

General Ropework Trained Participant Workshop

- Demonstrate general cliff safety, including being connected to safety within two body lengths distance from the cliff edge, helmet use, and calls such as “rock” and “rope”
- Identify common mistakes in relation to participant harnesses, helmets and knots, including correct sizing of harness and helmets, wrong knots, and not double threading buckles
- Tie knots including Figure Eight, Figure Eight rethreaded, Figure Eight on a bight
- Tie a Munter Hitch and Clove Hitch
- Tie a Stopper Knot and Barrel Knot
- Tie a Double Fisherman’s Bend, Tape/Water Knot, and European Death Knot
- Tie an Alpine Butterfly and its use on isolating a section of rope
- Understand the kernmantle construction of a rope
- Learn about static and dynamic ropes, and when to use each
- Coil a rope with an alpine and girth finish
- Learn about the uses of different rope diameters (Accessory, prussik, climbing, canyoning and caving ropes)
- Identify unsafe/safe ropes with the pinch test, observing excessive sheath abrasion, and by seeing the core
- Learn the maintenance and storage of ropes including not standing on ropes and storing in temperature controlled, dry, dark, and non-chemical environments

Canyoning Beginner Workshop

- Understand and practice whistle, verbal and hand signals for communication in abseiling and canyoning
- Learn coiling with a rope bag and helmet biner
- Learn about the importance of end knots on dry abseils
- Learn how to bottom belay, and when to use one.
- Learn to load an abseil device, how to attach to safety, ABCDE and weighing abseil strand checks
- Practice abseiling on three different descender categories (Eights and Modified Eights, Tubular Devices, Inline Devices)
- Learn how to add friction to a variety of abseil and canyoning devices
- Practice with emergency descenders (Super munter, biner brake bar)
- Learn and practice three third hand techniques: Klemheist, French, Classic and understand their uses and associated hazards
- Learn and understand the use of a prussik above and below the abseil device, and the use cases of each
- Learn when jumps are appropriate, including identifying appropriate take-off points, depths and heights
- Practice appropriate jumping techniques into water (arms across chest, knees bend, L sits)

Canyoning Level 1 Workshop

- Understand and identify rope materials and their uses (nylon, polyester, dyneema, technora)
- Learn to inspect and assess the safety of anchors, including the replacement of tape anchors (discolouration of tape, stability and strength of trees, abrasion of tape, strength of maillons, cracking and fissures surrounding bolts, replacing tape anchors)
- Learn how to the rigging of other trip leaders, participants loading device to abseil, attaching to safety, ABCDE and weighing abseil strand checks
- Learn the rigging of double strand techniques for abseils with tape and bolt anchors
- Learn rigging of single strand techniques including releasable abseils with tape and bolt anchors, and the applications of each (MMO, Eight block, Biner Block)
- Understand the importance of end knots, including appropriate knots and when to use them
- Learn how to set rope length as both an anchor manager and first person down
- Demonstrate tying off a variety of abseiling devices
- Understand the importance and demonstrate the setting up of belays (top, bottom and third hand)
- Learn how to self-rescue, and how to be self sufficient on a trip.

Canyoning Level 2 Workshop

- Learn to ascend ropes using mechanical ascenders, ensuring two points of contact with the rope

- Learn the lowering of appropriate loads on a releasable setups, including how to retie when loaded
 - Learn about and implement progress capture devices on hauling setups (Microtraxion, tibloc, prussiks)
 - Learn the conversion to a haul (using appropriate loads) starting from releasable setup and biner block setup.
 - Learn setups for hauling (2:1 (Counterweight), 3:1, 4:1 (Pig Rig Haul), Complex hauling)
-
- Learn the importance of efficiency on mechanical advantage (Biners vs Pulleys)
 - Learn to make decisions about suitability of no belay
 - Learn ascending past knots in free-hanging abseil
 - Learn abseiling past knots in free-hanging abseil
 - Learn lowering past a knot with an MMO and Eight block
 - Learn about meat anchors and know how to safely use them
 - Learn the setup and retrieval of retrievable traverse lines (Self belay and Munter belay)
-
- Learn about aquatic hazards such as boils, hydraulics, siphons, sieves
 - Learn the importance of self-preservation in aquatic rescue (Throw bags, Buoyant object rescue)
 - Learn rescue and traverse techniques such as tensioned line traverse and supported river crossing

