



INTERNATIONALE VEREINIGUNG DER BERGFÜHRERVERBÄNDE  
INTERNATIONAL FEDERATION OF MOUNTAIN GUIDES ASSOCIATIONS  
UNION INTERNATIONALE DES ASSOCIATIONS DE GUIDES DE  
IFMGA Subcommission rope access

# **International Federation of Mountain Guides Associations (IFMGA)**

## **Training and Testing standards for work using rope-assisted access and positioning procedures**

### **IFMGA ROPE ACCESS STANDARD**

### **IFMGA RAS**

Aktuell 10.07.2018  
English

The IFMGA was founded in 1965 by four national mountain guide associations from Austria, France, Switzerland and Italy. Today 23 Member countries belong to the IFMGA, of which 15 are in Europe. The IFMGA is the only organization representing the mountain guide profession all over the world. There are currently 6,000 mountain guides in the IFMGA, of which more than 85% are in Europe.



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## 1. Legal Basis

**The legal bases vary according to the country and must be respected.**

The IFGMA training in the field of work using 'Rope-assisted Access and Positioning Techniques' (SZP) is based on current International Standards and is continually updated accordingly.

Legal bases sourced are as follows:  
(Regulation Abbreviations listed mainly in German for authenticity)

### **Regulation (EU) 2016/425**

The European Parliament and the Council Directive relating to **Personal Protective Equipment**

### **Council Directive 2001/45/EG**

The European Parliament and Councils (see next page)

**TRBS 2121 part 3** (Technical rules for operational safety - BAuA - [www.baua.de](http://www.baua.de)) Risks to persons due to falling – Provision and use of Rope-assisted Access and Positioning Techniques

**DGUV 201-057** (German Social Accident Insurance) Measures for protection against falling during construction work

**DGUV 112-198** Use of Personal Fall Protection Equipment

**DGUV 212-001** Work using Rope-assisted Access and Positioning Techniques

**DGUV 112-199** Rescue from above or below with Personal Protection Equipment

**AUVA.at and** (General Accident Insurance Institution, Austria - [www.auva.at](http://www.auva.at)) Personal fall Protection Equipment and Rescue equipment, Rope-assisted working at height, and Workplace positioning

### **Works Inspectorate**

**BauV** (Building Regulations, Switzerland) BGBL. II Nr. 77/2014 § 6 Abs. 7 u. 8 Rope access and Positioning Techniques

**PSA-V** BGLB. II Nr. 77/2014 § 4, § 7 u. §14 Personal Protection Equipment Regulation

**ASchG** (Employee Protection Act) §4 Identification of hazards and determination of measures, §5 Documentation

**ISO 22846-1** Rope access systems - fundamental

**ISO 22846-2** Rope access systems - code of practice

**Swiss BauAV 832.311.141** (Swiss Building Work Ordinance) Health & Safety Regulations for construction workers

**SBV** (Swiss Mountain Guide Association) Working with Rope Access & Positioning Techniques (SZP)



## 2. Course admission requirements

### Course candidates

Rope access specialists and workers at height must be physically fit and in good health as well as being both mentally capable and professionally suitable for this type of work.

### Minimum age requirement

Minimum age of entrant for levels 1 + 2 is 18 years.

Minimum age for level 3 is 21 years.

### Rope access specialist / Working at height Level 1

Any person who is healthy and fit can take this basic course. A good knowledge of the respective course language (German, English, French, Italian or Spanish) is also a requirement.

### Rope access specialist / Working at height Level 2

This course can be attended by people who have passed the final examinations of course level 1 at least 6 months previously, have extensive experience with rope work and have a valid level 1 certification.

Good language skills in the respective course language are required (German, English, French Italian or Spanish)

For prerequisites for direct entry, see section 4.2

### Rope access specialist / Working at height Level 3

This course can be attended by people who successfully completed the final examination of course level 2 at least 12 months previously, have extensive experience with rope work and a valid level 2 certificate. Applicants are also recommended to have at least 250 workdays of rope access and work positioning experience.

A very good knowledge of the respective course language (German, English, French, Italian or Spanish) is also a requirement.

## 3. Rights and responsibilities of Rope access specialists / Working at height

### Level 1:

Ability to work on a rope, on a construction site, but will be supervised by a level 2 specialist (always at least two persons who can monitor each other, secured by two independent rope systems).

