

ITRA ROPE TECHNICAL RESCUE COURSE



TRAINING TEAM RESCUE

Training Team Rescue SL has facilities of over 300 m² and 13 metres high available for training and training and 13 metres high available for the training and education of the students.

TTR is one of the best training centres in Europe and Latin America for its professionalism Latin America for its professionalism, experience and services. Being centre of reference for many IRATA instructors and consultants from all over the from all over the world.

The TTR team is led by the first accredited IRATA instructor in Spain, with more than 2,000 years of experience. in Spain, with more than 2,000 technicians trained in different countries such as Chile, Peru or Costa Rica, obtaining the highest pass rate in Europe.

IRATA is the highest certification on a worldwide scale for being a professional rope access worker, with more than 70,000 technicians working in working actively.

Our training centre is located 10 minutes away from the Josep Tarradellas Barcelona-El Prat Airport and 15 minutes away from Sants Station from Sants Station (Barcelona), with a good combination of transport and transport and accommodation offers.

HOW TO GET TO OUR FACILITIES?



P FREE PARKING

P PRIVATE PARKING

FGC

M METRO

1 Europa | Fira
FGC - Plaza Espanya
L9 Sud Aeroport T1 - Zona Universit ria

2 Can Tries | Gornal
L10S - Foc - Collblanc
L9 Sud Aeroport T1 - Zona Universit ria

3 Proven ana
L10S - Foc - Collblanc
L9 Sud Aeroport T1 - Zona Universit ria



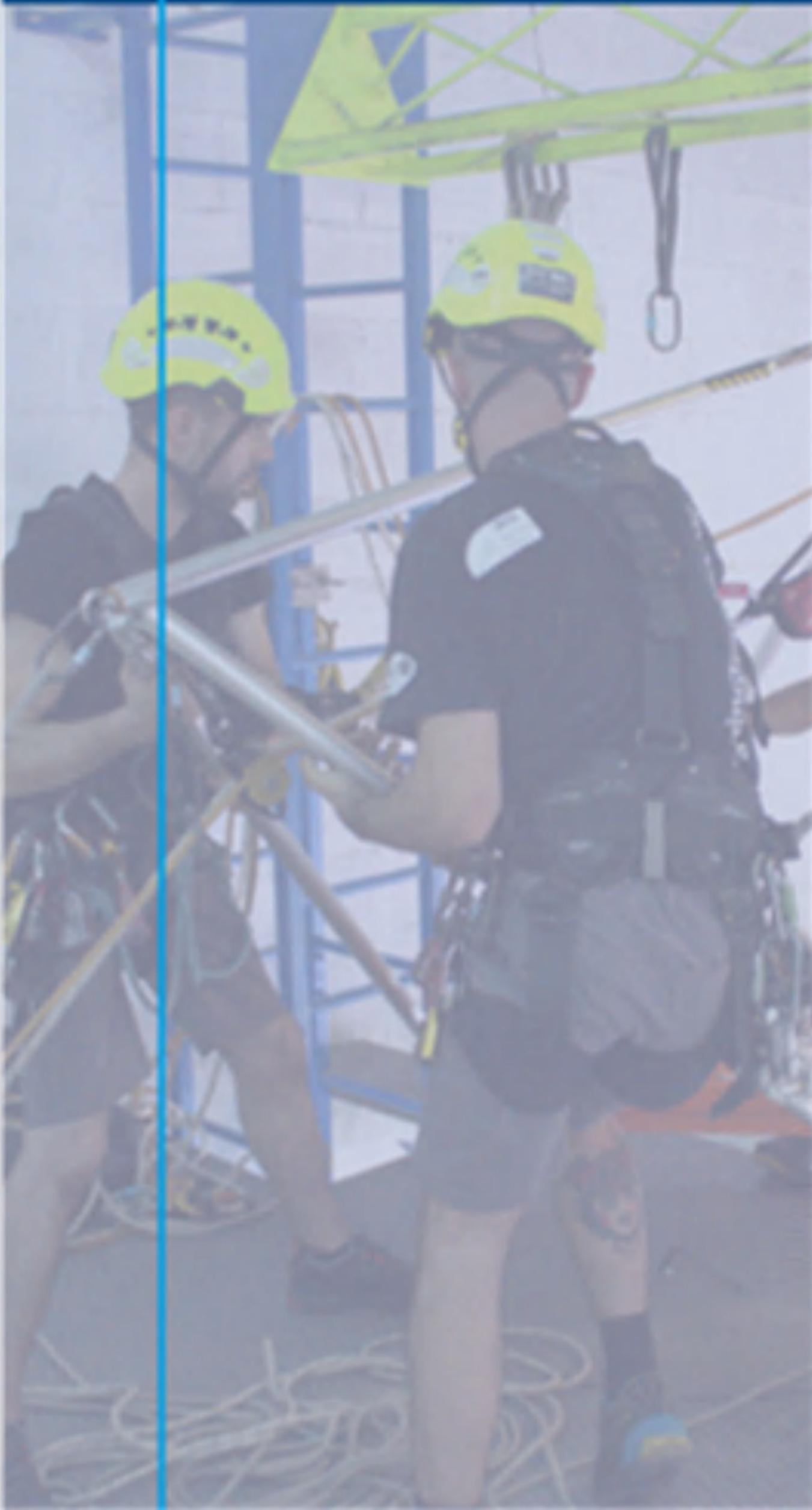
ITRA LEVEL 1

LEVEL 1

ITRA Level 1 technicians must be capable of operating as part of a team on sloped terrain, assisting in the transport of a stretchered patient. The focus is on developing basic personal rope skills in high-angle environments and slope rescue techniques, applied collaboratively.

PARTICIPATION REQUIREMENTS

- › Comfortable working at height.
- › Adequate physical condition and health status to perform physically demanding activities required during assessment, such as:
 - › Carrying equipment and moving through various environments depending on the rope rescue context (wilderness, mountain, industrial, cave, tactical, etc.)
 - › Ascending and descending a rope with gear
 - › Carrying, as part of a team, the standard load of a stretcher when necessary
 - › Disclosure of any medical condition to your instructor(s) and/or assessor(s)
