

Recommended Course Syllabus:

Course Title	<b>Abseil Proficiency Course Level 2</b>
Course Code	APCL 2
Course Duration	14hrs or 2 sessions of 7hrs
Objective (s)	This course is designed as a follow on from the Abseil Proficiency Course Level 1. This course teaches a progression into acquiring advance personal proficiency skills to descend and ascend on ropes.
Passing Standards	The participants must demonstrate the following course requirements before they will be awarded the SNAS Abseil Proficiency Level 2 Certificate: <ol style="list-style-type: none"> <li>1. Setup a fixed anchor system for abseil</li> <li>2. Perform a safe and controlled descend with backup</li> <li>3. Perform rope ascend and descend using accessory cords</li> <li>4. Ascend on rope and changeover to abseil with backup</li> <li>5. Perform a self rescue technique</li> <li>6. Safe equipment handling</li> </ol>
Pre-requisite	<ul style="list-style-type: none"> <li>• Participants must be 16 years of age or older</li> <li>• Abseil Proficiency Course Level 1 certificate</li> </ul>
Syllabus	<ol style="list-style-type: none"> <li>1. <b>Introduction of Other Abseil Equipment</b> (usage, care, limitation) <ul style="list-style-type: none"> <li>➤ Accessory cords (various diameter)</li> <li>➤ Slings / Tapes</li> <li>➤ Descending device - (Tubular, GRIGRI, STOP)</li> </ul> </li> <li>2. <b>Knots and Hitches</b> <ul style="list-style-type: none"> <li>➤ Double Figure of 8 knot</li> <li>➤ Double Figure of 8 knot with double bight</li> <li>➤ Double Fisherman knot</li> <li>➤ Tape knot</li> <li>➤ Friction knots (Standard, Klemheist, French)</li> <li>➤ Clove Hitch</li> <li>➤ Italian Hitch (Munter)</li> <li>➤ Half Hitch</li> </ul> </li> <li>3. <b>Setting up fixed anchor system</b></li> <li>4. <b>Descend Practice</b> <ul style="list-style-type: none"> <li>➤ Abseil with different devices, Italian Hitch</li> <li>➤ Abseil with backup (auto-block)</li> </ul> </li> <li>5. <b>Ascending on ropes</b> (prusiking) <ul style="list-style-type: none"> <li>➤ Ascend and descend on ropes using accessory cords</li> <li>➤ Ascend and changeover to abseil with backup</li> </ul> </li> <li>6. <b>Self Rescue Technique</b> <ul style="list-style-type: none"> <li>➤ Escape from jammed devices, cords</li> <li>➤ Escape from knotted rope (joint ropes)</li> </ul> </li> <li>7. <b>Safety Considerations</b> <ul style="list-style-type: none"> <li>➤ Rope placement on descender (smiley face)</li> <li>➤ Loading a carabiner on a minor axis and 3 points loading</li> <li>➤ Importance of dressing a good knot</li> <li>➤ Using an auto-braking device</li> </ul> </li> <li>8. <b>Course Review</b> <ul style="list-style-type: none"> <li>➤ Suggestions for further advancement</li> <li>➤ General discussion and feedback</li> </ul> </li> </ol>

# CLIMBERS LABORATORY

Freedom Without Limits

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.*