

# 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, **S2 4EE**.

## Course Details

Aim to arrive between 7:45am and 8.00am ready for an 8.00am 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 a google map is also available on our website: [www.access-techniques.com](http://www.access-techniques.com)

## Fitness

Rope access is physically demanding, and a good level of fitness is required. If you are unsure of your suitability, please discuss it with us first – we regret we can't give refunds if you drop out of the course due to a lack of fitness.

## Covid-19 precautions

We have adapted the centre and are running all courses practising social distancing and increased hygiene measures. Please do not attend if you have symptoms and follow the measures once on site. All rescue training is being carried out on dummies or weight bags.

## What to Wear

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

Our Sheffield training site is a controlled, indoor environment 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 are more comfortable in a harness – tracksuit trousers are a good choice (not jeans).

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 a bulky jacket.

## The course

IRATA courses at all levels consist of 4 days training Mon-Thurs followed by an assessment day by an independent IRATA assessor on the Friday. Courses are generally a mix of levels with at least two trainers, so we can accommodate any level any week.

The assessment is fairly strict and critical safety errors will result in failing the course. Typically trainees then do a day or two refresher training before re-assessing the following week. Our pass rates are excellent and committed candidates always leave us with their qualification.

## Level One Candidates

There is no need to do any work in preparation for the course other than being over 18 and fairly fit. 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 to certify your health and fitness. You can discuss any aspect of the course or the medical declaration in confidence by calling on **0114 2737398** at anytime.

### Access Techniques Ltd

Norfolk Barracks  
76-136 Edmund Road  
Sheffield  
**S2 4EE**

**Email:**  
[info@access-techniques.com](mailto:info@access-techniques.com)

**Website:**  
[www.access-techniques.com](http://www.access-techniques.com)

**Telephone:** 0114 2737398  
07971 134345 / 07931 563308

## Level Two and Three Candidates

The current requirements to upgrade are:

- a) a minimum of 1 year's experience at your current level;
- b) be in-date at your current level on the proposed day of assessment;
- c) and logbook with at least 1000 hours at your current level with Level 3 signatures.

You should be competent at your current level and will need to bring your logbook, please ensure this is filled in correctly and that you have all the required hours signed off by the IRATA L3 supervising the job.

Please note IRATA are very strict on these requirements; the Assessor WILL NOT assess you without a completed logbook or allow upgrade attempts if expired.

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.

## Revalidation courses (at all levels)

If not upgrading, all IRATA qualifications must be revalidated every three years. As with all other IRATA courses this requires four days training followed by a day's assessment. We recommend revalidating before expiry but IRATA do allow a grace period before downgrading you to a lower level – please get in touch for current requirements.

## DIRECTIONS

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](#) (map on next page)

### From Manchester and the North-West

Take A57 Snake Pass east from Glossop

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

Turn Right (4<sup>th</sup> 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 – Clough Road

The Old Drill Hall is the red-brick castle on the right, turn right after the frontage onto Edmund Road 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 2<sup>nd</sup> right onto Edmund Road - The Barracks is the long red-brick building on the left. Drive to the far end where you will see our sign and black doors on the left.

