

## **CHALLENGE ROPES COURSE LEADER** **Nationally Accredited Training**

This course is intended to impart practical skills and knowledge to enable a person to conduct high, and low ropes sessions within an established Occupational Health and Safety (OH&S) framework.

**DURATION:** 36 Hours (4 days) – Consists of a combination of theory and practice.

**RECOGNITION:** Successful trainees will receive a nationally recognised statement of attainment.

### **Overview of training**

- OH&S legislation and Australian standards in relation to working at height.
- Hazard Identification – Risk Assessments
- Briefings (content and appropriateness to client group)
- Belay systems
- Safety calls
- Selecting and checking equipment for faults/defects
- Supervising low ropes activities
- Supervising high ropes activities
- Using double hook lanyard systems
- Abseiling skills
- Ladder climbing skills
- Rescue procedures.

### **Who is this course for?**

Anyone who operates as a leader on Challenge Ropes Courses, such as outdoor education instructors, school teachers, scouts and guides leaders, youth and community group leaders.

Our Ropes Course Leader qualification contains three main parts – Vertical Rescue Skills, Abseiling Skills, and Leadership Skills.

**Leadership Skills** include these nationally accredited training units:

- Implement & monitor risk management policies & procedures for working at height.
- Train small groups
- Implement & monitor minimum impact work practices
- Plan & lead an activity involving work at height
- Coordinate emergency response in situations that involve exposure to falls from height.

### **Ropes Course Skills include:**

- Conducting low ropes elements
- Conducting high ropes elements
- Flying foxes and swings

- Using Double lanyards – “lobster claws”
- Ladder climbing skills

**Vertical Rescue and Abseiling Skills include:**

- Equipment – Selection, Use, and Maintenance
- Anchor systems
- Belay systems
- Rigging
- Self rescue
- Abseiling single pitch
- Rescue of others
- Vertical Mobility



**What is the Qualification?**

A **Leadership Qualification** with endorsements for High Ropes Courses.

You will be trained and assessed for the following units of competency.

**SRXEMR001A** - Respond to emergency situations

**SRXFAD001A** - Provide first aid

**SRXINU002A** - Apply sport and recreation law

**SRXOHS001B** - Follow defined OH&S policy and procedures

**SRXRIK001A** - Undertake risk analysis of activities

**SROODR001A** - Apply basic outdoor recreational logistics

**SROODR002A** - Plan outdoor recreation activities

**SROOPS001B** - Implement minimal environmental impact practices

**SROOPS002B** - Plan for minimal environmental impact

**SROABA001A** - Demonstrate simple abseiling skills on artificial surfaces

**SROABA002A** - Apply single pitch abseiling skills on artificial surfaces

**SROABA003A** - Establish ropes for abseiling on artificial surfaces

**SROCRP001A** - Conduct a low ropes session

**SROCRP002A** - Conduct a high ropes session

**SROVTR001A** - Perform vertical rescues



**Timeframe:**

This course is designed to be trained and assessed in 4 days (This is dependant on factors such as, student’s prior learning, and the range of endorsements sought)

**Venues**

We use one of Australia’s best High and Low Ropes facilities. The Pepper’s Fairmont High Ropes Course boasts a 13 meter climbing tower, abseiling wall, 14 different high challenge elements, 6 low rope sites, and a flying fox. It is perfectly suited for our training programs.

We are also happy to come to your facility and deliver the course there.