

Course Outline for Tactical Rappelling (Law Enforcement)

Prepared by Christopher Feder

Date: TBD

Course Title: Tactical Rappelling

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

Total Lecture Hours of Instruction: 2.15 hr's **Total Lab Hours:** Various

NOTE: This course may be designed up to a 40 hour program depending on the Agencies needs. This particular version will vary from 8 to 16 hrs of instruction.

Course Description: Through classroom sessions and practical application, this course will review rappelling operations. This course is designed for the experienced SWAT (Tactical) Operator however it is open to all sworn law enforcement personnel (Police, Corrections, Sheriffs etc.) The student MUST be an experienced rappeller or have taken a "Basic Rappelling" course prior to attending this program. 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. Prior to beginning any evolution, the students will demonstrate their ability to safely conduct a rappel. Students will conduct rappel operations to include speed rappelling, switching rope systems, bottom belay systems, rappelling with an ankle bag. The students will utilize a class II harness (tactical or standard) and either a rescue eight or a brake bar rack, the use of a carabineer only will not be authorized. Each student will learn inverted rappelling techniques. The students will conduct rappel operations using both hands. The student will also learn proper anchor and site selection. Australian rappels will not be conducted.

Course Topical Outline:

Lesson 1: (2 ½ hr's **Classroom**

1. Introduction of instructors and paperwork
2. Tactical vs. Standard Rappelling
3. Ropes and Knots
4. Students identification of equipment
5. Inspection of equipment
6. Rappelling and Climbing Safety,
7. Safety Check List
8. Anchors and site selection
9. Techniques, Knots, Hook-up, Hook-off, Mount, Belay, Guides and Brakes,
10. Rock and Wall Techniques.
11. Knowledge, Care and Maintenance of Gear, Weather Conditions and Effects,
12. Fear of Falling.

Lesson 2: (Various) **Training Grounds**

1. Site Selection
2. Anchor Selection
3. Site set up
4. Conduct advanced rappelling operations
5. Inverted Rappelling
6. Precision Rappelling
7. Climbers Walk, Push & Slide (Bounce)
8. Rapid Descent
9. Synchronized Team Rappelling
10. Emergency Procedures and Techniques
11. Lock-in & Tie-off
12. Rappel-Assist
13. Rappel Landing Fall
14. (1, 3, & 5 feet), Release-Fall from 3 feet, Belayer Full Stop (falling rappeller), carabiners and descenders are used.

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:

BDU's (SWAT Uniform), Full Tactical Gear (Kevlar Helmet / Helmet with chinstrap, clean leather gloves or rope / rappelling gloves, Tactical, work or hiking type boots (They do not need to be safety toes), safety glasses, Class II harness, Rescue Eight, Carabinier (D-Ring), Ballistic vest, tactical gear vest, Primary and secondary weapon.

Audio-Visual Equipment Needs:

No form of media will be used.

Miscellaneous Concerns:

No ammunition will be needed for this course. Unless otherwise discussed, the agency will provide meals for lunch breaks.

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