



Federation Mountain Rescue

Beginners' Abseil Training

Description

This training is a half-day abseiling activity for beginners or those who need a refresher. You will learn how to descend steep ground safely by sliding down a rope. You will not be taught route selection, how to rig anchors, how to retrieve the rope or to self-rescue, which are topics for future training.

First-timers will be belayed on a safety rope until they are confident enough to self-belay using an auto-block sling below the descender.

Location

Meet at Kangaroo Point Lookout on River Terrace approximately opposite Walmsley Street.

Date/Time

Sunday, 12 May 2019, 7:00 am to 11:30 am

Bring

Water and snacks, sun protection, any abseiling gear you may own.

Ropes, rigging, harnesses, helmets and hardware will be provided for the day. A donation of \$5 to defray wear and tear on this equipment would be appreciated.

Homework

To save time on the day, please read the "Group abseiling waiver form" in the Activity Planning section of the Library page on the FMR website <http://fmrqld.bwq.org.au/library/>

Also, if you have some rope or strong cord at home, practice tying a figure-eight follow through loop, as you will to tie the belay rope into your harness. There are several videos on the web.

To Nominate

Please send an email to fmrqld@gmail.com, with subject "Abseil Training".