

Vertical Rescue Training Weekend

16th/17th June

Well known climber and trainer, Phil Box, will be conducting a weekend for climbers and abseilers covering vertical rescue at the Murphy's Creek Escape camp ground and Red Cliffs on behalf of FMR. This event has been held for the last 2yrs and has been very popular with anyone who relies on a rope. Even those who have been abseiling for years have picked up pointers and learnt new skills on these weekends. How to attach an injured person to your rope and safely disconnect them from their rope, bypassing knots and many other skills to increase your expertise and safety. More details will be posted closer to the time. Please keep the date and email fmrqld@gmail.com if you are interested in attending.

Cost for the weekend (camping Fri/Sat night and training Sat/Sun) \$50

Basic knowledge of common abseil knots is preferred

Bring your helmet, harness and hardware (ropes provided)

Camping gear and food