



We thank you for choosing AccessRescue to be your training provider. We specialize in industrial safety, rope access, fall protection, competent climber, and rescue training. The following information will assist you with general information about our facilities. Course outlines are available for all of our courses at www.accessrescue.com.

For rope access courses we encourage you to go to:

www.accessrescue.com/course-documents.html

to get all of the latest pertinent course documentation. The SPRAT Safe Practices and Certification Requirements documents are what the written test is based upon.

Oakland, New Jersey Training Facility

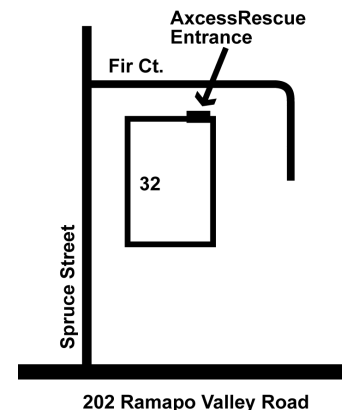
32 Spruce Street

Oakland, New Jersey 07436

Phone 207-620-6169

Our facility entrance is located around the side of the building on the Fir Court side.

There is a small AccessRescue sign on the door at entrance.



Facility opens at 7:30 Course start time: 8:00 am. Please arrive no later than 7:45

Local lunch establishments and a large grocery store are minutes from the facility. A refrigerator is available for student use. Drinking water is provided. We request that you bring a water bottle to reduce waste.

All AccessRescue courses require payment in full prior to start of course.

Course payment can be sent to:

156 Linscott Road

Jefferson, ME 04348



Airports:

La Guardia (LGA) NYC
John F. Kennedy International (JFK) NYC
Newark Liberty National (EWR) Newark, NJ
Stewart International Airport (SWF) Newburgh/New Windsor, NY

Ground Transportation:

It is recommended that those arriving at one of the NYC area airports choose to utilize a rental car.

AxcessRescue takes no responsibility for one's decision to utilize the NJ Transit system nor can we provide you with full details on how to utilize the system for the best travel experience. Our experience is that the system is safe and efficient.

www.njtransit.com

The NJ Transit does provide extensive bus service to northern New Jersey. This bus option can be difficult to understand if one is not accustomed to the use of major metropolitan bus lines. The nearest bus station utilizes the 752 bus and the drop is near Coppertree Mall at Ramapo Valley Road and Yawpo Avenue. This bus stop is one mile from AxcessRescue and is a safe and easy walk (sidewalks) to AxcessRescue.

<http://www.njtransit.com/pdf/bus/T0752.pdf>

NJ Transit also provides rail service to the north New Jersey area. The closest train stations to our training facility are not within walking distance so utilization of the rail lines would require a cab/uber from the train station to AxcessRescue. The nearest train stations are Waldwick and Allendale. Others in the vicinity but further from AxcessRescue are Ramsey Route 17 and Mahwah.



Hotels:

The closest hotel to the AccessRescue training facility is Holiday Inn Express Haskell-Wayne Area.

The following hotels offer AccessRescue students a discount off their lowest rates. ***You must notify them that you are training at AccessRescue to receive the discount rate. If they do not recognize AccessRescue, please work with the associate to ensure correct spelling.***

Best Western Regency House Hotel
140 State Route 23
Pompton Plains, NJ
approximately 10 minutes from our facility
973-696-0900
\$75.00 per night single or double per availability

Holiday Inn Haskell-Wayne Area
303 Union Ave. Haskell, NJ
approximately 12 minutes from our facility
973-839-4405
Manager: Jay Patel

Super 8 Mahwah
160 State Route 17 South, Mahwah, NJ
Exit for 202 Mahwah off Rt. 17
approximately 18 minutes from our facility
201-512-0800
\$75.00 per night single or double per availability

Sheraton Mahwah Hotel
1 International Boulevard, Mahwah, NJ 07495
approximately 18 minutes from our facility
201-529-1114, 800-627-8146
\$149.00 per night single or double
this is an upscale hotel with a substantially reduced rate.

Other area hotels without AccessRescue discount programs include:

La Quinta Inn & Suites Wayne 973-696-8050
There are several hotel choices located in Mahwah, NJ approximately 20 minutes away.

Downtown NYC hotels are another option for those interested in tourist opportunities in the evenings. Most of these hotels are easily accessible by the NJ/NYC transit system and as presented above, use of NJ Transit trains to Waldwick or Allendale, combined with a short cab/uber ride to AccessRescue is a viable option.

Other lodging options:
Airbnb: www.airbnb.com



General Information Pertaining to All AxcressRescue Courses:

Rope Access training is physically demanding and requires a strong level of physical fitness. You will be required to climb and descend structures and rope for the entire duration of the class. Prospective attendees that exceed 240 pounds should contact us prior to course registration. Those with cardiac conditions, obesity, or other physical impairments should see their doctor prior to attempting an AxcressRescue course. AxcressRescue is not, and cannot be responsible for inability to complete a course, or for any condition arising from the exertion required to participate in a course. Refunds are not given for those that cannot complete the course.

All equipment is provided unless prior arrangements have been made to use student or client equipment. Students need only bring suitable footwear. Safety toe footwear is not required. If student has suitable climbing helmet with chinstrap, they may utilize it during training. Snug fitting gloves are recommended but not required.

We sometimes allow students to use their own equipment after we have conducted a full inspection, but we will not supply equipment to accommodate shortcomings of student equipment. What this means is that if the student brings a harness with a poor setup, we are not going to take away class time from the other students to correct those issues.

Required Items for Each Student

- *Long pants. Shorts can be worn during summer training sessions.*
- *Closed toe shoes. Steel toe boots are not required but can be worn.*
- *Snug fitting gloves optional (no utility or fire gloves)*
- *Eye protection (recommended, not required except during work scenarios)*
- *We provide helmets but student may choose to bring personal suitable climbing helmet with chinstrap.*
No fire or construction helmets.

Required Items for SPRAT Certification

1. *Government Issued Identification (drivers license, passport etc.)*
2. *Up-to-date SPRAT logbook with supervisor signatures and cumulative hour totals (Level II's & III's only)*
3. *Minimum of 18 years of age.*

Please feel free to contact us at any time with questions.