- › Instructors and assessors may have additional requirements, usually based on insurance or legal responsibilities, such as minimum age or medical conditions, to be eligible for courses and assessments.
- › Must be over 18 years old.
- › No prior rope access experience required.



COURSE CONTENT

KNOWLEDGE

- 1 Introduction to ITRA: what it is, how it operates, and its global mission.
- 1 Structure and organisation of rope rescue operations.
- 1 Fundamentals of physics applied to rescue (forces, friction, safety).
- 1 Fundamentals of string systems (how they work and what they are made of).
- 1 Medical considerations in technical rescue scenarios.
- 1 Safety protocols and systems for rope operations.
- 1 Identification and management of hazards during rescue operations.
- 1 Knowledge of basic equipment: ropes, harnesses, helmets, connectors, etc.
- 1 Effective communication in rescue operations.
- 1 Types and uses of essential knots for working with ropes.

PRACTICAL SKILLS

- 1 Performing essential knots for rescue.
- 1 Assembly of a basic mechanical advantage system.
- 1 Use of independent safety systems (belay).
- 1 Protective coating on ropes (on edges or hazardous areas).
- 1 Construction of secure single-point anchors.
- 1 Construction of multiple anchors to distribute load.
- 1 Implementation of safety lines and positioning systems.
- 1 Controlled personal rope ascent.
- 1 Personal descent using ropes and appropriate equipment.
- 1 Change of direction on rope: from descent to ascent.
- 1 Change of direction on rope: from ascent to descent.
- 1 Basic self-rescue techniques in case of emergency.
- 1 Packaging a patient for transport on a stretcher.
- 1 Preparation and movement of stretcher on sloping ground.
- 1 Accompanying techniques as a stretcher assistant on slopes.
- 1 Operation of descent systems for stretchers on slopes.
- 1 Installation and use of inclined lifting systems.



CERTIFICATION AND VALIDITY

OFFICIAL ITRA CERTIFICATION

- › An internationally recognized qualification certificate as a Rope Rescue Technician Level 1, 2, or 3, depending on the level taken. This is different from an attendance certificate; the latter only indicates participation, while certification requires passing a formal evaluation.
- › Es distinta de un certificado de asistencia; este último solo indica que participaste, mientras que la certificación requiere haber superado una evaluación formal.

