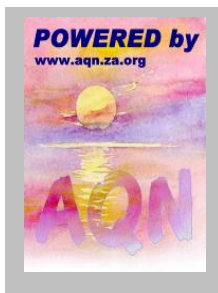


Adventure Racing Rope Skills Competency course



Recreational Courses

Adventure Racing Rope Skills Competency course

Learn all the rope skills an adventure racer requires to move easily and with confidence across those rope protected obstacles you so frequently encounter. Adventure Race organisers require that participants hold a “rope skills competency certificate” before they are allowed to participate in a race. This course covers all the required skills and successful participants receive a certificate of competency from Venture Forth.

Who should do this course?

Any adventure racer wishing to acquire the skills to race safely.

Topics covered include: personal abseiling & climbing techniques, basic rope ascending, knots, self-protection, equipment selection and care.

We'll supply all the equipment you need and give you plenty of toys to try out during the course so that you can make informed choices when you do decide to buy your own kit.

Participant requirements: The course is open to any reasonably healthy and physically capable person over the age of 16. Courses for younger participants can be arranged on request.

Course duration & times: 2 days
Usually run over two consecutive days.
Usually from 08:00 until approximately 15:00 depending on group size.

Group size & ratios: Minimum of three students required for course to run.
Maximum of 8 students per course.
Maximum of 1 Instructor : 4 Students

Equipment: Venture Forth provides all equipment for this course. Students must only bring appropriate clothing, water and food for the day. We do encourage students to have their own personal equipment (harness, climbing shoes, helmet, belay device and HMS karabiner, prussic loops).

Recommended follow-up programs:

- [MDT Abseil Supervisor Course](#)
- [Sport Climbing Introductory Course](#)