



## ***Rope Access Level I Course***

This course is intended to provide information and practical skills for the student to work competently and safely on rope. In addition, this course will present to the student the skills needed to successfully pass the SPRAT Rope Access Level I evaluation. This course comprises 32 hours (4 days) plus a separate evaluation session (day 5).

- The audience for this course are those that desire to perform work at height utilizing rope access techniques for initial and continuing certification.
- The primary course directives pertain to the student meeting the requirements of the Society of Professional Rope Access Technicians (SPRAT) evaluation (testing) process.
- Quizzes will be administered to develop understanding and preparation for the final written test administered as part of the SPRAT evaluation process.
- Successful completion of the course will be recognized through successful completion of the SPRAT evaluation process.
- Successful students will receive certification from SPRAT to include a certificate, identification card, and experience logbook. Those that re-certify will receive a new certificate and identification card.
- Certification is valid for 3 years.
- The skills demonstrations will be accomplished within the AxcressRescue indoor purpose-built training environment.

**Course prerequisites:** None

**Course attendance requirements:** 32 hours plus SPRAT evaluation session

**Course location:** AxcressRescue, Oakland, NJ

**Course materials:** AxcressRescue Student Course Documents (electronic)

**Course equipment:** Provided for use during course in full by AxcressRescue

**Course delivery methods:** This course will include 3 hours of classroom presentation, 1 hour of student quiz time, 8 hours of instructor hands-on demonstration, and 20 hours of student hands-on demonstration and practice time with instructor input and supervision.

### **Course objectives and learning outcomes:**

Upon completion of this course, the level I candidate should have the skills for:

- Describing overall concepts of rope access and SPRAT guidelines
- Describing overall job performance and site safety
- Describing basic fall protection concepts
- Performing a safety inspection of all equipment and systems
- Performing basic rope access maneuvers
- Assisting in system rigging
- Performing a limited self and co-worker rescue



**Course overview:**

- Overview of SPRAT Safe Practices for Rope Access Work
- Overview of SPRAT Certification Requirements for Rope Access Work
- Overview of levels of qualification
- Overview of SPRAT evaluation process
- Documentation of work (forms, logbook, etc)
- Review of basic fall protection concepts
- Equipment use and inspection
- Rope use, protection and inspection
- Job safety analysis (JSA)
- Worksite communication
- Access, hazard and safe zones
- Knots, bends, hitches
- Two point contact
- Single point and multipoint anchors
- Fall factor
- Impact force
- Rope access maneuvers: knot pass, rope to rope transfer, short/long rebelay, deviation
- Lead and follow climbing techniques (ladders, structural steel)
- Belay techniques
- Rescue techniques

**Course cost and payment:** Course must be paid in full prior to start of course. See [www.accessrescue.com](http://www.accessrescue.com) for full details

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