



Sway Mechanika LLC

Accelerated SPRAT curriculum (3 day)

Purpose: This course offering involves 3 training days of immersive SPRAT concepts and practical rope work, with the SPRAT evaluation day as the 4th. The intent is to confirm that applicant possesses the fundamental skills and physical fitness needed for basic rope access maneuvers. A pretest requires a deposit of \$500 and is non-refundable.

Pretest Criteria: Prospective student must demonstrate the following skills-

Knot tying: 25 minutes allowed, properly dressed and one tied correctly in each of the four knot categories (student choice). For hitches, student shall demonstrate ALL listed.

- End anchor knot
 - Figure 8 on Bight
 - Figure 8 Retraced (around object)
 - Scaffold Knot
 - Bowline with Yosemite finish
- End of Line Stopper Knot
 - Half a Double Fishermans (AKA Grapevine)
 - Figure 8
- Bend (Joins 2 ropes together)
 - Double Fishermans (AKA Grapevine)
 - Flemish Bend (Figure 8 Variant)
 - Sheet Bend with Yosemite finish
- Midline Knot
 - Alpine Butterfly
 - Inline Figure 8

Hitches- Tie all:

- 3 wrap Prussik
- Valdotaín Tresse (VT)
- Clove Hitch with safety
- Munter Hitch with Mule Safety

Tower Practical Test:

Prospective students will demonstrate the following skills with a time limit of 25 minutes (gear starts in duffel, as though entering a rescue scene). Helmets and gloves mandatory.

1. Don harness and gear, Ascend 10 Meters, passing midline knot
2. Convert to Descent, passing knot

3. Convert to Ascent, Downclimb on Ascender 2 Meters to ground
4. Backup device must be attached at all times with minimal slack as allowed by manufacturer, knot may **not** be connected to during pass, maintain minimum of 2 points of contact at all times.

Pretest may be performed prior to class by calling 425-263-1220 to schedule. It may also be performed on the start day of class prior to 10 am.