Climbing Beginner Workshop

- Learn and be able to identify rope types and their uses (single, double, half)
- Learn the importance of end knots, including appropriate knots and when to use them
- Learn about fall factors and its impact on rope longevity
- Learn how to lead belay with an ATC and GriGri (or similar) including avoiding tunnelling, keeping hand on the brake strand at all times, correctly giving slack, keeping fingers off the cam and hands below the device
- Learn about the 5 step belaying process with an ATC and GriGri
- Understand and practice climbing calls such as 'TAKE!', 'SLACK!', 'IN HARD!', 'LOWER!'

- Learn about the importance of clipping (stick clip high first bolt, avoiding z-clipping and backclipping, when to clip high or clip at waist height, clipping technique with each hand and gate combination)
- Learn about the effects of rope drag, including how to minimise it
- Learn about the importance of avoiding foot faults
- Learn about different bolts such as U-bolts, carrot bolts with bolt plates, expansion bolts
- Learn about correct quickdraw orientation (spine facing direction of climb and dogbone stiff side to rope, loose side to rock)
- Learn the correct technique for clipping a quickdraw to a carrot bolt and fixed hanger

Climbing Level 1 Workshop

- Learn to set up and inspect a top rope setup with a quad anchor ensuring screws on gates are facing down, gates are opposite and opposed, locking carabiners are used instead of quickdraws, and that the anchor is redundant and load is distributed
- Learn the cleaning of a climb ensuring two points of contact at all times
- Learn the tying off a variety of belay devices (ATC, Gri Gri)
- Learn to self-rescue and be self-sufficient on a trip

Climbing Level 2 Workshop

- Learn to assess and inspect the safety of anchors, including the replacement of tape anchors (discolouration of tape, stability and strength of trees, abrasion of tape, strength of mallions, cracking and fissures surrounding bolts, replacing tape anchors)
- Learn ascending of ropes using prussiks ensuring two point of contact with rope
- Learn ascending of ropes using mechanical ascenders ensuring two point of contact with rope
- Learn the bailing off a single bolt (rethreading bolt and bail maillon)
- Learn cleaning a roof route
- Learn escaping and transferring a belay
- Learn to understand and implement progress capture devices on hauling setups (Microtraxion, tibloc, prussiks)
- Learn setups for hauling (2:1 (Counterweight), 3:1, 4:1 (Pig Rig Haul), Complex hauling)

- Learn the conversion to a haul (using appropriate loads) starting from releasable setup and static setups
- Learn the importance of efficiency on mechanical advantage (Biners vs Pulleys)
- Learn to tie and inspect a rethreaded Bowline knot

Trad Climbing Addition Workshop

- Learn the importance of SERENE principles when building and assessing trad anchors
- Learn how to build suitable natural anchors from trees, chicken heads, etc.
- Learn and understand the correct use of alpine draws and how to make them
- Learn to identify good and poor placements of active and passive trad gear (Cams, Nuts, Hexes)
- Learn the importance of rope drag and its effect on loads placed on trad pieces during a fall
- Learn the importance of extending pieces in preventing “walking” of trad protection
- Learn the predicted loads placed on trad pieces during a fall, and the importance of correct direction of pull on trad pieces
- Learn the importance of checking and resetting trad pieces when seconding a climb