VALIDITY DURATION

- › Once the level is passed (1, 2, or 3), your qualification remains valid for 3 years in the ITRA database.

REGISTRATION

- › Your qualification is recorded in the ITRA Global Database, accessible to instructors, employers, and recognized bodies. This allows official verification of your competence level.

COURSE INFORMATION

WHO IS THE ITRA LEVEL 1 COURSE FOR?

People with little or no experience in technical rescue who need a solid foundation.

- Members of emergency response teams (firefighters, civil protection, industrial brigades) working in sloped or basic access terrain.
- Volunteers or operational staff in rural, mountainous, or industrial zones requiring basic rope rescue skills.

Occupational health and safety technicians supervising work at height.

COURSE PRICE

FULL COURSE € 890

ITRA REGISTRATION FEE € 25

DURATION

4 days + 1 day of examination by an independent ITRA assessor.



ITRA LEVEL 2

LEVEL 2

Level 2 technicians must be capable of acting as

part of a team in vertical environments with an immobile patient who needs to be transported in a stretcher. The focus is on advanced personal rope skills applied on slopes over 70 degrees and team-based vertical rescue techniques.

- › Comfortable working at height.
- › Adequate physical condition and health status to perform physically demanding activities required during assessment, such as:
 - › Transporting equipment and moving across different environments depending on the rope rescue context (wilderness, mountain, industrial, caving, tactical, etc.)
 - › Ascending and descending rope with gear.
 - › Carrying, as part of a team, the standard load of a stretcher.
 - › Disclosing any medical condition to instructor(s) and/or assessor(s).
- › Instructors and assessors may have additional requirements, usually based on insurance or legal obligations (e.g., minimum age or medical conditions) to be eligible for the course or exam.
- › Must be over 18 years old.
- › Must have completed Level 1 or equivalent training with at least 1 year of experience.

COURSE CONTENT

KNOWLEDGE

- › Intermediate physics in rope rescue
- › Assessment and analysis of complex rescue systems
- › Contingency planning and decision-making in dynamic situations
- › Use of alternative anchors (e.g., vehicles)
- › Evaluation and setup of pre-rigged systems
- › Implementation of back-ties and stabilizing lines
- › Techniques for stretcher transitions at exposed or difficult edges

PRACTICAL SKILLS

- › Operating lowering systems in vertical settings
- › Operating lifting systems in vertical settings
- › Setup and use of various stretchers
- › Ascending and descending rope with knot passes
- › Safe transitions between raising and lowering
- › Use of directional frames (monopod, bipod, tripod)
- › Pick-off techniques for suspended victims
- › Improvised harness setup
- › Use of retrievable rope systems
- › Edge rescues (raise or lower) from difficult access points
- › Team rescues involving suspended victims

CERTIFICATION AND VALIDITY

- OFFICIAL ITRA CERTIFICATION
- VALID FOR 3 YEARS IN THE ITRA GLOBAL DATABASE
- REGISTERED IN THE ITRA GLOBAL DATABASE FOR OFFICIAL VERIFICATION

COURSE INFORMATION

WHO IS THE ITRA LEVEL 2 COURSE FOR?

Rescuers who have completed Level 1 and seek to enhance their technical skills.

Vertical rescue teams working on cliffs, high buildings, industrial structures, caves, or underground galleries.

Team leaders or operations coordinators who need to master techniques like vertical lifting and lowering, complex anchor systems, and patient packaging.

Professionals operating in urban, industrial, tactical, or mountain environments.

COURSE PRICE

FULL COURSE € 890

ITRA REGISTRATION FEE € 25

DURATION

5 days + 1 day of examination by an independent ITRA assessor.



DIRECT ENTRY TO LEVEL 2

Direct entry allows candidates to attempt Level 2 evaluation without having completed ITRA Level 1, provided they have verifiable experience and equivalent competencies.

WHAT IT IMPLIES

- ▶ The candidate completes Level 1 and 2 courses simultaneously.
- ▶ Must demonstrate **all Level 1 and 2 competencies** (theoretical and practical) during evaluation.
- ▶ Suitable for:
 - › Technicians with previous training from other organizations
 - › Individuals with significant technical rescue experience
- ▶ The training center may **request prior documentation or an interview** for acceptance.