### Level 2:

In addition to Level 1, monitoring, installing, anchoring ropes, rescue.

At least one Level 2 specialist is present on each construction site.

### Level 3:

In addition to Levels 1 + 2; analyse, plan, lead.

Establish safety models, define and implement safety objectives.

Establish safety regulations; identify potential hazards, risk-assessment, plan safety measures and checks. Organise in an emergency situation, rescue concept, health & safety guards.

A level 3 qualified person must be jointly responsible for each project



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### **3.1 Further training**

**Rope access specialists/ Working at height Levels 1, 2 and 3 must retrain at least every 2 years.**

**Duration: 1 day**



## 4. Training course description

### 4.1 Rope access specialist / Working at height Level 1

#### Target audience

People working at height on ropes

#### Training objective

Safe and efficient work at height

#### Course admission

Participants with no prior knowledge or professional experience can take part in this training course. This course can be attended by any healthy and fit person. A minimum understanding in the respective course language is required (German, English, French, Italian or Spanish).

#### Note

The employer may only delegate especially hazardous work to employees who are properly trained

#### Final Exam Level 1

Theory Examination

Simple rope manoeuvres

Easy rescue, lowering an injured person on a rope

Knot and device knowledge

**Duration**                      5 days including examination

### 4.2 Rope access specialist / Working at height Level 2

#### Target audience

Persons working at height on/with a rope

**Training objective** Work safely at height

#### Course admission

This course can be attended by people who have passed the final examinations of course level 1 at least 6 months previously, have extensive experience with rope work and have a valid level 1 certification. Good language skills in the respective course language are required (German, English, French Italian or Spanish)

#### Direct entry

Direct entry onto Level 2 is possible under the following conditions:

If the entrant has wide ranging experience in Rope access and is recommended by a Level 3 Rope access specialist e.g., a Mountain Guide, Canyoning Guide or Sport Climbing Guide.

An entrance test will be made on the first day of the course

#### Note

The employer may only delegate especially hazardous work to employees who are properly trained



## **Final Exam Level 2**

Theory exam

Complex rope manoeuvres

Rescue by lowering or hoisting

Comprehensive knot and equipment knowledge

**Duration**                    5 days including examination

## **4.3 Rope access specialist / Working at height Level 3**

### **Target audience**

Persons in a managerial role who work at height on ropes i.e.; a Site Foreman, Building Manager, Safety Supervisor.

### **Training objective**

Work safely at height, to create and implement a safety concept

**Course admission** This course can be attended by people who successfully completed the final examination of course level 2 at least 12 months previously, have extensive experience with rope work and a valid level 2 certificate. Applicants are also recommended to have at least 250 workdays of rope access and work positioning experience.

### **Comprehensive proficiency in theory and practice of level 1 + 2 training course content**

Very good linguistic knowledge of the respective course language is required (German, English, French, Italian or Spanish)

### **Submodules**

The course is conducted in two parts:

#### **Submodule 1**

Manoeuvres Level 1 + 2

Fault detection test

Theory exam

Practical exam (manoeuvres from level 1 + 2)

Comprehensive theory and legal basics

Safety concept / safety system

Hazard identification / risk assessment

Planning safety measures

#### **Submodule 2**

At least 3 months after successfully completing Submodule 1

Discuss and determine subject of project work

Rope manoeuvres, difficult combinations and tasks

Ergonomics in rope access work

Dealing with the media

Rescue systems / rescue kit

Managing and checking Personal protective equipment (PPE)

### **Project work**

Safety and rescue concept; to be completed between the submodules.





