



Canadian

**Rope Access**

Specialists inc.

## Training

CRAS specializes in rope access and work at height training. We employ Level III instructors and evaluators certified by the Society of Professional Rope Access Technicians ([www.sprat.org](http://www.sprat.org)).

CRAS is the leading rope access training and skills provider in Canada. We are based in North Vancouver British Columbia, with a dedicated indoor training facility located minutes from Vancouver amenities, including Vancouver international airport.

In CRAS training courses, candidates are taught to safely utilize rope access techniques in a variety of work at height situations. Rope Access allows workers to safely and efficiently access areas previously relegated to costly measures such as scaffolding, swing stages and track systems. Aid climbing is also taught, which allows workers to traverse over and around obstacles. Rope access and aid climbing are used as a means of difficult access throughout North America, Europe, Australia, the United Kingdom and Asia.

Rope access is extremely flexible and cost effective when compared to traditional means of difficult access. It is also extremely safe. SPRAT has millions of logged rope hours worldwide without a single fatality. At Canadian Rope Access Specialists, the highest standard of safety is our #1 priority.

The level 1, 2, or 3 SPRAT course is \$1700 + GST, payment must be received a minimum of 4 weeks prior to the course date unless otherwise authorized.

Cancellations or changes with more than 14 days notice prior to course start date will be charged a \$250 cancellation fee. 50% of tuition fees will be charged for cancellations within 14 days. 100% of tuition fees will be charged for cancellations within 7 days or once course has begun

For inquiries please contact (Office) (604)-980-8160 or contact us at [info@cras.ca](mailto:info@cras.ca)



## **What Is Rope Access?**

Developed from the vertical caving and climbing, Industrial Rope Access techniques allow operatives to gain access to otherwise inaccessible locations in a safer, more efficient and economical manner.

Rope Access techniques are used to carry out construction, maintenance, repair, surveying, NDT (Non Destructive Testing), Geo-technical ground stabilization, fabrication, protective coating application, stage rigging, banner installation, cleaning, electrical and mechanical installation, among many other tasks.

Industrial Rope Access may be used as an independent solution or in combination with conventional access methods.

Architects are now designing structures to incorporate Industrial Rope Access systems, and the profession is fast becoming the method of choice for safe access in difficult situations.

The rope access industry boasts an exemplary safety record and continues to experience substantial yearly growth.

## **What is SPRAT (Society of Professional Rope Access Technicians)?**

SPRAT is a certification organization, not a training company. This allows those seeking certification to hire a Rope Access Training Professional (CRAS). At the end of the training session, a certified SPRAT evaluator will arrive and evaluate each candidate. SPRAT's Certification Requirements for Rope Access Work details the criteria for each level of Rope Access worker (Worker, Technician, Supervisor).

SPRAT sets forth accepted practices for rope access work. Those practices provide information and guidance, protecting employees from the hazards of working at height. This information is contained in SPRAT's Safe Practices for Rope Access Work.

## **How Does CRAS work within SPRAT?**

Canadian Rope Access Specialists is an independent provider of rope access training and work at height solutions. We are certified and backed by SPRAT, allowing for the best understanding of all facets of work at height. We draw upon years of experience in rope access, rigging, sailing and industrial work at height to provide a complete host of technical services.

When candidates attend a CRAS training session they are taught and trained by level III SPRAT instructors, leaders in the rope access industry. This allows candidates the best opportunity to prepare for their assessment. CRAS prides itself on proven teaching methodologies and a dedicated learning environment.

We at CRAS look forward to the opportunity to train and prepare your staff for safe and efficient work at height. By holding industry standards and practices we all contribute to a modern and progressive workplace.



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## Course Registration Form

<b>Student Name:</b>	
<b>Course:</b>	
<b>Course Date:</b>	
<b>Phone Number:</b>	
<b>Alternate Number:</b>	
<b>Address:</b>	

If applicable please return this form with the statement of medical conditions form and waiver of liability form. Additionally if taking an IRATA rope access course please provide 3 passport photos or provide a digital head shot (required for registration with IRATA). Payment and a signed liability waiver must be received a minimum of 4 weeks prior to the course date unless otherwise specified.

### Payment details:

Cheques and Money orders are made payable to Canadian Rope Access Specialists Inc.