COURSE INFORMATION

COURSE PRICE

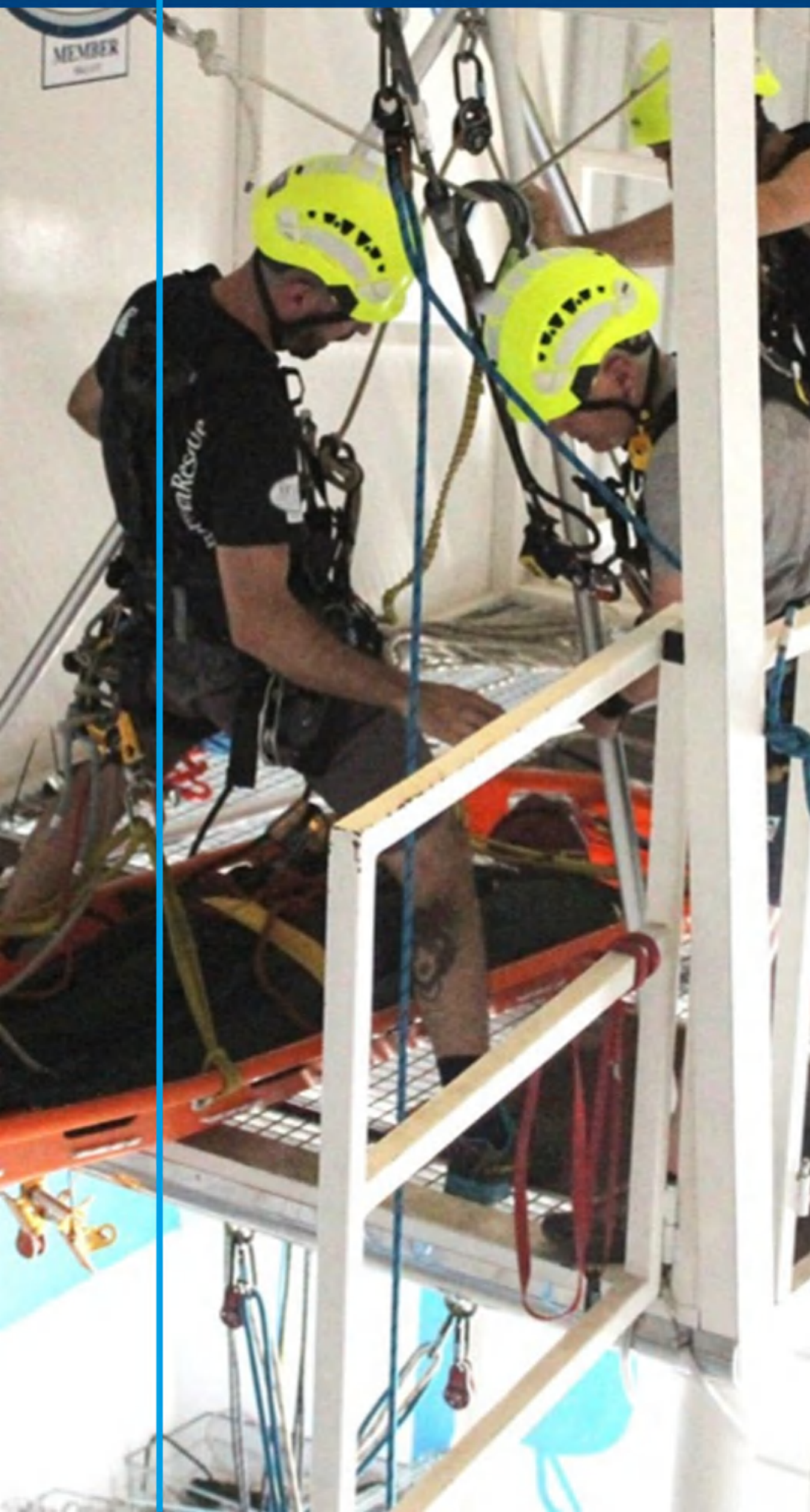
FULL COURSE	€1150
ITRA REGISTRATION FEE	€25

DURATION

5 days + 1 day examination by an independent ITRA assessor

IMPORTANT

If the candidate fails to demonstrate competencies from both levels, no qualification is awarded.