### 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

## 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

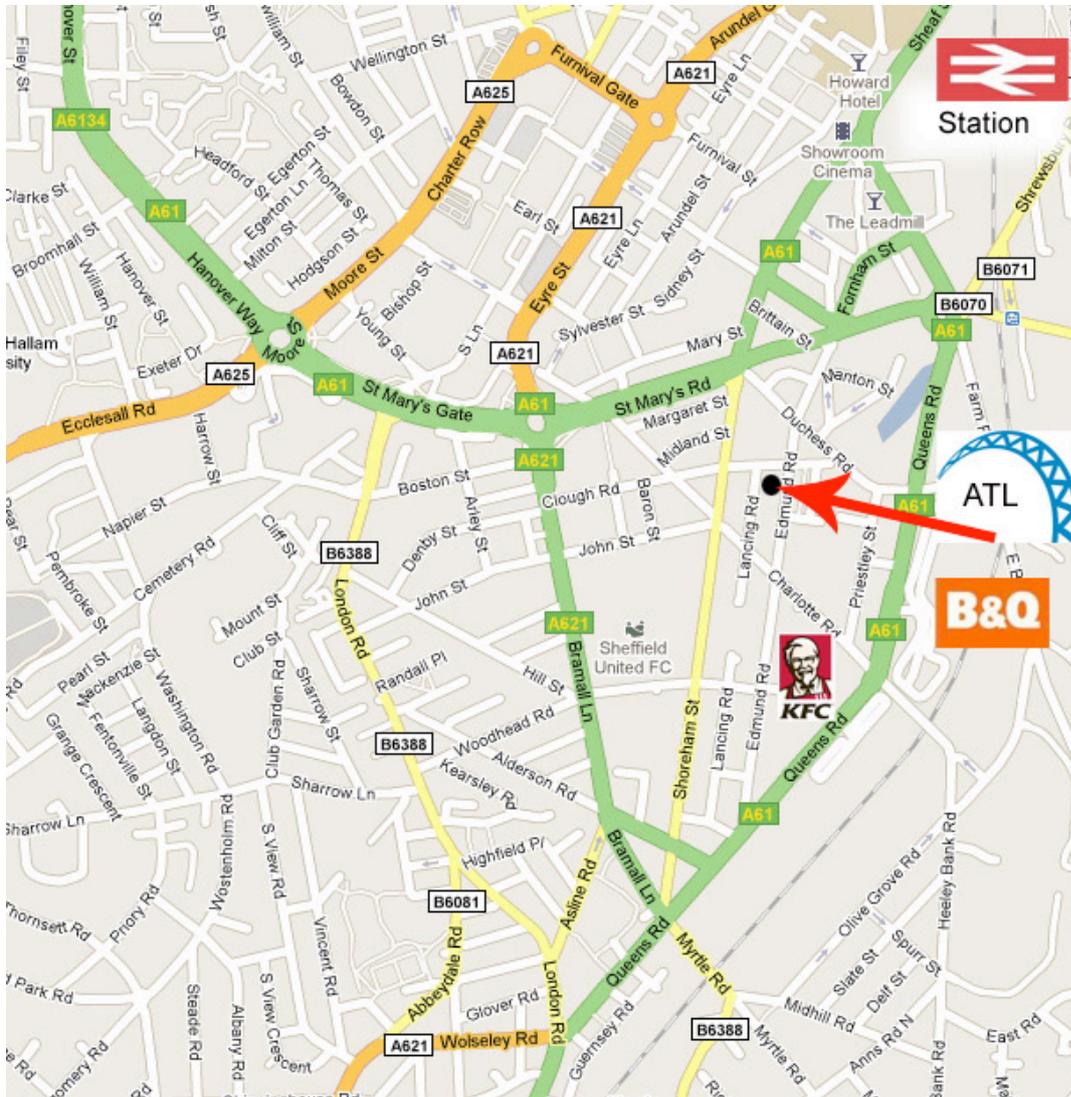
Follow the A61 past the Railway Station, then get in the middle lane and turn right onto the Inner Ring Road

Immediately take the first left onto Edmund Road (just after Royal Standard pub on left), then after 150yds The Barracks 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 of the station and follow the steel fountain 'urinal' sculpture round to the left. Continue along the pavement past the 1<sup>st</sup> pedestrian crossing, and the bus stop to the 2<sup>nd</sup> 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 nightclub on left).