Preferred Payment Method	
Cash	
Cheque	
Money Order	
Credit Card	
Paid Online	
Other	

<b>Credit Card Type:</b>	
<b>Card Number:</b>	
<b>Security Code:</b>	
<b>Expiry Date:</b>	
<b>Name on Card:</b>	
<b>Signature:</b>	



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## **General conditions for Courses, Training & Workshops** **Canadian Rope Access Specialists – Industrial Access Services**

The “General Conditions for Courses, Training & Workshops of Canadian Rope Access Specialists” apply to all of our courses, training & workshops.

### **Validity**

1. These general conditions apply to all of our course, training and workshops organized by Canadian Rope Access Specialists. In these general Conditions, course is understood to mean a course, training or workshop. Deviations from these general conditions are only valid if and insofar as they are agreed upon in writing.

### **Finalization of the Agreement**

2. The agreement between Canadian Rope Access Specialists and the client concerning the implementation of a course is finalized by a written confirmation of the Canadian Rope Access Specialists tender by the client. The client confirms that he/she knows and accepts these General Conditions.

### **Prices**

3. All prices stated by Canadian Rope Access Specialists are excluding H.S.T. unless expressly stated otherwise.
4. In the Canadian Rope Access Specialists brochures, folders and/or website, the stated price of the course per participant, the course material are included, unless expressly stated otherwise.
5. Canadian Rope Access Specialists reserves the right to modify the course prices and the General Conditions in the interim period. However, any modifications will not affect agreements that have already been finalized.

### **Payment Conditions**

6. The client must complete payment of the course fee within 30 days of receiving the invoice or changes with more than 14 days
7. In cases of late payment or failure to pay, the client is charged the legal interest including H.S.T., as from 30 days after the invoice date for the remaining amount. Any collection costs on late payment are at the expense of the client.

### **Cancellation**

8. Cancellations by the client must always be communicated in writing to Canadian Rope Access Specialists.
9. Cancellations or changes with more than 14 days notice prior to course start date will be charged a \$100 cancellation fee. 50% of tuition fees will be charged for cancellations within 14 days. 100% of tuition fees will be charged for cancellations within 7 days or once course has begun.
10. Canadian Rope Access Specialists reserves the right to cancel a course, without stating reasons, in which case the course fees that have already been paid will be refunded.

**I hereby state that I have read and agreed to the “General Terms and Conditions” presented by Canadian Rope Access Specialists Inc.**

**Print name:** \_\_\_\_\_

**Signature:** \_\_\_\_\_

**Date (dd/mm/yy):** \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_



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**Assumption of risks, waiver of all claims and release of liability.**

**Important:** This document affects your legal rights, by signing this waiver you express contractual assumption of all risks, waiver of and release from all liability for any negligence and indemnity for all claims, including without limitation, negligence.

In consideration of my being permitted by **Canadian Rope Access Specialists** (hereafter referred to as **CRAS**) to participate in rope access or any additional training conducted by **CRAS** or **CRAS** sub-contractors, I agree to the following waiver and release. I understand that participation in Rope Access, working at height and rescue training includes inherent risks some of which include:

- injury sustained in a fall and hitting the wall, projections (permanent or temporary in place), or the floor (including any object or objects resting on the floor)
- injuries resulting from rope management error and normal rope activity on the premises (including abrasion, entanglement, belaying, rappelling and lowering, and rescue scenarios)
- injury due to falling climbers or objects
- cuts and abrasions resulting from bodily contact with equipment
- failure of harnesses, ropes, slings, carabineers or any other hardware or part of the climbing systems and structures at any of the training sites.

I further acknowledge that the previous list is not inclusive of all possible risks associated with rope access and the use of the facilities or training locations, and that previous list in no way limits the extent or reach of this waiver. I for my myself, my heirs, executors, administrators, or anyone else who may claim on my behalf, covenant not to sue, and waive, release, and discharge **CRAS** and its officers, employees, instructors, agents, or representatives (hereafter referred to as its “staff”) from any and all claims or liability for personal injury, death, damage to property or loss of any kind whatsoever and howsoever caused, whether arising by reason of the negligence of **CRAS** or its “staff” or otherwise. In consideration of my use of the **CRAS** facilities, I further hereby agree to hold harmless and indemnify **CRAS** and its “staff” for any and all actions, claims, demands, losses, or costs of any nature to any third party resulting from my use of or presence in the **CRAS** facility or field training locations. I hereby warrant that I am in good health and know of no medical reason that would impair my ability to safely participate in rope access which involved working at height and strenuous physical exertion.

