

## TECHNIQUES, TRAINING & GEAR REVIEWS.

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**SSS Training Day, April 6th, 2013.**

The days training was held at Yellow Rock Lookout in the lower Blue Mountains.

Peter, Justin, Rob, Jasmine, Vince, Yost, Leanne, Verity, Elizabeth, Megan & Ian attended.

I set up a technical SRT course with rebelay, redirects, a knot pass and a small tyrolean (Photos 1, 2, 3).

Not everyone did the course. Some were happy to play on the tyrolean or just practice some abseiling.

We practiced tying knots as well and everyone was able to see what knots were used in various rigging situations.

For some it was a great opportunity to refresh some skills not used in a while, yet for others it was all very new.

Everyone was happy with the venue. The area has many bolts already in place for rigging, there are some great views (Photos 1, 2, 3) and area is within easy driving distance.

The day went so well that I have been asked to run another training day on the day of Tom Santa's winter BBQ, that is, 11th May, 2013 (see page 122).

It will be at the same time and the same place, but I will change the course to keep it interesting.

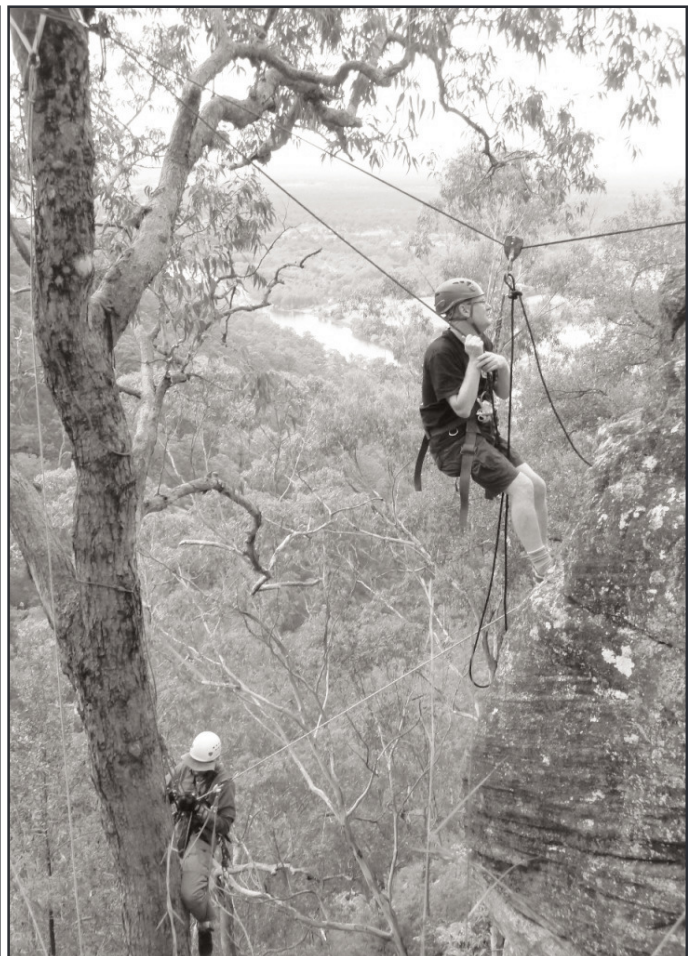
Thanks to everyone who attended and for your positive feedback.



**Photo 1:** Love the Hat! Verity Morris on the Tyrolean. SSS Training Day at Yellow Rock Lookout. **Photo:** Leanne Tuckerman.



**Photo 2:** Elizabeth Webster on the Tyrolean. **Photo:** Leanne Tuckerman.



**Photo 3:** Ian Wild and Yost Preis on the Tyrolean at SSS Training Day at Yellow Rock Lookout, NSW. **Photo:** Leanne Tuckerman.

**JSSS**