

Confirmation of your place on the IRATA ROPE ACCESS COURSE



Here is some information that you might find useful when you attend your IRATA Course at Access Techniques in Sheffield.

Course Confirmation Details

Aim to arrive between 8.45am and 9.00am ready for a 9.00am start. If you are late on your first day, please call to tell us what's happening: **0114 2737398**

Our Location and your Accommodation

A map, directions and list of local hotels and B&Bs is included overleaf, or our Location map can also be downloaded from our Web Site; www.access-techniques.com

Fitness

A reasonable level of fitness is required. If you are unsure of your suitability, please get in touch first.

What to Wear

We will supply all the personal protective equipment you need to work safely during the course.

Our Sheffield training site is indoors so all you need is comfortable clothing and normal footwear. Steel toe-capped boots are not required, but very soft shoes may be uncomfortable in footloops. Loose, simple trousers (not most jeans) are more comfortable in a harness – tracksuit trousers are a good choice.

Warm clothes may be needed in the large space of the training hall during colder weather, though you will soon get warm climbing the ropes so a fleece or jumper is a better bet than layers of thermals.

Level One Candidates

There is no need to do any work in preparation for the course as our trainers are very experienced at taking people with no prior knowledge successfully through the programme. You will need to sign a medical declaration before taking the course. You can discuss any aspect of the course or the medical declaration in confidence by calling on **0114 2737398** at anytime.

Level Two and Three Candidates

The current requirements to upgrade are a minimum of 1 year's experience and 1000 logged hours at your current level. You will need to bring your log book to show your hours, please ensure this is filled in correctly and that you have all the required hours signed off by the job supervisor. The Assessor WILL NOT assess you without proof of your hours. Please note IRATA are very strict on these requirements.

It is not possible to upgrade if your current qualification has expired (ie over 3 years). If your certification has expired please get in touch for current requirements.

Be prepared to answer questions on relevant legislation, guidelines and best practice. Our training manual has excellent information on these subjects, and your trainer will help you fill any gaps in your knowledge during the course.

Level Three candidates will be required to answer operation, team and site management questions during both the course and assessment. Level Three candidates will also need to undertake suitable First Aid training, but proof is not required for assessment.

Direct entry at Levels 2 and 3 is not currently available in Europe.

