

Course Title	Abseil Proficiency Course Level One
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	Trainees must demonstrate the following course requirements : 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	At least be 13yrs of age
Award	SNAS Abseil Proficiency Level One Certificate
Syllabus	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 • Karabiner • Descending device – (Fig.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 Fig 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 to Trainee Ratio	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

Course Title	Abseil Proficiency Course Level Two
Course Code	APCL2
Course Duration	14hrs or 2 sessions of 7hrs
Objective (s)	This course is designed as a follow on from the Abseiling Proficiency Course Level 1. This course teaches a progression into acquiring advance personal proficiency skills to descend and ascend on ropes.
Passing Standards	Trainees must demonstrate the following course requirements : <ol style="list-style-type: none"> 1. Setup a fixed anchor system for abseil 2. Perform a safe and controlled descend with backup 3. Perform rope ascend and descend using accessory cords 4. Ascend on rope and changeover to abseil with backup 5. Perform a self rescue technique 6. Safe equipment handling
Pre-requisite	<ul style="list-style-type: none"> • At least be 16yrs of age • Abseiling Proficiency Course Level One certificate
Award	SNAS Abseil Proficiency Level Two Certificate
Syllabus	<ol style="list-style-type: none"> 1. Introduction of Other Abseil Equipment (usage, care, limitation) <ul style="list-style-type: none"> • Accessory cords (various diameter) • Slings/ Tapes • Descending device – (Tubular, GRIGRI, STOP) 2. Knots and Hitches <ul style="list-style-type: none"> • Double Figure of 8 knot • Double Figure of 8 knot with double bight • Double Fisherman knot • Tape knot • Friction knots (Standard, Klemheist, French) • Clove Hitch • Italian Hitch (Munter) • Half Hitch 3. Setting up fixed anchor system 4. Descend Practice <ul style="list-style-type: none"> • Abseil with different devices, Italian Hitch • Abseil with backup (auto-block) 5. Ascending on ropes (prussiking) <ul style="list-style-type: none"> • Ascend and descend on ropes using accessory cords • Ascend and changeover to abseil with backup 6. Self Rescue Technique <ul style="list-style-type: none"> • Escape from jammed devices, cords • Escape from knotted rope (joint ropes) 7. Safety Considerations <ul style="list-style-type: none"> • Rope placement on descender (smiley face) • Loading a karabiner on a minor axis & 3 points loading • Importance of dressing a good knot • Using an auto-braking device 8. Course Review <ul style="list-style-type: none"> • Suggestions for further advancement • General discussion and feedback
Instructor Qualification	Abseiling Instructor
Instructor to Trainee Ratio	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