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# Federation Mountain Rescue

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## Cliff Safety Training

Phil Box will be sharing his vast experience in staying safe on vertical and near-vertical terrain. Evaluate your own habits and system, and learn some self-rescue techniques, rigging for rescue and multi-pitch abseiling.

This is not a course for beginners, but an opportunity to update, refresh and improve on your cliff safety skills.

Date/Time: Saturday, 17 July 2021, 9:00 am to 3:30 pm

Location: Kangaroo Point Cliffs

Cost: \$25

Contact: Rob 0408 004 208

### Bring

Abseiling gear: Harness, helmet, personal anchor system (linked loops), abseiling device with extension sling, three or more screw-gate karabiners, Prusik loops, 2.4 metre sling. Bring your own gear if you have it or can borrow it from your club. FMR will have some equipment available.

Water, lunch, sun protection.

No more than 15 nominations will be accepted, so that we can give the proper attention to all trainees.

To Nominate: email to [fmrqld@gmail.com](mailto:fmrqld@gmail.com), with subject "Cliff Safety Nomination".