoffs and raises
- Risk management considerations of Single Rope techniques vs Double Rope Techniques

There is some pre-course work required prior to the course, to be eligible to register students must hold SAR413 Demonstrate Foundation Rope Techniques.

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