ITRA LEVEL 3

LEVEL 3

Technicians trained to manage highly complex

rescues in suspended or confined environments, such as blind spots or free-hanging areas. Emphasis on advanced techniques, supervision of complex maneuvers, horizontal systems (tyrolean, highlines), and adaptability to changing conditions. Expected to operate with high autonomy and coordination.

COURSE REQUIREMENTS

- › Comfortable working at height.
- › Adequate physical condition and health status to perform physically demanding activities required during assessment, such as:
 - › Transporting equipment and moving across different environments depending on the rope rescue context (wilderness, mountain, industrial, caving, tactical, etc.)
 - › Ascending and descending rope with gear.
 - › Carrying, as part of a team, the standard load of a stretcher.
 - › Disclosing any medical condition to instructor(s) and/or assessor(s).
- › Instructors and assessors may have additional requirements, usually based on insurance or legal obligations (e.g., minimum age or medical conditions) to be eligible for the course or exam.
- › Must be over 18
- › Must have completed Level 1 and Level 2 with at least 1 year since last level



COURSE CONTENT

KNOWLEDGE

- ▶ Advanced physics in rope systems
- ▶ Design and use of advanced anchors (multi-directional, tensioned, shared)
- ▶ Knowledge of applicable international standards and regulations
- ▶ Use of advanced artificial high directionals (AHD)
- ▶ Scenario evaluation (suspended/free-hanging/confined)
- ▶ Horizontal systems (tensioned lines, tyroleans)
- ▶ Considerations for prolonged or multi-stage rescues
- ▶ Risk and environmental control

PRACTICAL SKILLS

- ▶ Setup and operation of horizontal systems: guide lines, tyroleans, reeves
- ▶ Horizontal crossings: highlines with various configurations (English/Norwegian Reeve)
- ▶ Cross-haul operations
- ▶ Pick-off rescues for suspended victims
- ▶ Rope-to-rope transfer
- ▶ Re-anchoring while ascending/descending
- ▶ Advanced AHD systems
- ▶ Low visibility or blind area rescue maneuvers
- ▶ Offset or diagonal guide line implementation
- ▶ Intervening on tensioned rope systems
- ▶ Adapting stretcher team rescues to dynamic conditions



CERTIFICATION AND VALIDITY

- › OFFICIAL ITRA LEVEL 3 CERTIFICATION
- › VALID FOR 3 YEARS
- › REGISTERED IN THE ITRA GLOBAL DATABASE

COURSE INFORMATION

WHO IS THE ITRA LEVEL 3 COURSE FOR?

Experienced rescue technicians holding Level 1 and 2 (or equivalent)

Team leaders or operations supervisors making technical decisions in complex scenarios

Trainee instructors aspiring to become ITRA evaluators or trainers
Professional rescuers working in extreme settings:

- › Exposed cliffs or large vertical walls
- › Urban systems with suspended structures
- › Deep caves or hard-to-access industrial environments
- Remote or suspended environments requiring autonomy, judgment, and improvisation

COURSE PRICE

FULL COURSE	€ 890
ITRA REGISTRATION FEE	€ 25

DURATION

5 days + 1 day of examination by an independent ITRA assessor

BONUS COURSES

ALL TTR COURSESCOURSES
CAN BE SUBSIDISED BY THE
TRIPARTITE FOUNDATION
(VALID ONLY FOR SPAIN)



VISITAR WEB >

TTR with the *Fundación Tripartita para la formación en la formación en el empleo* and for companies to increase their competitiveness and productivity, developing competitiveness and productivity, developing the skills and qualifications of their employees, to this end, they receive economic aid which is made effective effective through rebates on social security Social Security contributions.

The company can decide what training it needs, how and when to carry it out, and organise it itself or entrust it to an external entity. by itself or by entrusting it to an external entity. This includes Individual Training Permits (ITP) (PIF) that the company authorises an employee to take officially accredited studies, including diplomas and certificates of professionalism.



OUR ACCOMMODATION RECOMMENDATIONS

BARCELONA

We have our own accommodation!

We now offer private lodgings just one street away from the training centre.



FE ATURES



NUM. OF PEOPLE
4 people



Kitchen



BEDROOMS
Shared bedroom



Air conditioning /
central heating



NUM. OF BATHROOMS
2 bathrooms



Tv



€150

The training week

€ 100

Deposit

Book in advance!

