

# ARRS - Advanced Rope Rescue Supervision Training program (5 days)

## TRAINING OBJECTIVES:

### Individual objectives:

1. Understand the applicable safety framework for work-at-height and rescue operations (regulations, standards, manufacturer instructions, and recommendations).
2. Master fundamental theoretical concepts related to rope systems (force distribution, angles, resultants, offset masts) and understand their practical applications.
3. Know the different safety methods and be able to implement them as both a system user and a supervisor.
4. Master operational command tools (SOIECS) and risk analysis in real situations (LMRA).
5. Manage a team in simple and complex rescues, prioritize and anticipate actions.
6. Handle degraded situations and control associated risks.

### Collective objectives:

1. Ensure alignment between operators' skills and the requirements of the positions they will hold during company operations.
2. Engage participants in the company's overall risk prevention approach.

## TRAINING CONTENT:

1. Safety framework and prevention standards
2. Fundamental theoretical concepts (forces, resultants, distributions, system analysis)
3. Command tools (SOIECS) and risk analysis tools (LMRA)
4. Accident/incident analysis and operational feedback (RETEX)
5. Optimization of rescue techniques: anticipation, prioritization, tactical decision-making
6. Management of degraded situations (Rescue The Rescuer) and communication

## PREREQUISITES & TARGET AUDIENCE:

- Experienced professionals: rope access technicians, rescue teams/GRIMP, Standby Rescue Supervisors, technical managers
- Recommended minimum prerequisites: IRATA 2, SPRAT 2, IMP2, ITRA 2 or equivalent
- Participants must meet medical requirements (no contraindication to wearing a harness or suspension)

**SCHEDULE:**

**Day 1**

<b>Morning</b>	<b>Morning – Welcome and Introduction</b> <ul style="list-style-type: none"> <li>• Presentation of the objectives and the program</li> <li>• Participants’ expectations</li> </ul>
	<b>Theoretical session (classroom / full group):</b> <ul style="list-style-type: none"> <li>• Role and posture of the supervisor, operational organization</li> <li>• Understanding forces and resultants, system safety</li> <li>• Command tools (SOIECS) and communication</li> </ul>
<b>Afternoon</b>	<b>Workshops and Professional Scenario-Based Exercises</b> <ul style="list-style-type: none"> <li>• Guided workshops: team management and operational command</li> <li>• Diagnostic <b>MSP</b> (Professional Scenario-Based Exercises)</li> <li>• End-of-day debriefing</li> </ul>

**Day 2**

<b>Morning</b>	<b>Theoretical session:</b> <ul style="list-style-type: none"> <li>• Briefing, objectives, and questions</li> <li>• Accident analysis and risk assessment (<b>LMRA</b>)</li> </ul>
	<b>Professional scenario-based exercises (on site):</b> <ul style="list-style-type: none"> <li>• Diagnostic <b>MSP</b></li> </ul>
<b>Afternoon</b>	<b>Professional Scenario-Based Exercises (on site)</b> <ul style="list-style-type: none"> <li>• Guided on-site scenarios</li> <li>• End-of-day debriefing</li> </ul>

**Day 3**

<b>Morning</b>	<b>Theoretical session:</b> <ul style="list-style-type: none"> <li>• Briefing, objectives, and questions</li> <li>• Sharing of <b>RETEX</b> (operational feedback), analysis of tactical choices</li> <li>• Command in degraded situations</li> </ul>
	<b>Professional scenario-based exercises (on site):</b> <ul style="list-style-type: none"> <li>• On-site practical scenarios</li> </ul>
<b>Afternoon</b>	<b>Professional Scenario-Based Exercises (on site)</b> <ul style="list-style-type: none"> <li>• Complex and/or degraded on-site scenarios</li> <li>• End-of-day debriefing</li> </ul>

**Day 4**

<b>Morning</b>	<b>Theoretical session:</b> <ul style="list-style-type: none"> <li>• Briefing, objectives, and questions</li> <li>• Sharing of <b>RETEX</b>, analysis of tactical choices</li> </ul>
	<b>Professional scenario-based exercises (on site):</b> <ul style="list-style-type: none"> <li>• Complex and/or degraded on-site scenarios</li> </ul>
<b>Afternoon</b>	<b>Professional Scenario-Based Exercises (on site)</b> <ul style="list-style-type: none"> <li>• Complex and/or degraded on-site scenarios</li> <li>• End-of-course debriefing</li> </ul>

## Day 5

<b>Morning</b>	<b>Theoretical session:</b> <ul style="list-style-type: none"> <li>• Briefing, objectives, and questions</li> <li>• Written assessment (<b>MCQ</b>)</li> </ul> <b>Professional scenario-based exercises (on site):</b> <ul style="list-style-type: none"> <li>• Large-scale capstone exercise (series of <b>MSP</b> scenarios)</li> </ul>
<b>Afternoon</b>	<b>Professional Scenario-Based Exercises (on site)</b> <ul style="list-style-type: none"> <li>• Additional on-site scenarios</li> <li>• Equipment reconditioning</li> <li>• Final training debriefing</li> </ul>

### **DURATION & FORMAT:**

- In-person training
- 5 days
- 40 hours – Schedule: 8:30 AM / 12:30 PM – 1:30 PM / 5:30 PM

### **SUPERVISION:**

Participants are supervised by a certified rope access instructor SPRAT Level 3 and/or IRATA Level 3, and rescue instructor IMP Level 3 / ITRA Level 3 (the instructor's name will be specified in the training agreement).

### **TRAINING RESOURCES & TEACHING METHODS:**

- Presentation of theoretical content and demonstration of techniques by the instructor
- Practical case studies and scenario-based exercises aligned with the client company's usual and foreseeable work situations

### **ASSESSMENT:**

1. Continuous assessment of participants during practical activities through observation and questioning by the instructor
2. Written knowledge assessment through a multiple-choice questionnaire (MCQ)

### **CERTIFICATION:**

At the end of the training program, participants who demonstrate the acquisition of the required knowledge and mastery of the techniques targeted by the training objectives will receive a named certificate of completion.

### **ACCESSIBILITY:**

Participants with disabilities are invited to contact us to discuss the conditions for accessing the training. Contact email: [evelyne.moreau@elevatedsafety.com](mailto:evelyne.moreau@elevatedsafety.com)