

## Rope Access Team Competition

### The mission/goal

Rope Access Team Competition is a friendly and fun event where our main goal is to let Rope Access Technicians along with other working at height professionals, get together and exchange ideas on techniques, equipment, rescues etc. whilst competing in a friendly and challenging atmosphere.

### The Challenge of the competition

All teams will receive a map marked with Checkpoints within a designated area. During a 5 hour period the teams will try to find all (or as many as possible) of these designated Checkpoints. When they have found a Checkpoint, the task is to rig their own ropes so that all team members can access the electronic Checkpoint (similar to checkpoints used in orienteering). Points will be accumulated by the team prior to de-rigging their access system.

The Checkpoints will have different values depending on where they are located and how complicated they are to access.

With safety and risk assessment in mind, all teams will start each task with a mandatory stop time for a minimum of 5 min or longer (times will vary depending on the complexity of the access system needed to be created).

The purpose of the mandatory stop time is to give the teams a chance to analyse the risks of respective checkpoints and to think through the task safely. No equipment can be rigged or prepared during this "Stop-time" and only internal team communication and drawings.

Examples of systems that can occur:

- All kind of Rope Access manoeuvres
- Tension lines
- Rope-to-Rope, diviations
- Lifting/Lowering a non-certified person
- Tree access
- Confined Space

Rope Rescue Sweden will hold 2 digital workshops prior to the event in order to help teams prepare for the event.

### The Area

The area is a old industry and has been decommissioned and is not currently in use at the moment, which makes it the perfect area for such an event. The location has a variety of natural and industrial obstacles, which will make for some testing challenges.

The Checkpoints will be spread out over a 2 km<sup>2</sup> area, whereby approximately half of the Checkpoints will be conducted in an industrial environment and the other half in a nature and mine environment.

## Team Members

Each team shall include the following **one (1) Team Leader and two (2) Rope Technicians** with the following requirements:

- The Team Leader will direct and coordinate the team during all scenarios, whilst being fully responsible for the safety of the team members and any third party appointed to the team during specific scenarios. The Team Leader must therefore be specifically trained and experienced to lead a Rope Access team. Team Leader certification requirements are that he/she shall hold an in-date Rope Access L.3 certificate from one of the following trade organizations **IRATA, SPRAT, FISAT** or a similar/comparable work-at-heights certifying body (proof of competence will be required during the application process).
- The Team Leader must understand and be able to communicate clearly in Swedish and/or English.
- The two Rope Technicians need to be certified to a minimum of Rope Access L.1 from one of the following trade organizations **IRATA, SPRAT, FISAT** or similar/comparable work-at-heights certifying body (proof of competence will be required during the application process (both Level 1's and/or level 2's may be used as the two other members of the team)).
- All team members must be in good health and physically capable of carrying out Rope Access activities in all kinds of terrain. A "Health Declaration & Waiver" shall be filled in by respective technicians prior to the competition starting.
- All needed certificates will be checked and verified upon arrival at the venue. Make sure that all certificates are valid at the day of the competition. Contact the organization if you have questions about the certificates.

Teams will not be separated by gender. All are welcome to participate in this competition.

## Personal equipment

All team members must have the following equipment throughout the competition. The following is required as a minimum. Technicians may also have extra equipment, if they are willing to carry it.

- A helmet
- A full body rope access harness
- Ascent and descent equipment (technicians preferred choice)
- A secondary back-up for rope access methods
- Lanyards/cowstails x 3 for eventual AID climbing/work restraint environments)
- Footwear with steel or composite toe protection (working boots)
- Eye protection
- Gloves - Leather or thicker gloves are recommended to be worn wherever a loaded and moving rope is handled.

Note!!! All category/class 3 equipment must be traceable and have the relevant CE & EN standards.

Each team must bring their own equipment. There is no limit on the quantity of equipment within the team, but keep in mind that the team is responsible for carrying the equipment between scenarios. The equipment list may change - information will be sent out at least 1 month before the competition.

## TEAM Equipment:

- 2 x 80m semi-static ropes. Minimal 10.5 mm in diameter or more (EN1891, type A)
- 2 x 60m semi-static ropes. Minimal 10.5 mm in diameter or more (EN1891, type A)
- All necessary equipment to make a 50 metre tension line on two load bearing ropes
- Anchorage - Carabiners and slings/wires of the teams preferred choice
- Rope protectors of choice - Concrete, steel, rock and sharp edges will occur (approved to 90°)
- A digital stopwatch - smartphone is allowed for time keeping purposes
- Throwball – optional but recommended

Have in mind that this is the minimum requirement // The use of a winch, offset arm or tripod is prohibited.

All equipment must be used in accordance with its specification sheet and within the limits imposed by the manufacturer.

- CE marking
- NFPA 1983 classification 'G' or 'T'
- UIAA certification

Certain types of PPE equipment (not class 3) without any marking may still be accepted after analysis (it must be suited for purpose and be traceable). These must be presented at the start of the event. NOTE!!! This does not apply to Category 3 PPE.

The equipment must be in good condition. A PPE check **will not be carried** out at the event. All inspections need to be conducted prior to the competition. **Equipment that has not been inspected may not be used under any circumstances during the event.**

The Team will be responsible for all equipment inspections and equipment being in good condition at the start and throughout the competition.

Note: Equipment damaged during any scenario must be immediately reported to one of the event personnel & inspected, whereby an inspection & analysis of the equipment will be carried out.

#### **Anchor, rigging and technical information.**

The teams are free to use techniques they are comfortable with providing they are safe and in accordance with the Swedish regulations on working at heights.

All competitors must use a minimum of two ropes when being suspended above the ground i.e. Working in suspension and/or where there is a catastrophic risk of the safety system.

All technicians must be attached to an approved anchor when being closer than 2 meters to an exposed edge.

