



TACTICAL ROPE ACCESS

SCHEDULE

DAY 1

- Safety Protocols and Guidelines
- Knots and Hitches
- Descent Devices, Flat Ground Practice
- Vertical Descent, Belays, Edge Transition
- Ascending
- Debrief

DAY 2

- Reactive Action Procedures
- Mechanical Advantage Overview and Practical Application
- Webbing Overview
- Retrievable Rope Systems
- Debrief

DAY 3

- Pick Offs
- Tight Area Access and Confined Space Considerations
- Team Scenarios (if applicable)
- Debrief

DAY 4

- Urban Climbing
- Suicidal/Jumper Considerations
- Hostage Rescue Access Considerations and Practical Application Exercise
- Testing

32 HOURS OF TRAINING OVER 4 DAYS

The Tactical Rope Access Course (TRAC) is designed to equip SWAT and other specialized tactical personnel with the vertical access skills needed to operate safely and effectively in a wide range of environments, from urban structures to mountainous terrain. The course emphasizes practical rope-based movement, rescue capabilities, and equipment proficiency, using the PACE (Primary, Alternate, Contingency, Emergency) methodology to support decision-making under operational stress. Instruction focuses on simple, highly functional knots and hitches, modern rope technologies, and techniques that complement a team member's primary tactical role, ensuring they can perform vertical access tasks with confidence in high-risk situations.

Note: Students are required to be assigned to a tactical team or other specialized team that requires rope access capability. This is a strenuous course, and students need to be physically fit due to the physical requirements of the course.

LEARNING OBJECTIVES

- Safety Protocols for Rope Operations
- Rope Access Standards
- Essential Knots, Hitches, and Anchor Systems
- Mechanical Advantage Systems
- Conducting Safe and Controlled Vertical Movement
- Insertion, Bailout, and Rescue Techniques
- Tactical Rope Skills options to expand Mission Capabilities