### Final exam level 3

Theory exam Submodule 1

Fault detection test Submodule 1

Practical exam Submodule 1 (candidates failing to pass the practical exam will not be admitted to Submodule 2)

Project work

Daily assessment grades (Submodules 1 + 2)

Final theory exam Submodule 2

### Duration

2 courses, 3 days each, incl. exam, plus submission of project work

## 5. Information and registration:

### 5.1 National Associations

- Deutschland**      Verband Deutscher Berg- und Skiführer e.V.  
Ausbildung Seilzugangstechnik  
Geschäftsstelle  
Gewerbepark 13  
DE-83670 Bad Heilbrunn  
+49 8046 1886110  
[info@vdbs.de](mailto:info@vdbs.de)  
[www.vdbs.de](http://www.vdbs.de)
- Österreich**      Verband Österreichischer Berg- und Schiführer  
Ausbildung Seilzugangstechnik  
Olympiastrasse 39  
A-6020 Innsbruck  
[office@bergfuehrer.at](mailto:office@bergfuehrer.at)  
[www.IVBVseilzugang.at](http://www.IVBVseilzugang.at)
- Schweiz**            Schweizer Bergführerverband SBV  
Sekretariat Abt. Arbeitssicherheit  
Eyeltiweg 3  
CH-3860 Meiringen  
+41 33 952 15 15  
[as@4000plus.ch](mailto:as@4000plus.ch)  
[www.4000arbeitssicherheit.ch](http://www.4000arbeitssicherheit.ch)
- Georgia**            Georgia Mountain Guide Association GMGA  
14 Makashvili str. 0179  
Tbilisi  
[info@mountainguide.ge](mailto:info@mountainguide.ge)  
[www.mountainguide.ge](http://www.mountainguide.ge)

### 5.2 General terms and conditions

See respective course providers (national associations)



## 6. Training course content

### 6.1 Level 1

National legal requirements

EU fall prevention standards

Description - Working with Personal fall protective equipment

Description - Rope access and positioning procedures

Equipment

Equipment check

Equipment care

Knots

Anchoring techniques

- On terrain
- On a building

#### **Rope manoeuvres**

Moving on the rope

Safety check

Descending on the rope

Ascending on the rope

With descending device (I 'D) and a rope clamp

Ascending with 2 rope clamps

Rope change during ascent

Rope exchange during descent

Ascending over knots (rope extension or defective rope)

Ascent with (I 'D) or another suitable abseil device and rope clamp

Ascent with two cable clamps

Ascent over intermediate anchor point (rabbit ear knot)

Abseiling over obstacles

Abseiling over knots

Abseiling over an anchor point/stand (rabbit ear knot)

Traverse safety techniques on the rope; Progression on terrain or on a building

#### **Rope physics**

Rope dynamics and fall factors / fall arrest force

#### **Moving on artificial constructions**

Lattice masts and other structures

Cable nets

Cable structures

Buildings

Wind energy

Work spaces with narrow access, shafts, silos, containers

Working on mobile constructions, work platforms

Working on loose bulk material or over water

#### **Rescue procedures**

Evaluate situation / first measures

Positioning unconscious persons

Stopping bleeding

Suspension trauma

Alerting others/services

Rescue organisation

Helicopter rescue



## **Simple rescue techniques**

General

Hoist and rescue devices

Releasing an injured person/evacuee and abseiling together

Releasing and abseiling together in inclined terrain

Releasing and abseiling over an anchor point (bunny ear knot)

## **Working with motor tools**

### **Appendix**

Equipment lists for PPE

Works log

Insurance information

## **6.2 Training content Level 2**

National legal requirements

EU standards against a fall

Description of working with PPE

Description Rope access and work positioning procedures

Equipment

Equipment check

Equipment care

Strength of PPE

Fall arrest system, or 'back-up' system

Knots

Anchoring techniques

- On terrain
- On a building
- Cables

Anchoring ropes

### **Rope manoeuvres - moving on the rope**

Safety check

Using the safety rope

Descending on the rope

Ascending on the rope

With abseil device (I 'D) and a rope clamp

Ascending on the rope over a long distance with integrated chest clamp

Ascent with 2 rope clamps

Rope change

Rope change during abseiling

Rope change for a wide-area of work e.g., building maintenance

Ascending over knots (rope extension or defective rope)

Ascending with (I'D) or another suitable abseil device and rope clamp

Ascending with two rope clamps

Ascending with a Croll and a rope clamp

Ascending over intermediate anchor points (rabbit ear knot)

Abseiling over obstacles

Abseiling over knots

Abseiling over a stand/anchor point (rabbit ear knot)