Continue straight on, bearing right along Fornham st - our building is the red-brick castle in the distance - to Hertz rent-a-car on the right and a junction with the ring road. Use the crossing on the left opposite the Royal Standard pub to continue in the same direction up Edmund Road. Keep on up Edmund road along the side of the barracks and our black doors are on the right, by the blue sign. If you cannot gain entry please call 0114 2737398



## Access Techniques Ltd

Norfolk Barracks  
76-136 Edmund Road  
Sheffield  
S2 4EE

## Email:

[info@access-techniques.com](mailto:info@access-techniques.com)

## Website:

[www.access-techniques.com](http://www.access-techniques.com)

## Telephone: 0114 2737398

07971 134345 / 07931 563308

## PARKING

Parking is available on Edmund road right outside the doors (free but often full) or in pay-and-display bays further up the street for £3.60 per day. DO NOT park on the far side of Edmund Road as this is for residents only (signed – Permit Holders Only). Parking wardens patrol regularly. There are various other free parking spots available if you don't mind a short walk.

## 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 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.

### Recommended options:

<b>Address</b>	<b>Typical Price Range</b>	<b>Contact Information</b>
<b>Jury's Inn</b> 119 Eyre Street, Sheffield, S1 4QW	From £47 <i>Subject to availability</i> <i>10 min walk, modern city centre</i>	Tel: 0114 291 2222 <a href="http://www.jurysinns.com/hotels/sheffield">www.jurysinns.com/hotels/sheffield</a>
<b>Hotel Ibis</b> Shude Hill, Sheffield S1 2AR	From £30-£40 <i>Subject to availability</i> <i>15 min walk, modern budget hotel</i>	Tel: 0114 241 9600 <a href="http://www.ibishotel.ibis.com/gb/hotel-2891-ibis-sheffield-city/index.shtml">www.ibishotel.ibis.com/gb/hotel-2891-ibis-sheffield-city/index.shtml</a>
Novotel Sheffield 50 Arundel Gate Sheffield S1 2PR	From £69 <i>Subject to availability</i> <i>15 min walk, modern budget hotel</i>	Tel/Fax: 0114 2781781 <a href="http://www.acorhotels.com">http://www.acorhotels.com</a> E: H1348@accor.com
<b>Mercure Sheffield St Pauls</b> 119 Norfolk street, Sheffield S1 2JE	~£110 inc VAT 4* modern city centre hotel 10-15 min walk from the centre and station Gym, 18m pool, wifi included	<b>0114 2782000</b> <a href="mailto:h6628@accor.com">h6628@accor.com</a>
<b>Hardwick House</b> 18, Hardwick Crescent, Sheffield S11 8WB - Out of the city Centre within walking distance of a good pub and climbing wall.	From £49 - £69 Bed and Breakfast Single and twin rooms available.	Tel: 0114 266 1509 <a href="http://www.hardwickhouse.idnet.com">http://www.hardwickhouse.idnet.com</a> E: <a href="mailto:peterlennox@idnetfreemail.co.uk">peterlennox@idnetfreemail.co.uk</a>
<b>Air BnB</b>	From £25 Several self-catering options within walking distance of ATL	<a href="http://www.airbnb.co.uk/">www.airbnb.co.uk/</a>
<b>North Lees Campsite</b> Birley Ln, Hathersage, Hope Valley S32 1DY	From £7 per night Near Stanage in the Peak National Park, good showers, camping pods and hook-ups 20 min drive	Tel: 01433 650838 <a href="http://www.peakdistrict.gov.uk/visiting/getactive/camping/camping-northlees">http://www.peakdistrict.gov.uk/visiting/getactive/camping/camping-northlees</a> <a href="mailto:northlees.campsite@peakdistrict.gov.uk">northlees.campsite@peakdistrict.gov.uk</a>

### Access Techniques Ltd

Norfolk Barracks  
76-136 Edmund Road  
Sheffield  
S2 4EE

**Email:**  
[info@access-techniques.com](mailto:info@access-techniques.com)

**Website:**  
[www.access-techniques.com](http://www.access-techniques.com)

**Telephone:** 0114 2737398  
07971 134345 / 07931 563308