OTHER OPTIONS IN BARCELONA



Hostal Casa Barceló

RATES RANGE

118€ 5 nights

BOOKINGS

+34 936 677 806

LOCATION

C./ Corsega 226 Ent. 2ª.
08036 Barcelona

sales@casabarcelo.es



Hostel Bestprice

PRICERANGE

59€ per night

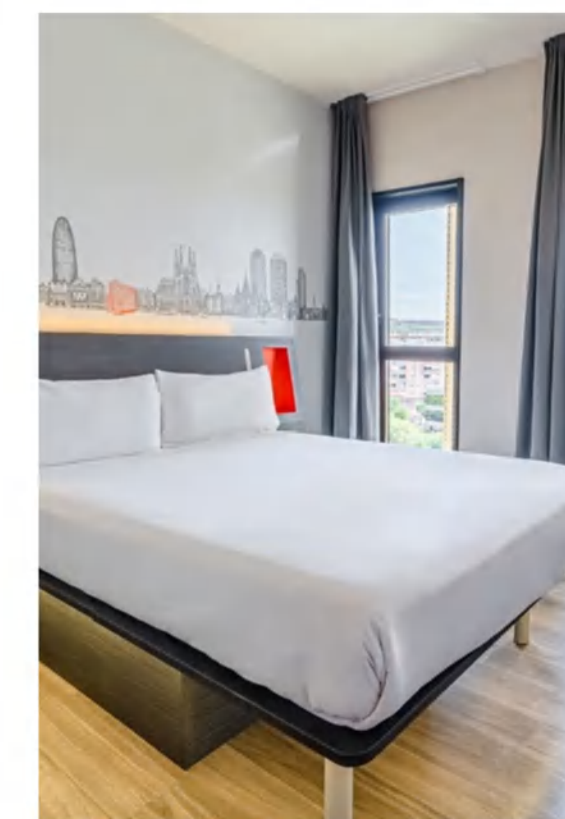
BOOKINGS

+34 934 40 02 57

LOCATION

C./ Comte de Güell 34
08028 Barcelona

stadium@hotelesbestprice.com



Easy Hotel

PRICE RANGE

65€ per night / 290€ 5 nights in a double room

BOOKINGS

+34 931 990 711

LOCATION

Av. de la Granvia, 22,
08902 L'Hospitalet de Llobregat (Barcelona)

barcelona@easyhotel.com



Cosy room in shared flat close to Camp Nou

LOCATION

36 Carrer Orient Principal 1
08904 L'Hospitalet de Llobregat
(Barcelona)



Generator Barcelona

PRICE RANGE

An economical option for renting
from double rooms to rooms for
6 or 8 people from 17€

BOOKINGS

+34 932 200 377

LOCATION

C./ de Corsega 373
08037 Barcelona

ask.barcelona@staygenerator.com



Hostal Carlos III

RATES RANGE

From 35€ per night to 30€ for 3 nights or more.

BOOKINGS

+34 933 790 980 (from 10h to 21h)

LOCATION

C./ Enric Borràs, 50,
08820 El Prat de Llobregat (Barcelona)

mail@hostalcarlosiii.com

BENEFITS FOR STUDENTS OF TTR

10%*

DISCOUNT
IN OUR ONLINE SHOP

www.ttrinternational.com/tienda

*Discount applicable to items that are not on sale.



DISCOUNT ON
THE GWO TRAINING



JOB LISTINGS AND
CAREER GUIDANCE

CONTACT US

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Teléfono: +34 93 106 55 68

Móvil: +34 633 238 515

info@ttrinternational.com

www.ttrinternational.com



FREQUENTLY ASKED QUESTIONS

What equipment should I bring to the course?

You do not need to bring your own PPE; we will provide all the equipment.

What does the course price include?

THE COURSE FEE INCLUDES

- ▶ Theoretical and practical training in technical rope rescue certification.
- The course is aimed at professionals who wish to obtain the technical rope rescue certification.
- ▶ Training provided by renowned professionals in the sector at European level.
- ▶ Full PPE throughout the course for practical training.

Examination fees

An external consultant will conduct your assessment.

Validity of the ITRA certificate

Valid for 3 years