Descending over long distances for rock clearing / rock securing

Active abseiling and additional securing from above

Abseiling on the work rope and safety rope for long abseil points

Lowering a person on the rope



### **Horizontal methods of progression**

Traversing safely on the rope; Progression on terrain or on a building

### **Rope physics**

Rope dynamic fall arrest force  
Static / rope strength training  
Force distribution  
Tensioning and loading  
Semi-static ropes

### **Moving on artificial constructions**

Lattice masts and other structures  
Cable nets  
Cable structures  
Buildings  
Wind energy  
Work spaces with narrow access, shafts, silos, containers  
Working on mobile constructions, work platforms  
Working on loose bulk material or over water

### **Natural hazards**

Rock fall  
Avalanches  
Avalanche Bulletin  
Flood  
Thunderstorm  
Permafrost  
Föhn wind

### **Rescue basics**

Situation assessment / first measures  
Bringing unconscious persons to safety  
Stop bleeding  
Suspension trauma  
Raising the alarm  
Rescue organisation  
Helicopter

### **Complex rescue techniques vertical and horizontal**

General  
Pulley systems  
Releasing and abseiling together with an evacuee  
Releasing and joint abseiling in inclined terrain  
Releasing and joint abseiling over an anchor point/stand (bunny knot)  
Releasing from integrated rope clamp (e.g., Croll) and abseiling together (1st variant)  
Releasing from integrated rope clamp (e.g., Croll) and abseiling together (2nd variant)  
Variant of releasing a load with a pulley  
Releasing and abseiling together with long ropes  
When both the evacuee's work rope and safety rope are bearing the load  
Releasing a person and lowering him/her from above (with rescue rope)  
Releasing and lowering from above (person cannot attach himself)  
Releasing and lowering from above (work rope cut through)  
Rescuer and evacuee moving from rope-to-rope, traversing  
Rescuing persons from/off a structure



Hoist rescue  
Counterweight pulley system in optimal space conditions  
Rescue with a guide rope

### **Working with motor tools**

#### **Appendix**

Equipment lists for PPE  
Equipment list for the rescue kit bag (suggestion)  
Works log  
Building site preparation / risk assessment / risk reduction  
Checklist for incoming contracts  
Insurance Information  
Anchor systems (bolts)  
Closing-off construction sites  
Wind speeds

## **6.3 Training content Level 3**

### **Submodule 1**

All elements of level 1 and 2 training must be mastered and will be tested  
Complete and assess the fault detection course  
Theoretical basis for the creation of a safety concept  
Regulating health & safety of workers in construction work

Planning construction work e.g.;

- Organisation of work health & safety protection
- Compulsory wearing of protective helmet
- High-Viz clothing
- Rescue of injured persons
- General requirements
- Protection against falling objects
- Throwing or dropping objects from structures and equipment
- Ladders
- Scaffolding
- Other fall arresters
- Danger of drowning
- Exceptional hazards
- Measures for roof edges
- Fragile roof surfaces
- Access to workplaces
- Working on at hanging rope
- working in pipelines

Legal basics

Safety concept for external construction sites

Hazard assessment

Planning measures

Create and explain safety concept

Checklist for mountain construction sites

Checklist for accident/emergency planning

Introduction to systematic equipment testing (by qualified inspectors)

Preparing the project work



### **Project work level 3 / project presentation**

Define the construction site  
Visualize the construction site

#### **Safety concept**

- Safety model
- General construction site info
- Installation plan / safety provisions
- Risk analysis
  - Identifying hazards
  - Risk assessment
  - Risk evaluation
  - Determine boundaries

#### **Safety concept**

- Planning measures
  - Employees
  - Environment, transport, third parties
  - Environmental hazards
  - External influences
- Residual risks

#### **Emergency and rescue concept**

- Overall concept
  - Serious accident involving personal injury
  - Severe accident endangering the environment

#### **Format**

Digital or on paper

#### **Deadline**

2 weeks before course submodule 2

### **Project presentation**

In submodule 2, each candidate must present his project in a presentation lasting max. 15mins.