The access methods used during the event will vary, depending on the environment. This may consist of single and/or double rope systems being required. The following work-at-height methods below **may not** apply to the use of a two-rope system (as specified above) and in the following cases may be carried out on a single rope system based on a risk analysis undertaken by the team leader.

The following exceptions:

- When a Rope Access Technician has both feet on the ground or ledge (providing it is wide enough for two technicians to stand on safely & comfortably).
- Climbing a ladder.
- When working in fall protection or rope restraint.

Teams will also be supervised by an external party, who may ask teams to stop activities, if a particular method is deemed too risky. The Team Leader may challenge this using his or her risk assessment and breakdown of the techniques or methodology. If it is still found to be unacceptable penalties will be imposed depending on the severity of the risk. Disqualification could occur if, for example, that safety issues have been ignored and Technicians and/or third-parties are put at risk.

In addition the teams must pay particular attention to the following rules, otherwise penalties may be imposed

- The equipment must be used in accordance with the manufacturer's instructions.
- The fall factor must always be as close to zero as possible and may not under any circumstances be higher than 1



- No unsecured Rope Access Technician may be in a zone designated and marked as dangerous/ out of bounds.
- The access area must be free of threatening environmental factors (i.e. loose rocks etc.)
- Rope tension for tension lines - The ropes must be locked off with an approved descender which can release the tension
- It is forbidden to tension a tension-line through a toothed device at the anchor point. Although, a toothed device may/can be used as a point of attachment for the mechanical advantage, to tighten the system).

Penalties will apply for non-textile equipment dropped onto a hard surface *from height above 2 m*.  
**Inspections on dropped equipment must immediately be carried out and approved by the teams safety supervisor event personnel.**

The following equipment does not have to be doubled up or load shared if it is used in accordance with the manufacturer's instructions:

- Rigging plates
- Reliable anchors

A reliable anchor does not require to be duplicated. For example, a sturdy tree or structural beam can be used to anchor the main rope and the safety rope, if it is deemed to be an unquestionable anchor. Smaller anchor points need to be risk assessed and potentially load-sharing to be made acceptable.

### Checkpoints and penalty

All teams will have a mandatory "Stop-time" before they start to build their system (enabling them to discuss & risk assess) and when the ropes are rigged & ready a **Safety-check** is carried out by the team and the teams safety supervisor before accessing the Checkpoints.

Members of the technical staff from the organizer have the right to stop a team if they see something that is dangerous. This will be looked in too and the decision to carry on will be approved by the main referee. If any dispute arises generally regarding safety or otherwise, the final decision shall be taken by the safety managers and/or a member of the organizer's technical staff.

If a team member gets injured during a manoeuvre, the team will be given a penalty, depending on the severity a disqualification may occur.

Any disputed situation will be settled by the organizers. Disputed situations must be photographed during the competition. The pictures will then be analyzed by the organizing jury at the end of the day.

### Penalties

All participants are required to always know and comply with these regulations. Any behaviour that is contrary to these will be penalized by potential penalty, downgrading or disqualification). The organizers are aware and competent to apply these regulations. Failure to comply with orders given by the organizers along the route and during the trials will result in the downgrading of the team concerned.

The following examples would be regarded are penalties:

- Disturbing other teams
- Unfair and/or aggressive behavior
- Not following the basic rules
- Start rigging before the "Stop-time" has expired - such conduct will be penalized

The following examples would be regarded as disqualification:

- Using only one rope whilst suspended at height
- Sabotaging other teams' efforts (plan and/or equipment etc.)
- Littering in the area
- Vandalism to the area and/or property
- Ignoring the "Stop-time" or a stop directive
- Behaving recklessly/unsafe or accessing a dangerous area / No regard for safety

### **Insurance**

All of the competitors need to be insured individually. The organization does not offer any individual insurance for physical accidents. The teams need to have an insurance that covers possible damage to the property and/or facilities of the landowner.

### **Catering and toilets**

Lunch and dinner will be provided by the organization.

Bring your own water and water bottles.

Toilets are located at site.

### **Entry fee**

1500 SEK /per team member (ex-moms) or 1100 SEK/team member (ex-moms) if you sign up and pay before the 10 of February 2024.

The entry fee includes:

- Rope Access Team Competition T-shirt (team sizes to be confirmed during video workshops)
- Lunch (Teams need to make allergies known to the organization)
- A competition course in a unique old mining area
- Testing of manufacturers rope access equipment
- On-site first response teams for emergency first aid
- Team tracking / digital
- Race maps for your team
- Download of competition photos and videos
- Post competition dinner and presentations of winning team
- Participation in a competition of a lifetime!
- Entry to the prize ceremony

To register your team please send an email to:

[info@vertical-adventures.se](mailto:info@vertical-adventures.se)



### **Event date**

The date of the competition is Saturday 17<sup>th</sup> of August 2024.

### **Event schedule**

**08.00** Check-in, team certification, teams gather & information

**09.00** General safety information & of First Aid point etc.

**10.30** Map hand out, orientation and walk through the area

**11.00** Lunch - sandwich and team leader meeting

**12.00** Start of the competition

**17.00** Competition time closed

**19.00** Prize ceremony and dinner

### **Prize**

The team that gathers most points will be awarded with first place and the first edition of the Team Access CUP and a gift basket filled with climbing equipment.

Main referees for this event are the team Rope Rescue Sweden.

**By signing up and attending this event you will be helping and sponsoring Rope Rescue Sweden to travel and compete in the International Rescue Competitions.**

### **Other information**

Participants accepts that the organization uses photos, videos and testimonies which may be collected during the event and in which the participant may appear. Should a participant not agree to this, they must inform the organization at the registration.

### **Accommodation**

Please contact the organization for more information about accommodation.