

Fitness Guidelines for Rope Access Training

The following guidelines are provided to help identify suitable candidates for work-at-height. If you have any questions about these guidelines do not hesitate to contact our training department.

GENERAL GUIDELINES

- Minimum age requirement for certification is 18 years
- Good strength-to-weight ratio and average to good cardio fitness level
- Healthy joints and full-function of extremities (especially hands)
- Recommended maximum body weight of 220 lbs for people up to 6 ft tall. Due to equipment limitations, body weight maximum is 285 lbs.
- Will be required to perform moderate to strenuous activities for five consecutive eight hour days
- Each participant must assume all responsibility for monitoring their own physical limitations
- Individuals should abstain from activities that may threaten their health
- Candidates will be expected to keep up with an established course schedule and group pace
- A physical examination by a doctor is recommended

MENTAL APTITUDE GUIDELINES

- Healthy respect for heights
- Consistent safety attitude
- Willingness to learn and improve

PHYSICAL ATTRIBUTE TEST

Candidates wishing to register for rope access training should be able to complete the following tasks in order to successfully attend a rope access training course:

- One chin-up (or pull-up); with chin held above the bar.
- Twenty sit-ups with hands behind head in a two minute period (shoulder blades touching the ground each time)
- Twenty stair steps onto a 16"-18" platform in a two minute period without using hands/arms ([Harvard Step Test](#))

POSSIBLE LIMITATIONS/CONCERNS

- Heart disease or hypertension
- Epilepsy, seizures, or blackouts
- Dizziness or impaired balance
- Severe allergic reaction to insect bites (anaphylactic shock)
- Brittle or uncontrolled diabetes
- Peripheral Vascular Disease (poor blood circulation to extremities)
- Severe hearing loss
- Psychiatric Illness
- Extreme sun sensitivity
- Severe tendonitis or arthritis
- Obesity

Additional Notes:

For those taking a rope access training course for the first time, please note: arm, elbow and shoulder strains are relatively common for course participants not familiar with working on rope. A short warm up, or stretching routine, before the day of training can help minimize the potential for muscle strains and other injuries.

I have had sufficient opportunity to read this entire document. I have read and understood it, and I am able to perform all of the activities listed in the PHYSICAL ATTRIBUTE TEST section and have disclosed any possible limitations/concerns on my Ropeworks registration form.

Signature _____ Print Name _____ Date _____

Address _____