Access Techniques Ltd

Norfolk Barracks
76-136 Edmund Road
Sheffield
S2 4EE

Email:
info@access-techniques.com

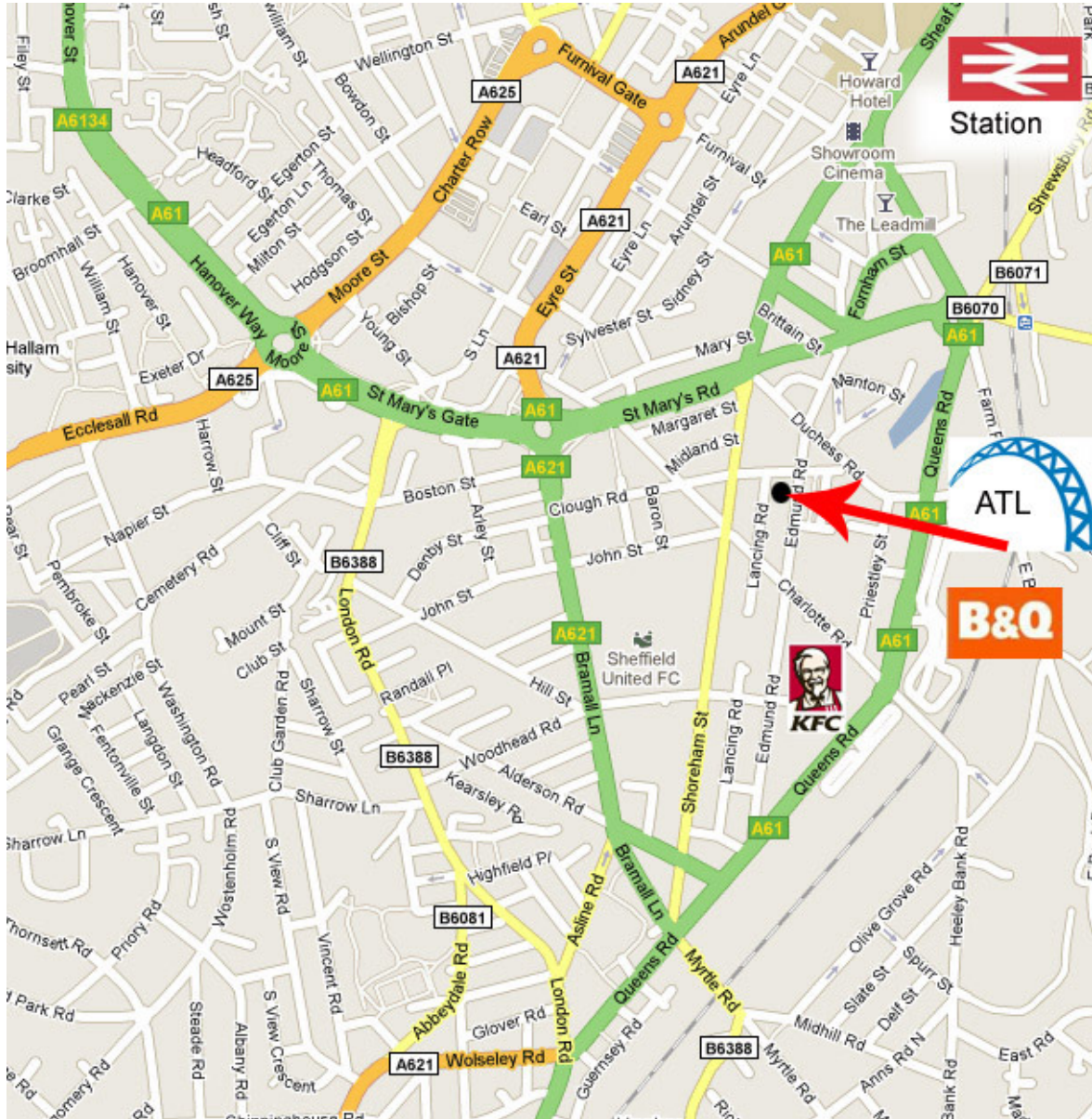
Website:
www.access-techniques.com

Telephone: 0114 2737398
07971 134345 / 07931 563308

Location

We are located 200 yds from the A61 ring road and less than 10 mins walk from Sheffield rail station.

Address: 76-136 Edmund Road, Sheffield, S2 4EE



Our entrance is on Edmund road, through the large white doors, by the large blue sign. If you cannot gain entry please call 0114 2737398.

Parking is available on Edmund road right outside the doors (free but usually full) or in pay-and-display bays further up the street. DO NOT park on the far side of Edmund Road as this is residents only. Unrestricted parking is available 200 metres back up Edmund Road heading away

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From Manchester and the North-West

Take A57 Snake Pass east from Glossop

Follow A57 in to Sheffield to a large roundabout by the Universit

Turn Right (4th exit) onto Inner Ring Road (A6134/ A61)

Continue around Ring Road (A61) crossing two roundabouts

After the second roundabout (Church on right), get in the right hand lane and, at the traffic lights, turn right

Onto Shoreham Street, and take the first left after the zebra crossing

The Old Drill Hall is the red-brick castle on the right, turn right after the frontage and our entrance is on the right.