- I am aware of and understand the risks involved with working at heights, rope access and rescue simulations.
- I accept full responsibility for my health being such the strenuous activities involved in working at height, rope access and rescue will in no way aggravate any conditions present.
- I confirm that I am of the full **age of 18** (eighteen) years and I acknowledge I have read and understood all of the above listed point and agree that this agreement will be binding upon my heirs, next of kin, executors, administrators, and successors. I agree that this agreement shall be governed by the laws of British Columbia, Canada.
- This waiver and release shall apply to any courses, which I may take even if not offered by **CRAS**.

<b>Name:</b>	<b>Signature:</b>
<b>Date:</b>	



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## STATEMENT OF MEDICAL CONDITIONS

It should be understood that Industrial Rope Access and Rescue courses of all levels involve a certain amount of physical and mental exertion. Certain medical conditions are a definite contraindication to the safe and successful completion of industrial rope access courses.

Ideally candidates should be in possession of an applicable full industrial medical certificate.

As a minimum we require you to read and sign this form to show you are historically free of the conditions listed below, and that there is no medical reason that would exclude you from participation on a rope access course/assessment.

Principle contra-indications to working at height include the following:

- Heart disease / chest pain
- High blood pressure
- Epilepsy, fits, blackouts.
- Fear of heights /vertigo
- Giddiness / difficulty with balance
- Impaired limb function
- Alcohol or drug dependence
- Psychiatric illness
- Diabetes

If you do not have a medical certificate addressing these points you should sign the following statement.

“To the best of my knowledge I do not suffer from any mental or physical condition, including those mentioned above, which would interfere with my ability to work at height in a satisfactory and safe manner, or put myself or others at risk through my participation in rope access activities.”

<b>Name:</b>	<b>Signature:</b>
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**Complete Medical History**

Due to the risk associated with working at height and in confined spaces and due to the physically demanding nature of these tasks we ask you disclose all medical conditions and allergies you may suffer from, even if you do not believe they will impair your ability to complete the course. This is meant to assist medical staff in the event you become injured or incapacitated during your training. This questionnaire will be held as strictly confidential unless it is required by emergency medical services to ensure proper medical aid. At your request this document will be returned to you or destroyed upon completion of the course.

<b>Existing Medical Conditions:</b>
Are you being treated by a doctor, or do you know of any medical conditions you might have that are not mentioned above? Do you have any diseases or illnesses that may be a consideration to your ongoing medical care? Conditions may include asthma, hemophilia, neurological disorders, bone density issues, cancer, HIV, Hepatitis C, diabetes, depression etc.

<b>Current Medications Taken:</b>
Are you taking any prescription or non-prescription medications or supplements? If yes please list all medications or drugs you may be taking.

<b>Allergies:</b>
Do you have any food or drug allergies? If yes have you ever had an ambulance called or been hospitalized as a result of them? If yes do you carry an Epi pen for them?

<b>Name:</b>	<b>Emergency Contact:</b>
<b>Date:</b>	<b>Emergency Number:</b>



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	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>9:00-10:00</b>	Introduction. Power Point Fall Protection	Knots and theory	Rigging Anchors & Review Knots	Rigging Anchors & Review Knots	Assessments
<b>10:00-11:00</b>	Issue and check of equipment	Warm up, (Changeovers, Passing knots, rope to rope)	Warm Up (all Manoeuvres)	Warm Up (all Manoeuvres)	Assessments
<b>11:00-12:00</b>	R.A.D - (Rapid Ascent or Decent) ID + Mechanical advantage	Small Reelay	Rescue from Decent	Consolidation of Manoeuvres	Assessments
<b>12:00-13:00</b>	R.A.D. – Ascent equipment	Large Reelay	Rescue from Decent	Consolidation of Manoeuvres	Assessments
<b>13:00-14:00</b>	Lunch	Lunch	Lunch	Lunch	Lunch
<b>14:00-15:00</b>	Changeovers	Deviations	Lowering rescue	Mock assessments	Assessments
<b>15:00-16:00</b>	Passing Knots (Isolated damaged sections)	Manoeuvre Practice	Negotiating a 90 degree edge in ascent and decent, passing rope protection	Mock assessments	Assessments
<b>16:00-17:00</b>	Rope to Rope Transfers (Small and Large Theory)	Manoeuvre Practice	Manoeuvre Practice	Advanced Theory	Assessments