

## TRAINING COURSE

**Product ID:** RGAT2  
**Description:** Traditional High Ropes Instructor  
**Duration:** 4 Days  
**Max Number of Delegates:** 8

**Prerequisite** – Delegates must meet the minimum age of 18 years and be fluent in English. Delegates must be physically able to carry out the practical elements of the course and must be confident with heights.

### Course:

This training course provides delegates with the relevant information and skills to safely conduct their daily operations as a Traditional High Ropes Instructor. This course is delivered through a combination of theory and practical training and covers activities such as, but not all; Crate Stack, Jacobs ladder, High all Aboard, Gladiator Climb & Leap of Faith, which are typically operated by an assisted belay system.

### Course Objectives:

To provide the relevant skills and knowledge to a delegate so they can perform their daily operations as a Traditional High Ropes Instructor.

### Course Content:

- Regulations
- EN Standards
- Ropes Course History
- Types of PPE Associated with Adventure Parks
- Pre-Use Inspections of PPE
- Correct Harness Donning (Instructor & Participant)
- Fall Factors
- Instructor & Participant Safety
- Anchor Points
- Suitable Communication Methods and Levels of Supervision
- Rescue Requirements
- Participant Briefings
- Course Operation
- Set-up of Activities
- Course Inspections and Maintenance
- Traditional Elements
- Rope Skills
- Belaying Methods & Techniques
- Climber Calls and Terminology
- Managing Student Belaying
- Delivery of Activity Sessions
- Access Methods
- Accident Reporting and Emergency Procedures

### Training Methods:

This training course combines theory and practical training methods to ensure delegates receive the information required in preparation for their assessment. Printed course material, practical demonstrations and hands on training will be conducted throughout the course. All training is designed and delivered to meet BS 8454:2006 code of practice for the delivery of training and education for work at height and rescue, and meets the training requirements set out in EN 15567.

### Certification:

On successful completion of the course, delegates will receive a RGAT approved training certificate to show they have the skills to work as a Traditional High Ropes Instructor. Instructors must keep up their CPD by attending regular on-site training to refresh their skillset.

### PPE Requirements:

Delegates must provide their own comfortable clothing, protective footwear and prepare for all weather conditions. Delegates may be required to provide their own PPE but this will be communicated by RIDGEGEAR in the planning stage of training.