



COURSE PROGRAMME

Day	Time	Description
Monday	09.00-09.30	Registration and introduction
	09.30-10.30	Aims, objectives and history of rope access
	10.30-10.45	Morning break
	10.45-13.00	Equipment selection and use. Tying knots and rigging ropes.
	13.00-13.30	Lunch
	13.30-15.15 15.15-15.30 15.30-17.00	Rope manoeuvres. Getting on a rope. Ascending and descending ropes. Afternoon break Changing from ascending to descending mode. Summary
Tuesday	09.00-10.30	Passing knots
	10.30-10.45	Passing deviations
	10.45-13.00	Morning break
	13.00-13.30	Lunch
	13.30-15.15 15.15-15.30 15.30-17.00	Rope transfers Afternoon break Passing rebelay. Summary
	Wednesday	09.00-10.30
10.30-10.45		Morning break
10.45-13.00		Pulley systems
13.00-13.30		Lunch
13.30-15.15 15.15-15.30 15.30-17.00		Traversing Afternoon break Traversing. Summary
Thursday		09.00-10.30
	10.30-10.45	Morning break
	10.45-13.00	Basic rescues
	13.00-13.30	Lunch
	13.30-15.15 15.15-15.30 15.30-17.00	Summary Afternoon break Summary
	Friday	09.00-13.00
13.00-13.30		Lunch
13.30-17.00		IRATA assessment

The above times are subject to variation depending on candidate's progress.