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ABSEILING COURSE DATA SHEET [Recreational]

The abseiling course is designed to cover the knowledge and skills a person needs to independently undertake single-pitch abseil descents. Training covers selection and use of knots, rope management, setting up anchors, selecting descending devices, abseiling techniques and self-belay procedures.



Training is designed to be realistic and customised to suit your particular needs.

- Duration = 1 day nominal (may vary according to individual aptitude)
- Cost = Please contact your trainer
- Enrolment =
 - Must be at least 15 years of age
 - Speak, read and understand the English language (unless accompanied by a skilled translator)
 - Fit and healthy for participating in activities at height
- Location = As specified
- Equipment = Please contact your trainer direct to discuss your equipment requirements.
- Qualification = Statement of attainment that is nationally accredited. These units can be used as partial completion of SRO030206 Certificate III in Outdoor Recreation. This course is designed for participation in recreational abseiling.
- Training units =

SROODR001A	Apply basic outdoor recreational logistics
SROODR002A	Plan outdoor recreation activities
SROOPS001B	Implement minimal environmental impact practices
SROOPS002B	Plan for minimal environmental impact
SROABN001A	Demonstrate simple abseiling skills on natural surfaces
SROABN003A	Apply single pitch abseiling skills on natural surfaces
SROABN004A	Establish ropes for single pitch abseiling on natural surfaces

