

# **IRATA Course Joining Instructions**

## **PRE-COURSE REQUIREMENTS**

### **FIRST TIME CANDIDATES**

Require no previous experience but must be a minimum of 18 years old, physically fit and have an aptitude for working at height.

### **DOCUMENTATION**

Please bring with you Official Photographic ID in the form of a passport or Drivers' License.

### **EXISTING IRATA PERSONNEL**

For recertification or upgrade, please bring your IRATA Logbook\* and ID card as well as a form of Official Photographic ID.

\*All revalidating or upgrading technicians (this also includes previously qualified individuals regardless of time or the fact they may have not worked on the ropes) will have to produce a logbook on the Monday morning or be excluded from the training course. Replacement Logbooks or other certification can be ordered from the IRATA web site [www.irata.org](http://www.irata.org).

### **UPGRADING PERSONNEL**

If upgrading, please ensure you have 1000 logged hours of work experience at your current level and a minimum of 1 year's experience at that level. Please ensure that the hours are verified by being countersigned by a Rope Access supervisor (level 3) or by a member of the employing company management team as per TACS 4.13.1. Hours that are not countersigned may not be included and may result in the assessor denying you an assessment. Hours accrued while being training in rope access do not count towards the working hours required for upgrade and therefore should not be included as part of the 1000hrs. Doing so will result in the assessor denying you an upgrade assessment if the hours fall short of 1000.

Upgrades can only be completed if your certification has not expired on the day of the assessment. First Aid certificates are not required to be assessed at Level 3.

### **REFRESHER TRAINING**

Please bring your Logbook and ID card and ensure that your certification has not expired.

## **MEDICAL**

You should have reasonable fitness as all our training activities are of a physical nature. You will be asked to sign a medical self-certification form on site prior to training commencing. If you have any of the following contra-indications, please contact us prior to attending the course:

- Prescribed medication that may impair physical/mental function
- Alcohol or drug dependence
- Diabetes, high or low blood sugar
- High or low blood pressure
- Epilepsy, fits, blackouts
- Heart disease / chest pain
- Vertigo, Giddiness or difficulty with balance
- Fear of heights
- Impaired limb function
- Musculoskeletal issues e.g. back pain
- Psychiatric illness
- Sensory impairment e.g. blind, deaf

## **COURSE ASSEMBLY**

Your training course will take place at our main office in Kinross. Please report to reception and sign in. All courses begin at 9.00am. If you are delayed or have difficulty finding the training facility, please call: +372 56914241.

## **EQUIPMENT**

All Rope Access PPE equipment required throughout the course will be provided by Kõrgtööde Koolitused OÜ.

## **CLOTHING**

Safety footwear, coveralls and gloves are not mandatory. We recommend comfortable clothing that allows mobility, a top that can easily be removed/replaced without taking off the harness. In the cooler months a jacket is recommended as the training area is all open plan. Footwear should have a fairly stiff sole with decent grip e.g. trainers.

## **FOOD AND REFRESHMENT**

Tea, coffee and a light lunch is included in with the course. We do recommend bringing a sports bottle for water to keep yourself hydrated.

## **PARKING**

Onsite parking is available.

## **DIRECTIONS**

Kõrgtööde Koolitused OÜ

[Lina 5, Tallinn 10314](#)

Estonia

Maps link: <https://maps.app.goo.gl/rD88BuCkJfLkiPs56>

## **ACCOMMODATION**

Ask us, we can recommend variety of local accommodation to suit all budgets.