#### **Submodule 2**

Introduce and discuss project work  
Rescue systems on the market  
Packing rescue kit bag  
Working in confined spaces

- Silos
- Tanks
- Shafts

Equipment inspection expert training  
Working in groups  
Risk analysis, planning measures, create rescue concept for a prepared object.  
Prepare and present a presentation and rescue

Dealing with the media  
Communication in case of accidents  
Ergonomics on the rope  
New employees at work, instruction of own employees  
Cooperation with third parties



## 7. Training course experts

All training experts belong to an IFMGA 'Rope access and positioning techniques' expert team and are certified as level 3 trainers. Appropriate trained and certified experts from recognized associations e.g., SHRV, VÖBS, VDBS, and FISAT may also be consulted. The training experts are constantly in training and attend a further training course offered by an IFMGA Rope access and positioning techniques association at least once a year.

### 7.1 Daily assessment grades

The training experts assess and grade the performance of the course participants on a daily basis.

In particular, the following is judged:

- Personal behaviour and handling
- Rope technique
- Recognising and assessing hazards
- Equipment application
- Equipment handling

After the 4 training days, the grades are calculated and passed on to the Chief Examiner. The daily assessment grading is an integral part of the final examination.

## 8. Facility requirements of a training centre

### Theory lessons

A closed room with adequate space, furnished with tables and chairs must be available for the theory lessons. Each participant must have enough space to work independently.

### Practical lessons

The practical lessons must be carried out in a clearly defined, open space. The anchor points available must hold a force of at least 10kN and should be regularly checked.

Special exercises can also be carried out on secure terrain or on secured objects.

A safety and rescue concept must be available and all participants aware of its contents.

The noise emission level must allow for concentrated work.

The room temperature should provide a pleasant climate.

## 9. Examination regulations

### 9.1 Admission requirements

#### Level 1

Entrants for the Level 1 exam must:

- be at least 18 years of age
- have completed the training course Level 1

#### Level 2

Entrants for the Level 2 exam must:

- be at least 18 years of age
- have completed and passed the Level 1 exam at least 6 months previously
- hold a valid Level 1 certificate
- have completed the Level 2 training course



### **Level 3**

Entrants for the Level 3 exam must:

- be at least 21 years of age
- have completed and passed the Level 2 exam at least 12 months previously
- hold a valid Level 2 certificate
- have completed the Level 3 training course

### **9.2. Examination experts**

The examining experts are members of the official 'IFMGA Rope access and positioning' exam team and are active as Level 3 trained and certified experts. Appropriately trained and certified experts from recognized associations such as SHRV, VÖBS, VDBS and FISAT may also be consulted.

The Chief examining expert in charge should not have been active as a training expert for the course duration

The training experts may be requested by the Chief Examiner to assist in certain parts of the examinations.

The exam organisation and format is the task of the Chief examining expert.

### **9.3 Examination conditions**

The exam must be properly organized and held under fair conditions. All candidates must be treated and evaluated the same.

### **9.4 Procedure**

The examination procedure is determined by the Chief examining expert and clearly communicated to the candidates. The usual order is the theory examination first, followed by the practical tasks.

### **9.5 Examination location**

The examinations are carried out at the training centres of the national training associations. In exceptional cases, examinations may be carried out elsewhere, however these locations must comply with the usual general requirements of a training centre:

The exam must be carried out in an open and clearly marked property. A safety and rescue concept must be available and all participants aware of its contents.

The noise emission level must allow for concentrated work.

The room temperature should provide a pleasant climate.

#### **9.5.1 Theory examination**

A closed room with adequate space, furnished with tables and chairs must be available for the theory lessons. Each participant must have enough space to work independently.

The exam supervisor must be able to survey the room at all times.

#### **9.5.2 Practical examination**

Various exam stations which meet the safety requirements must be available for use. The examiner must be able to monitor all candidates at all times.





## 9.6 Examination grading

### Theory exam

The Theory exam consists of 30 - 50 questions on the topics of fall protection and rope access and positioning.

### Practical exam

The tasks set by the Chief Examining expert must be completed by each individual candidate and will be assessed by the examination experts.

### Experience and daily grading

The training experts assess and grade the performance of the course participants on a daily basis.

In particular, the following is judged:

Personal behaviour and task handling, rope technique, recognising and assessing hazards, knowledge in equipment application and handling

## 9.7 Theory examination

The answers to the theory exam are evaluated according to a points system.

The maximum points score or grade available must be visible on the exam form.

The examiner assigns points on the basis of the answers.

The examiner is allowed a margin of discretion in the awarding of points, and may also award half points.

