

**COURSE OUTLINE**  
**ABSEIL PROFICIENCY COURSE LEVEL 1 (APCL1)**



**Course Objective:** *To acquire the basic skills to descend on ropes*

**Pre-requisite**

- Above 14 years of age
- With the interest to learn new skills

**Course Duration**

- 7hrs

**Certification**

- Abseil Proficiency Level I certificate from Singapore Mountaineering Federation (SMF);
- Eligible to proceed to APC Level II

Time	Day Programme	Location
0900	<b>Meet and Administration</b> <ul style="list-style-type: none"> <li>• Indemnity forms etc</li> </ul>	<b>Anderson Junior College [AJC]</b> 4500 Ang Mo Kio Ave 6
0930	<b>Introduction to basic Abseil equipment</b> <ol style="list-style-type: none"> <li>1. Rope</li> <li>2. Harness</li> <li>3. Karabiners</li> <li>4. Descending Device</li> <li>5. Helmet &amp;</li> <li>6. Glove</li> </ol>	<b>Nearest MRT:</b> <b>Yio Chu Kang Station</b>  OR <b>Shine Outdoor Centre</b> 1208 Upper Boon Keng Road
1030	<b>Knots &amp; Hitch</b> <ol style="list-style-type: none"> <li>7. Figure 8 knot</li> <li>8. Munter's hitch (Italian hitch)</li> </ol>	<b>Nearest MRT:</b> <b>Kallang Station</b>
1100	<b>Descend Practice</b> <ol style="list-style-type: none"> <li>9. Basic stance and brake hand</li> <li>10. Descend using Figure 8 descender</li> <li>11. Descend using Munter's hitch</li> <li>12. Tie-off abseil with leg wraps</li> <li>13. Belay practice with a Fireman's belay</li> <li>14. Communications</li> </ol>	
1330	<b>Safety Awareness / Discussion</b>	
1400	<b>End of Course</b>	

**Course Organiser**  
ACE ADVENTURE

**Course Capacity**  
Minimum 6 / Maximum 10 per course

**Course Instructor**  
Joanne Soo  
Abseil Proficiency Level III Leader / Abseil Instructor  
Sport Climbing Instructor / Obstacle Rope Course Safety Officer

**Course Fee**  
S\$50 per person

**Contact No**  
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