Multipitch/Rap In Addition Workshop

- Learn to build different anchor configurations ensuring they follow the SERENE principle including self-equalising (quad anchor, sliding x) and isolated anchors
- Learn to inspect the rigging of other trip leaders, participants loading device to abseil, attaching to safety, ABCDE and weighing abseil strand checks
- Learn good rope management, including coiling ropes at hanging belays
- Learn to make decisions on when to continue climbing or bail depending on environmental, physical and psychological factors
- Learn and practice whistle, verbal and hand signals for communication in abseiling
- Learn setting up a top belay with an ATC Guide and GriGri, and understand the importance of redundancy at a belay
- Learn the lowering of a top belay setup with an ATC Guide and GriGri
- Learn to build and inspect the loading up on different descender categories (GriGri, tubular devices)
- Learn how to add friction to a variety of abseil devices
- Practice with emergency descenders (Super munter, biner brake bar)
- Learn the importance and demonstrate setting up of belays (top, bottom and third hand)
- Learn three third hand techniques: Klemheist, French, Classic and understand their uses and associated hazards
- Learn and understand the use of a prussik above and below the abseil device, and the use cases of each

- Learn the lowering of appropriate loads on a releasable abseil setups, including how to retie when loaded
- Learn ascending past knots in a free-hanging abseil
- Learn abseiling past knots in a free-hanging abseil
- Learn the setup and retrieval of retrievable traverse lines (Self belay and Munter belay)

Caving Beginner Workshop

- Learn about the importance of rope wear on edges, and the importance of using redirects, rebelays, and rope protection in minimising these effects
- Learn and practice whistle, verbal and hand signals for communication in abseiling
- Learn about the importance of end knots on dry abseils
- Learn how to bottom belay, and when to use one.
- Learn to load an abseil device, how to attach to safety, ABCDE and weighing abseil strand checks
- Learn about three third hand techniques: Klemheist, French, Classic and understand their uses and associated hazards
- Learn and understand the use of a prussik above and below the abseil device, and the use cases of each
- Learn and inspect the loading up on three different descender categories (Eights and Modified Eights, Tubular Devices, Inline Devices, caving descender (Petzl Stop, Rap Rack))
- Practice with emergency descenders (Super munter, biner brake bar)
- Learn and practice adding friction to a variety of abseil devices
- Learn the ascending of ropes using prussiks ensuring two points of contact with rope
- Learn the ascending of ropes using mechanical ascenders ensuring two points of contact with rope
- Learn about and demonstrate the use, rigging, coiling and storing of cave ladders

Caving Level 1 Workshop

- Learn the importance of cave preservation
- Learn to read and interpret caving maps
- Learn to identify foul air using a lighter, and identify ventilating and non-ventilating cave structures
- Learn about and be able to identify rope materials and their uses (Nylon, polyester, dyneema, technora)
- Learn the importance of end knots, including appropriate knots and when to use them
- Learn to inspect and assess the safety of anchors, including the replacement of anchors (discolouration of tape, stability and strength of trees, abrasion of tape, strength of mallions, cracking and fissures surrounding bolts, replacing tape anchors)
- Learn the rigging of static and releasable abseils with tape and bolt anchors, and the suitability of each in different situations (MMO, Eight block, Biner Block, Static Lines with figure eight, figure nine, and fusion knot)
- Learn to inspect the rigging of other trip leaders, participants loading device to abseil, attaching to safety, ABCDE and weighing abseil strand checks
- Learn to tie and inspect a Figure Nine, Double Figure Eight Loop (Bunny Ears), Fusion Knot, and Bowline
- Learn the importance and demonstrate setting up of belays (top, bottom and third hand)
- Learn and practice tying off a variety of abseiling devices
- Learn the crossing redirects and rebelays
- Learn and instruct on false floor and squeezing safety

- Learn about self-rescue and learn to be self-sufficient on a trip

Caving Level 2 Workshop

- Learn setups for hauling including 2:1 (Counterweight), 3:1, 4:1 (Pig Rig Haul), Complex hauling
- Learn the importance of efficiency on mechanical advantage, including biners vs pulleys
- Learn and implement progress capture devices on hauling setups, including Microtraxion, tibloc, prussiks
- Learn and practice the lowering of appropriate loads on a releasable setups, including how to retie when loaded
- Learn the conversion to a haul (using appropriate loads) starting from static setups
- Learn and practice lowering past a knot with a releasable system
- Learn and practice abseiling past knots in free-hanging abseil
- Learn and practice tying redirects and rebelay
- Learn and practice the setup of traverse lines, including self belay, Munter belay