A candidate will fail the theory exam if they do not achieve at least 60% of the maximum points score.

Failed candidates may re-sit the theory exam after a 7 day period has elapsed.

## 9.8 Practical examination

### Level 1-3

The examination is set out by the Chief Examiner. It consists of at least four practical test items. At one test area, equipment knowledge and knowledge of knots are tested. The other three will test the candidate's knowledge of various rope manoeuvres, and PSAGa techniques by different means including a rope obstacle course. The Chief Examiner may also link some exam tasks together and/or distribute exam tasks.

### Grading criteria

#### Slight errors

Errors that do not place the candidate directly in a hazardous situation  
i.e., a careless mistake

#### Critical errors

Errors that place the candidate in a critical situation, but without directly endangering him/herself



### **Safety relevant errors**

Errors that endanger the candidate and/or others.

#### **What is a critical error?**

- Mobile fall arrest device too low to the ground ☐ High risk of injury
- Rope clamp low ☐ For falls of factor 0.3 or higher, danger of cracking
- Rescuer hangs the injured person on the central harness attachment point (instead of chest)
- No safety check before starting on the rope
- No safety check of anchor points
- Devices incorrectly connected
- Where the candidate becomes blocked, and cannot free himself without the help of others
- Wrong or faulty knots
- Over-complicated manoeuvres
- Abseil device (e.g., ID) casing not completely closed
- In a rescue situation, failure to load the injured person onto the carabiner of the abseil device
- Opening the carabiner whilst under load
- Failure to use backup over large traverses
- Failure to use a recognised system
- Very time-consuming manoeuvre
- Very awkward manoeuvre

#### **What is safety-relevant error?**

- Only hanging on one rope
- Failing to be secured in the fall zone
- Ropes incorrectly fixed
- Incompetence in tying essential knots (attaching ropes)
- Too much slack rope in a critical area
- Failure to select the necessary manoeuvres, task not tackled or not executed
- The examiner has to intervene for safety reasons
- The candidate or others are in danger

**Candidates who score error points due to lack of knowledge of knots and devices (for example, in securing the ropes at the anchor point) will fail the exam.**



## Grading table EU and CH

EU			CH	
Ok	1	Very good	6	Ok
Ok	2	Good	5	Ok
Ok	3	Satisfactory	4	Ok
2 x 4 failed	4	Unsatisfactory	3	2 x 3 failed
1 x 5 failed	5	Insufficient	2	1 x 2 failed

### 9.9 Examination grading Level 1 and 2

The candidate is deemed to have passed the examination if he avoids receiving an 'Insufficient' grade or more than one 'Unsatisfactory' grade.

### 9.10 Examination grading Level 3

#### Practical exams

Analog Level 2

The exam tasks are usually more challenging than in Level 2

The candidate must have passed the practical exam in TM 1; otherwise they will not be admitted to the TM 2

#### Theoretical exams

60% of answers in each exam must be correct

#### Project work

The grade received for project work is doubled in the final grade

#### Final grade

The candidate is deemed to have passed the examination provided the overall grade is not 'Unsatisfactory' or 'Insufficient'



## 9.11 Examination content

### Level 1

Knowledge of current terms of working at height  
Basic knowledge of the legal requirements  
Knowledge of EU fall protection standards

Equipment  
Equipment check  
Equipment care  
Knots / Devices  
Anchoring techniques

- On terrain
- On a building

#### **Rope manoeuvres** - Moving on the rope

Safety check  
Descending on the rope  
Ascending on the rope  
With abseil device (I'D) and a rope clamp  
Ascending with 2 rope clamps  
Rope change during ascent  
Rope exchange during descent  
Ascending over knots  
Ascending over intermediate anchor point (rabbit ear knot)  
Abseiling over obstacles  
Abseiling over knots  
Abseiling over an anchor point/stand (rabbit ear knot)  
Traverse safety techniques on the rope; Progression on terrain or on a building

#### **Rope physics**

Rope dynamics and fall factors / fall arrest force

#### **Rescue procedures**

Evaluate situation / first measures  
Positioning unconscious persons  
Stopping bleeding  
Suspension trauma  
Alerting others/services  
Rescue organisation  
Helicopter rescue

