

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

Prepared by Christopher Feder

---

---

**Date:** TBD

**Course Title:** Basic Rappelling Techniques

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

**Total Lecture Hours of Instruction:** 2.00 hr      **Total Lab Hours:** 6.00 hr

**Course Description:** Through classroom sessions and practical application, this course will review rappelling operations. Training will begin reviewing the basic knots, types of ropes, anchors and rappelling area selection. The basic ground school will cover all aspects of basic rappelling. Once ground school is complete, the class will then begin training at the rappel site. Students will learn how to rappell and conduct basic exercise's such as; rescue, tying off, belay procedures, rappelling with a rescue eight, brake bar rack and a carabinier (d-ring) A Secondary safety line will also be used and secured to the rappeller for the Fire and EMS personnel.

## **Course Topical Outline:**

### **Lesson 1:** (2 hr) **Classroom**

1. Rappelling Operations and use in the fire service
2. Rappelling equipment
3. Hardware & Software
4. Ropes & Knots (Practical exercises)
  - A. Figure Eight
  - B. Tracer eight
  - C. Bowline
  - D. Bowline on a bight
  - E. Clove hitch
  - F. Half hitch
  - G. Water knot (tubular webbing)
  - H. Double fishermans knot
  - I. Prusik

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

1. Conduct proper belaying procedures
2. Conduct proper rappelling techniques
3. Demonstrate proper tying of methods
4. Demonstrate proper belaying techniques
5. Conduct rappelling exercises

**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:**

Notebook, pen or pencil, helmet with chinstrap, clean leather gloves or rope gloves, work or hiking type boots, safety glasses, Class II or III harness. In addition, students may bring a piece of rope and 1" tubular webbing at least 6' long for the knots portion of the class.

**Audio-Visual Equipment Needs:**

A PowerPoint Presentation may be used if appropriate classroom setting is available. Handouts will be issued.

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