



High Ropes Training



GENERAL COURSE INFORMATION:

This course will suit any groups or individuals who desire the skills to participate in, lead or run high ropes sessions.

The nature of this training is site specific.

This course is delivered and certified by a nationally recognised trainer.

Content includes:

All aspects of preparing and delivering courses

Choosing appropriate equipment

Surveying and maintaining the high ropes course

All safety aspects including rescue techniques

Ratios and group control

The high ropes course at the Cavan Centre includes 7 climbing elements: -

(1) Jacobs Ladder (2) Trapeze (3) All Aboard (4) See Saw

(5) Traverse (6) Crate Stack (7) Abseil

Duration: This course is run over a 4 day period.

Note: This course covers training for the 7 elements available; other high ropes may have additional elements which require additional training.

Please call Celine on 049 8544436 or email: info@cavancentre.ie