#### **Rescue manoeuvres**

Releasing and abseiling together with an evacuee  
Releasing and abseiling together in inclined terrain  
Releasing and abseiling together over intermediate anchor points/stand (bunny knot)



## Level 2

Knowledge of current terms of working at height  
Basic knowledge of the legal requirements  
Legal requirements  
EU fall protection standards

Description - working with Personal fall protective equipment  
Description - Rope access and work positioning procedures  
Fall arrest system, back-up system  
Knots  
Anchoring techniques

- On terrain
- On a building
- Cables

### **Rope manoeuvres** - Moving on the rope

Safety check  
Using the safety rope  
Descending on the rope  
Ascending on the rope  
With abseil device (I'D) and a rope clamp  
Ascending on the rope over a long distance with integrated chest clamp  
Ascent with 2 rope clamps  
Rope change  
Rope change during abseiling  
Rope change for a wide-area of work e.g., building maintenance  
Ascending over knots (rope extension or defective rope)  
Ascending with (I'D) or another suitable abseil device and rope clamp  
Ascending with two rope clamps  
Ascending with an integrated chest clamp (e.g., Croll) and a rope clamp  
Ascending over intermediate anchor points (rabbit ear knot)  
Abseiling over obstacles  
Abseiling over knots  
Abseiling over a stand/anchor point (rabbit ear knot)  
Descending over long distances for rock clearing / securing  
Active abseiling and additional secured from above  
Abseiling on the work rope and safety rope for long abseils  
Lowering a person on the rope  
Traverse safety on the rope; Progression on terrain or on a building

### **Rope physics**

Rope dynamic and factors / fall arrest force

### **Moving on artificial constructions**

Lattice masts and other structures  
Cable nets  
Cable structures  
Buildings  
Wind energy  
Work spaces with narrow access, shafts, silos, containers  
Working on mobile constructions, work platforms  
Working on loose bulk material (e.g., slurry) or over water



### **Rescue procedures**

Evaluate situation / first measures  
Positioning unconscious persons  
Stopping bleeding  
Suspension trauma  
Alerting others/services  
Rescue organisation  
Helicopter rescue  
Rescue kit bag

### **Rescue from uneven terrain**

General  
Pulley systems  
Releasing and abseiling together  
Releasing and abseiling together in inclined terrain  
Releasing and abseiling together over an anchor point/stand (rabbit ear knot)  
Releasing from integrated rope clamp (e.g., Croll) and abseiling together (1st variant)  
Releasing from integrated rope clamp (e.g., Croll) and abseiling together (2nd variant)  
Variant - releasing a load with a pulley  
Releasing and abseiling together with long ropes  
When both the evacuee's work rope and safety rope are bearing loads

Releasing a person and lowering from above (with rescue rope)  
Releasing and lowering from above (person cannot hang-in himself)  
Releasing and lowering from above (work rope cut through)  
Rescuer and evacuee changing from rope-to-rope, traversing  
Rescuing persons from a structure  
Hoist rescue  
Counterweight pulley system in optimal space conditions  
Rescue with a taut guide rope  
Working with motor tools

## **Level 3**

### **Submodule 1**

Practical exam  
Manoeuvres Level 1 and 2  
Knots and equipment  
Practical instruction rope manoeuvres  
Grading on fault detection test  
Theory exam Submodule 1

A candidate who does not pass the examination or parts of the examination will not be admitted to submodule 2. Individual parts of the exam parts can be repeated. If the candidate does not pass the exam, submodule 1 must be repeated.

### **Submodule 2**

Project work on safety concept  
Construction site project presentation

### **Theory exam Submodule 2**



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**10. Appeals/Resitting exams:**

Candidates wishing to re-sit must submit a written appeal citing their reasons, within 30 days. Appeal fee (2017) is 300.00 CHF / 250.00 EURO and must be paid on receipt of the invoice. After the fee has been received, the appeal documents are forwarded to the Appeals Committee of the respective training course organisers.

**11. Validity of course certification:**

The certification is valid for two years from the examination/further training.

Any certified person who does not attend a further training (revision) course within 3 years must attend a further training course for at least one day duration and repeat the final examination.

Any certified person who does not attend a further training course within 4 years must repeat the training course incl. examination. The certificate loses its validity.



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