

COURSE OUTLINE
ABSEIL PROFICIENCY COURSE LEVEL 2 (APCL2)



Course Objective: *To acquire the advance skills to descend and ascend on ropes*

Pre-requisite

- Above 14yrs of age; Abseil Proficiency Course Level 1 (APCL1) certification

Course Duration

- Two full days or minimum 14hrs

Certification

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

Time	Day One Programme	Location
0900	<p>Meet and Administration</p> <ul style="list-style-type: none"> • Indemnity forms etc • Equipment Check (Loan / or Personal) 	Anderson Junior College [AJC] / Your own premises (abseil wall or tower)
0930	<p>Revision</p> <ul style="list-style-type: none"> • Equipment – ropes, harnesses, descenders etc • Descending practice using descenders / karabiners / fireman's belay etc • Abseil commands 	
1030	<p>Introduction to specialized abseil equipment – Self Braking Descender</p> <ul style="list-style-type: none"> • GRI-GRI • STOP <p>Escape from Belay – tie-off Abseil with descenders / karabiners</p> <p>Descend practice – Escape from Belay</p>	<p>Theory</p> <p>Abseil Wall</p>
1200pm	LUNCH Break	
1245pm	<p>Knots: Figure of eight on a bight (thread through), Clove Hitch, Tape Knot, Alpine Butterfly, Bowline, Double Fisherman, stopper knot</p> <p>Static and Dynamic anchoring – Single fixed rope on a single pitch</p> <p>Friction Knots: Standard prussik, Klemheist, French prussik (auto block)</p>	Theory
1400hrs	<p>Descend practice with self arrest safety system</p>	
1600hrs	<p>Self Rescue – Part I</p> <ul style="list-style-type: none"> • Rope Ascending using prussiks • Change over to descend using prussiks with self arrest safety system 	Abseil Wall
1730hrs	<p>Debrief – End of Day One Programme</p> <p>What to expect for Day Two</p>	

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Time	Day Two Programme	Location
0900	Meet and Equipment Check	
0930	Abseil Site – Risk and Safety Management	Theory
1000	Self Rescue – Part II <ul style="list-style-type: none"> • Descend with self arrest safety system – escape from knots using prussiks Practical Skills Revision	Abseil Wall
1200pm	LUNCH Break	
1245pm	Practical Skills Assessment <ul style="list-style-type: none"> • Static & Dynamic anchoring (single pitch) • Escape from belay – tie off abseil • 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 	Abseil Wall
1730hrs	Debrief and Course Feedback End of Course	

Course Organiser
 ACE ADVENTURE

Course Capacity
 Minimum 5 / Maximum 8 per course

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

Course Fee
 S\$130 per person

Contact No
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