

Recommended Course Syllabus:

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| Course Title | Abseil Proficiency Course Level 1 |
| Course Code | APCL1 |
| Course Duration | 7hrs or 2 sessions of 3.5hrs |
| Objective (s) | The course is designed for people who have no prior knowledge on abseiling. Participants will learn the basic skills to descend on ropes and have essential knowledge on the equipment required to abseil. |
| Passing Standards | The participants must demonstrate the following course requirements before they will be awarded the SNAS Abseil Proficiency Level 1 Certificate: <ol style="list-style-type: none"> 1. Correct harness usage 2. Correct rig-in to abseil system with a Fig 8 descender 3. Perform a controlled descend 4. Perform a self-rescue 5. Correct use of abseiling commands |
| Pre-requisite | Participants must be 13 years of age or older. |
| Syllabus | <ol style="list-style-type: none"> 1. Introduction to Abseiling <ul style="list-style-type: none"> ➤ Why do people abseil? ➤ Environment - natural rocks, tower 2. Introduction of Abseil Equipment (usage, care, limitation) <ul style="list-style-type: none"> ➤ Static rope ➤ Harness ➤ Carabiner ➤ Descending device – (Figure of 8) ➤ Helmet ➤ Gloves 3. Rope Handling <ul style="list-style-type: none"> ➤ Managing ropes ➤ Coiling, lapping, chaining 4. Descend Practice (with a belay line) using Figure of 8 descender <ul style="list-style-type: none"> ➤ Rig-in and remove from rope system ➤ Basic stance and brake hand ➤ Abseil command ➤ Descend with a fireman's belay ➤ Self-rescue - apply lock-on system with leg wrap 5. Safety Considerations <ul style="list-style-type: none"> ➤ Rope placement on descender (smiley face) ➤ Importance of controlled descend ➤ Appropriate attire, loose hair etc 6. Course Review <ul style="list-style-type: none"> ➤ Suggestions for further advancement ➤ General discussion and feedback |
| Instructor Qualification | Abseiling Instructor |
| Instructor: Trainee Ration | 1 Instructor : 10 Trainees or 1 Instructor + 1 Climbing Assistant (or Trainee Instructor) : 16 Trainees |
| Note | Wearing of helmet is compulsory when engaging in abseiling activities |

Recommended Course Syllabus is adopted from Singapore Mountaineering Federation Website.