

Course Outline for Advanced Rappelling Techniques (Fire / EMS / Law Enforcement)

Prepared by Christopher Feder

Date: TBD

Course Title: Advanced Rappelling Techniques

Name of Instructor: Lead- Christopher Feder **Assistant(s)-**

Total Lecture Hours of Instruction: .30 **Total Lab Hours:** 5.30

Course Description: Through classroom sessions and practical application, this course will review rappelling operations. Training will begin re-familiarizing students with basic rappelling operations. The students will demonstrate the tying of basic knots; identify types of ropes, anchors and rappelling area selection. Once the classroom session is complete, the class will relocate to the training grounds. A Suitable location will be located prior to the beginning of the course. An artificial high directional anchor point will be used when available for the rappelling line. An "aerial device" may also be used as an anchor device. Students will demonstrate their ability to select and tie into an anchor system. Students will conduct rappel operations to include speed rappelling, switching rope systems, top belay & bottom systems. The students will utilize a class II harness and either a rescue eight or a brake bar rack, the use of a carabineer only will not be authorized. A Secondary safety line will also be used and secured to the rappeller for the Fire and EMS personnel.

Course Topical Outline:

Lesson 1: (30 Min) **Classroom**

1. Introduction of instructors and paperwork
2. Ropes and Knots
3. Students identification of equipment
4. Inspection of equipment

Lesson 2: (5 hr .30 Min) **Training Grounds**

1. Site Selection
2. Anchor Selection
3. Site set up
4. Conduct advanced rappelling operations
5. Conduct top & bottom belay operations

Methodology:

The methodology for this course consists of a combination of lecture and field exercise.

Course Completion Criteria:

To receive a certificate of completion, the student must attend 100% of the class and complete the work assignment.

Student Equipment/Supply needed:

Helmet with chinstrap, clean leather gloves or rope gloves, work or hiking type boots, safety glasses, Class II or III harness.

Audio-Visual Equipment Needs:

No form of media will be used.

Maximum Class Size: 20 Students per instructor to include an assistant "Belay Person"