

Abseiling Courses



Abseil Proficiency Course Level One

Course Objective

- To acquire the basic skills to descend on ropes

Pre-requisite

- At least 13 years of age
- With the interest to learn new skills

Course Duration

- 7hrs

Certification

- Singapore National Abseiling Standards [SNAS] Abseil Proficiency Course Level One certification (eligible to proceed to Abseil Proficiency Course Level II)

Time	Day Programme
0900	Meet and Administration <ul style="list-style-type: none">• Indemnity forms etc
0930	Introduction to basic Abseil equipment <ol style="list-style-type: none">1. Rope2. Harness3. Karabiners4. Descending Device5. Helmet & Gloves
1030	Knots <ol style="list-style-type: none">6. Figure 8 knot
1200	Lunch
1300	Descend Practice <ol style="list-style-type: none">7. Basic stance and brake hand8. Descend using Figure 8 descender9. Lock-off abseil with leg wraps10. Belay practice with a Fireman's belay11. Communications
1630	Safety Awareness / Course feedback
1700	Certificate Presentation / End of Course

Course Organiser

ACE ADVENTURE

Course Capacity

Minimum 6 / Maximum 10 per course

Contact No

Joanne Soo – 97900281 (mobile phone)

Course Fee

S\$60 per person

*Note: The course programme is just a guide; we may adjust the flow based on the progress of the course participants.

Abseiling Courses



Sport Climbing Course Level Two

Course Objective

- To acquire the advance personal proficiency skills to descend and ascend on ropes

Pre-requisite

- At least 14 years of age
- Singapore National Abseiling Standards – Abseiling Proficiency Level 1 certified

Course Duration

- 14hrs (minimum) / or Two (2) full days / or Four (4) half days

Certification

- Singapore National Abseiling Standards [SNAS] Abseiling Proficiency Course Level Two certification (eligible to proceed to Level 3 course conducted by Outward Bound Singapore)

Time	Day One Programme
0900	Meet and Administration <ul style="list-style-type: none">• Indemnity forms etc• Equipment Check (Loan / or Personal)
0930 - 1030	Revision <ul style="list-style-type: none">• Equipment – ropes, harnesses, descenders etc• Descending practice using descenders / Lock-off abseil• Abseil commands
1030 - 1100	Introduction to specialized abseil equipment – Self Braking Descender <ul style="list-style-type: none">• GRI-GRI• STOP
1100	Knots: Figure of eight on a bight (thread through), Clove Hitch, Tape Knot, Alpine Butterfly, Bowline, Double Fisherman, stopper knot
1200 - 1300	LUNCH BREAK
1310 - 1500	Static and Dynamic anchoring – Single fixed rope on a single pitch Friction Knots: Standard prussik, Klemheist, French prussik (auto block) Descend practice with self arrest safety system
1500 – 1645	Ascend & Descend with self arrest system <ul style="list-style-type: none">• Rope Ascending using prussiks• Change over to descend using prussiks with self arrest safety system
1700 - 1730	Debrief – End of Day One Programme What to expect for Day Two

Time	Day Two Programme
0845 0900 - 1200	Meet and Equipment Check Practice Ascend & Descend with self arrest system Self Rescue <ul style="list-style-type: none"> • Ascend & Descend with self arrest safety system – escape from knots
1200 - 1245	LUNCH BREAK
1300 - 1630 1630 - 1700	Practical Skills Assessment <ul style="list-style-type: none"> • Static & Dynamic anchoring (single pitch) • Descend with self arrest system • Self Rescue System <ol style="list-style-type: none"> i) Rope ascending using prussiks ii) Rope change over to descend with self arrest system iii) Descend – escape from knots using prussiks Safety Awareness & Course feedback Certificate presentation End of Course

Course Organiser
ACE ADVENTURE

Course Capacity
Minimum 6 / Maximum 8 per course

Contact No
Joanne Soo – 97900281 (mobile phone)

Course Fee
S\$130 per person

*Note: The course programme is just a guide; we may adjust the flow based on the progress of the course participants.