

CLIMBERS SELF RESCUE WORKSHOP

DON'T BECOME ANOTHER STATISTIC

This is a one day intensive workshop, designed to teach you the skills to get out of trouble when things go wrong, and how to avoid getting into trouble in the first place. Even if you are already a competent climber, you will learn some valuable skills from this course.

Imagine this:

You are 6 pitches off the ground in a remote area of the Italian Dolomites, the leader falls past the hanging belay, and is upside down, unconscious, with a broken back. This situation faced one of our instructors.

What would you do? Cry? Panic? Scream for Help? Solo the rest of the route? or use your rescue skills?

WE TEACH YOU

Escaping the system
Ascending/Descending loaded ropes
Retrieving the Leader
Tandem abseiling
Hauling and Lowering systems

1 DAY RESCUE COURSE

9th Febuary
8th March
12th April
10th May
14th June
12th July
9th August
13th September
11th October
8th November
13th December



\$180

Who is it for?

Anyone who wants to climb outside safely. For the best results bring your climbing partner, so you can share the information.

What is included?

Nationally Accredited Instructors, all equipment, rescue training notes, and lunch.



THE COURSE DETAILS

Retrieve the leader

1. Escape the system
2. Ascend loaded line
3. Build anchor
4. Transfer leader to anchor
5. Lower leader to safety
6. Abseil to safety

Escaping the system

1. Tying off belay
2. Establishing ground anchor
3. Transfer load to ground anchor

Rope Rescue

1. Assisted/tandem abseil
2. Abseiling past a knot
3. Prussiking

Hauling and Lowering systems

1. Mechanical advantage
2. Assisted hoists and Unassisted hoists
3. Lowering past a knot.

Ascending/Descending loaded ropes

Improvising

1. Chest Harness
2. Improvised Abseil Devices

As part of the program we will also cover/review:

- Cliff and Climbing Safety
- Revision of Knots – Fig 8's, Alpine butterfly, clove hitch, prussiks
- Revision of Equipment – Personal gear, Ropes, hardware, improvised equipment
- Tricks of the trade
- Backing Off
- Anchors - Anchor principles – angles, loading, and forces generated.

Typical outline of training course. This may vary according to participant's needs, and skill level.

Do you have the skills to rescue yourself and others?

This course is a Climbing focused course, run by Climbers.

YOU WILL LEARN TO IMPROVISE WITH THE GEAR YOU ALREADY HAVE

www.australianclimbing.com.au