

BASIC ROPE RAPPELLING

Recreational

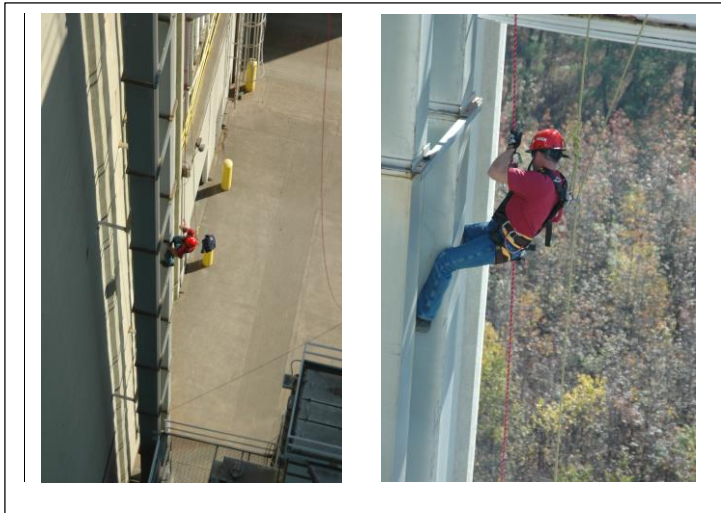
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Rappel Classes



Basic Rappel class teaches the student the fundamentals of basic rappelling.

The class covers the basic equipment needed and the care and use of that equipment. You will learn the knots needed to secure lines for wilderness or urban rappels.

The students will learn basic rappelling techniques, to include exiting a window, over a wall, and a negative drop. These techniques are learned in a non-rushed environment. The student will progress slowly and safely.

Students will also learn locking off and self-rescue techniques.

Class

HOSTING REQUIREMENTS:

Classroom for up to 30 students
Structure for rappelling
PPE for students

WHEN:

Schedule M – Sun.
8:00 AM – 5:00 PM (later if doing night operations)

COST: Call Us

QUESTIONS:

e-mail: reds100@aol.com
Call 919-772-0483 or 919-291-6201



Call about the following classes:

Advanced rappelling
Tracking
Survival