

Urban and Charity Abseiling

Thank you for your interest in this course. Below are the requirements and details of the course and attached will be a course booking form, a programme and a medical declaration form. Please review the information carefully and if there is anything you need to speak to me about do not hesitate to get in touch.

Urban and Charity Abseiling

Dates: Arranged to suit client

Location: To suit client

Cost: £200 per day + expenses.

This course is designed for climbers working as part of a team that delivers on-site abseiling events from buildings in built up areas. It is an important course for all involved with 'Urban Abseiling' to ensure up-to-date compliance of safety systems and industry specific 'best practice'. It is a useful course to learn tricks of the trade and also begin to develop insider knowledge.

This course will be run over 6 hours and will cover many different aspects of running abseils off urban structures including:

- Risk Assessments and method statements
- Safe management of the environment and structural issues
- Rescues and problem solving
- Current best practice and equipment selection

Before attending this course you should already have worked in this environment and, ideally by SPA or CWA qualified as a minimum. For AMI/MTUK members there are CPD points available.

50% of the course is practical; the rest is as a seminar/workshop.

Please bring with you:

- The attached medical declaration – may I ask that it is as up to date as possible. These forms are confidential.
- The booking form.
- Your personal working equipment – all other equipment is supplied.
- Food for the day
- Any ideas and questions you may have.

The course is not a national governing body course but has previously been ratified by the AMI/MT.E. It is expected that there will be a sharing of standards and practices and hope you will come along expecting to take an active role.

If, at any point you wish to take issue with any aspect of the course you can do so formally to the Association of Mountaineering Instructors – 01690 720314.

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