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## SELF-RESCUE COURSE [Outdoor Recreational]

The self-rescue course is designed to give you the knowledge and skills to deal with unintended situations that could occur within the context of abseiling and climbing activities. Training is self-oriented – that is, how to get yourself out of trouble. Training does not cover rescuing other people – this is covered in the full vertical rescue course. Training covers rope ascending and descending methods, configuring a range of improvised descending systems, change-overs, knot bypasses and setting up retrievable abseiling systems.

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

- Duration = Please contact your trainer
- Enrolment =
- Must have completed abseiling or Top rope climbing course
  - Must be at least 15 years of age
  - Speak, read and understand the English language
  - 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 SRO050203 Diploma Outdoor Recreation. This course is designed for participation in recreational abseiling and or climbing.

### Units of competency:

SROABS001A	Demonstrate abseiling skills	SROROP004A	Establish belay systems using natural and/or fixed anchors for roping activities
SROABS002A	Apply abseiling skills in a range of single-pitch contexts	SROROP005A	Rig a rope pitch
SROABS003A	Apply abseiling skills in a broad range of contexts	SROROP006A	Perform vertical rescues of self and others
SROROP001A	Safeguard a person using a single rope belay system	SROROP007A	Select an extensive range of suitable anchors for roping activities
SROROP002A	Use belay systems to safeguard self and others	SROROP008A	Establish belay systems for a broad range of contexts
SROROP003A	Select suitable natural and/or fixed anchors for roping activities	SROROP009A	Use a broad range of techniques to rig rope pitches