From London and the South

Leave the M1 at J29, and take the A617 to Chesterfield

At the roundabout, turn right and follow the A61 north through Chesterfield, crossing two roundabouts

Continue on the A61 north (Dronfield by-pass) towards Sheffield

Continue straight on across two roundabouts and follow the A61 into Sheffield and through Woodseats

After going under the Railway bridge, keep right on the A61 (Queens Road)

After 500yds turn left – KFC on left before junction, Screwfix on left beyond junction – onto Charlotte Road

Take the 2nd right onto Edmund Road - The Old Drill Hall is the long red-brick building on the left. Drive to the far end where you will see our sign and white doors on the left.

From The North and the East

Leave the M1 at junction 33, and follow the A630 Sheffield Parkway west towards Sheffield

At the big roundabout (Ponds Forge) at the end of the Parkway, take the third exit onto the A61 South

Follow the A61 past the Railway Station, then get in the middle lane and turn right onto the Inner Ring Road

Immediately take the first left onto Edmund Road (just after Royal Standard pub on left), then after 150yds The Old Drill Hall is the red-brick castle on the right. Carry straight on, and our entrance is the white doors on the right.

Walking from Sheffield Station (10 mins max)

Head straight out of the front and follow the steel fountain sculpture/ urinal round to the left. Continue along the pavement past the 1st pedestrian crossing, and the bus stop to the 2nd pedestrian crossing. You need to follow the smaller street that goes straight on at the junction (right of 'The Stockroom'), so cross the road and head along the far side onto Leadmill Road (Leadmill club on left).

Continue straight on, bearing right along Fornham st - our building is the red-brick castle in the distance - to a small Sainsbury's on the right and a junction with the ring road. Use the crossing on the left opposite the Rotal Standard pub to continue in the same direction up Edmund Road. Keep on up Edmund road along the side of the barracks and our white doors are on the right.

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ACCOMMODATION IN THE AREA

This is a selection of low to medium cost accommodation in no particular order for you to consider. We do not inspect these properties so cannot vouch for their quality, although we have recently revised the list based on information passed to us by 2009 visitors. These properties are at varying distances from the training centre, the city centre and Derbyshire to cater for different tastes. Please check their suitability before booking and let us know if you have any problems.

Address	Typical Price Range	Contact Information
Hotel Sleep 33 Scotland Street Sheffield, S3 7BS	From £30	Tel 07807 065738 www.sleepsheffield.co.uk
Novotel Sheffield 50 Arundel Gate Sheffield S1 2PR	From £69	Tel/Fax: 0114 2781781 www.acorhotels.com E: H1348@accor.com
Gulliver Guest House 167 Ecclesall Road South Sheffield, S11 9PN	B&B from £20 ETC 3 Diamonds	Tel: 0114 262 0729
Nether Edge Hotel 21-23 Montgomery Road Nether Edge Sheffield, S7 1LN	Hotel from £25	Tel: 0114 255 4363 Fax: 0114 255 4737 E: rec@nether-edge-hotel.co.uk
Psalter House 17 Clifford Road, Brincliffe Sheffield S11 9AQ	B&B from £35 ETC 4 Diamonds	Tel: 0114 255 7758 Fax: 0114 255 7758 E: psalterhouse@waitrose.com
Ivory House Hotel 34 Wostenholm Road Sheffield, S7 1LJ	B&B from £22 ETC 3 Diamonds Single, Twin & Triple Rooms	Tel: 0114 255 1853 Fax: 0114 255 1578 E: ivoryhousehotel@amserve.com
Tyndale 164 Millhouses Lane Sheffield S7 2HE	B&B from £22 ETC 3 Diamonds	Tel/Fax: 0114 236 1660
Hardwick House 18, Hardwick Crescent, Sheffield S11 8WB	B&B from £33	Tel: 0114 266 1509 W: www.hardwickhouse.fsnet.co.uk E: peter@hardwickhouse.fsnet.co.uk
The Briary 12 Moncrieffe Road Nether Edge Sheffield S7 1HR	B&B from £30	RAC 4 Diamonds Tel: 0114 255 1951 Fax: 0114 249 4746 W: www.thebriary.co.uk

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