SPRAT Certification

Rope Access Level 1 and 2 Course Outline

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Dates and Location

See www.mountain-solutions.net course schedule for upcoming course dates and locations

What is SPRAT?

SPRAT stands for Society of Professional Rope Access Technicians. Rope access provides a safe, cost-effective, and efficient means of accessing structures and geologic features for inspection, maintenance, and construction.
SPRAT is dedicated to promoting the safe development of industrial rope access standards in the US, Canada, Mexico and beyond.
SPRAT supports companies and technicians using rope access with certification programs, regulatory support, networking, and opportunities to participate in developing industry-consensus standards.
http://www.sprat.org

Overview

This 5 day program is comprised of a 4 day instructional course and a final days Evaluation.
The program is open for Level 1 and Level 2 Candidates in a combined learning format.
Level I is for students with 0 to 500 hours of dual rope access experience. It is for most people who have no prior SPRAT or equivalent certification.
Level II is for level 1 Technicians with 500 hours and 6 months dual rope logged since obtaining their level 1 who are ready to advance to the next level. Level 2 instruction focuses on more advanced rigging and rescue skills required of the Technician working in a wide variety of environments.
The course will prepare students to be strong candidates for the Evaluation. Instruction is provided by senior GMS Instructors who are SPRAT level 3 Technicians at a maximum 8 participants per Instructor.
The final days Evaluation will be conducted by an independent SPRAT Evaluator in a written and practical exam format. Candidates who successfully pass the evaluation will receive a temporary certificate and course debrief at that time. A permanent certificate will be mailed to the candidate in 4 weeks.

Direct Access Level 2

For Candidates with 500 logged dual rope hours outside of SPRAT system wishing to go directly to the level 2 exam. A resume must be provided detailing previous work. Provide work description, how was rope access used, client, hours worked per job, and dates. Additional relevant courses, skills, experience, certifications should be listed. Supervisor or client recommendations are encouraged. Talk to GMS for further information.

Learning Objectives

Following the course and successful completion of the evaluation, the technician should be able to:

- evaluate the safety of rope access equipment and systems
- perform basic and advanced access techniques
- understand fundamental system analysis
- establish anchor systems
- efficiently perform standard rescue procedures using mechanical advantage and lowering systems

Course Content

Safety Standards and Documentation

- Review of *Guidelines for Rope Access Work* and relevant legislation
- Qualifications and responsibilities required of each level of Rope Access Technician
- Review of various methods of access and hierarchy of risk
- Documentation including experience logbooks, equipment logs, and job hazard analysis (rope access permit)
- Consistent safety checks
- Insuring proper and effective communication between team members
- Establishing Access, Hazard, and Safe Zones
- Care, Inspection, Use, and Limitations of Equipment

Systems Analysis and Rigging

- Knots: Figure 8 and 9, Double-figure eight, Butterfly, Prusik, Barrel Knot, Double Fisherman's, and Clove Hitch
- Practice advanced rigging skills (structural and load sharing/distributing multi-point anchoring) taking into account fall line, rigging angles, area of work, and terrain
- Application of redirect and rebelay anchors
- Pre-rigging anchors for lowering or pull-through
- Discussion of anchor installation and testing
- Analysis of rope access systems, including fall factors, impact forces, and resultant forces

Technical Rope Access Skills

- Ascent/Descent and change-overs
- Passing knots, deviations, and intermediate anchors (re-belay)
- Rope to rope transfer
- Horizontal aid climbing: point to point and shuffling
- Structure climbing: Overview of horizontal/vertical lifelines, shock absorbing Y-lanyards, and other standard fall protection systems

Rescue

· Risk management, rescue protocol, and casualty management
· Extensive practice with mechanical advantage systems utilizing standard equipment and pulleys
· Breaking into tensioned fixed ropes with haul systems
· Pitch head hauling
· Converting between lowering and hauling
· Single person rescue pick-off of a descending and ascending casualty

Self- and team-rescue, including hauling and lowering skills, will be emphasized. Unlike traditional rescue courses, the course focuses on building efficient rescue skills within a small team.

Daily Outline

Day One Introduction Gear Systems Anchor Building Knots Ascending/Descending Practice	**Day Two** Rope to rope transfer Passing Knots Deviations Re-belays Aid Climbing Practice	**Day Three** Review previous two days Rescue from ascending Rescue from Descending
Day 4 Rescue Hauling Cross Hauling Review Practice	**Day 5** Written Exam Practical Exam Debrief	**4 weeks Later** Logbook and Certification to be mailed

Course Requirements

Participants must be able to attend 100% of course. Participants must be fit and able to complete physical tasks similar to ascending a tall vertical ladder with ease.

Equipment Provided by Participant

Appropriate Work Clothing
Lunch
Eye protection
Helmet

Equipment Provided by GMS

Manual
SPRAT Safe Work Practices and Certification Requirements
Harness, Hardware, Rigging and Group/Course Gear

Documentation Required by Participant

Registration Form
Waiver
Resume submitted if direct entry

Fees

Course Cost $1300
Manual $40
SPRAT Membership Fee $110
Total=1450.00
Plus BC HST=174.00 or Plus Alberta GST=72.50
BC Grand Total=$1624.00
Alberta Grand Total = $1522.50

Deposit

$500 (Due at Registration)

Payment Options :

1. Check mailed to:
Global Mountain Solutions Inc
Box 8540
Canmore, AB
T1W 2V3

2. Check or cash brought to local GMS office.

3. To pay by Credit Card or Debit Card contact GMS to obtain Paypal Link for online payment.

Frequently Asked Questions about Rope Access

What is rope access?

Rope access refers to a set of techniques where ropes and specialized hardware are used as the primary means of providing access and support to workers. Generally a two-rope system is employed: the working rope supports the worker and the safety rope provides back-up fall protection.

Why use rope access?

Modern rope access equipment, techniques, and training can be combined to produce an exceptionally safe, versatile, efficient, and cost-effective way to solve vertical access problems.
Rope access is safe. Independently-certified rope-access technicians uphold an enviable safety record with no fatalities and few lost time incidents while working on rope.
Rope access is versatile. Technicians can apply the techniques in a wide variety of environments, from confined-space penstocks to massive concrete structures to complicated steel installations. Unlike traditional access methods, custom rope-access solutions can be designed to fit various applications quickly and inexpensively.
Rope access is efficient. Systems are installed and dismantled quickly and often require fewer personnel than traditional access methods. Rapid deployment limits disruption to facility operations by minimizing downtime.

Rope access is economical. Fewer personnel, faster completion, less equipment, and minimal downtime mean lower costs.

Who uses rope access?

- Civil, structural, and geo-technical engineers
- Operations and maintenance workers
- Construction workers and painters
- High-rise window cleaners
- Motion picture and theatrical set personnel
- Tower and antenna installers

What are some examples of common rope access applications?

- Structural inspections and non-destructive examination (NDE)
- Sealant installation and surface preparation
- Sand blasting and pressure washing
- Concrete repair
- Instrument installation
- Painting
- Rock scaling and anchoring
- Photography and cinematography
- Set installation
- Geological surveys