



1. Are you going Camping, Trekking, Mountaineering, Abseiling or Rock Climbing?

2. Do you need equipment for your adventures?

We bring you the best brands out there, put your mind at rest when you'll be trekking out in the wilderness, pushing your limits on the rocks or simply chilling with friends at a weekend camping break.... what ever it is..

The Bowline Outdoor & Adventure shop is here for you Adventurers!



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** TheBowlineOutdoor**



# Introduction to Abseiling



## Introduction to Abseiling

**Duration 20hrs, €60**

Beginners abseiling course will start on a small boulder and progress through a variety of abseils where you'll get to practice as many times as you like. As you progress throughout the abseiling course, fun challenges will be put before you.

While it's a fun and adventurous abseiling course, enormous emphasis is placed on abseiling safety. You'll learn the important skills needed to abseil in safety anywhere, including cliff-top safety, care of equipment, safety checks and correct abseiling techniques.

After a few abseils the abseiling instructors will tackle bigger drops, gradually progressing to abseils of 25 to 40 metres, even up to 60 metres, depending on the abseiling site. The big abseils are for anyone feeling confident enough to accept the challenge, for those who are adrenaline seekers free fall abseil

## Introduction to Abseiling

- *Theory Session: (2hrs)*
  - Familiarization, instructor with students / students with instructor.
  - Getting to know the abseil environments.
  - Familiarizing with Equipment and its uses.
  - Rigging & Knots.
  - Safety precautions and inspections.
  - Abseiling techniques and methods.
- *Practical Session: (18hrs)*
  - 5m abseil
  - 25m abseil
  - 40m abseil
  - 60m abseil
  - Free fall abseil
  - Final abseil session will be held in a location chosen by the participants together with instructors, and ending with a cookout in the same location.

All the suggested activities will be carried out by professional, qualified instructors with a military background.

Course notes are included in the price.

All participants will be insured throughout the whole duration of the course.

Abseiling equipment will be supplied by instructors on site.

Certification of attendance will be given to all participants after completion of full 20 hour course.

Courses are smart card refundable.

*At the completion of the abseiling course you will have the skills to qualify as a basic abseiler and will be able to tackle more advanced abseils.*