WYSOKOŚCIÓWKA.org
ul. Kosmatki 12, 03-982 Warsaw, Poland
NIP 5551899298, REGON 222041458
tel. +48 505-811-112, e-mail: szkolenia@wysokosciowka.org

Warsaw, 18 November 2026

Training offer: CTOMS TRACE

thin-rope systems for rescue and tactical operations in urban environments

PETZL technical partner

Training in the use of thin-rope systems for rescue and tactical operations in urban environments.

CTOMS TRACE is one of the lightest complete rope systems for work at height. It is built around rope of about 6 mm diameter and devices designed specifically for it, including the Quickie Ascender and Quickie Descender. The manufacturer, the Canadian company CTOMS, has been developing rope micro-systems since 2009 and is one of the leaders in this field.

Why thin rope
Standard rope access and rescue equipment is heavy and bulky. For police, military and rescue services this is a real limitation, because every kilogram and every bit of space in the pack is needed for something. TRACE lets you carry a complete kit for rappelling, ascending, lowering and raising that weighs a fraction of traditional equipment. This means rope equipment can always be at hand, not only when an operation is planned from the start as a work-at-height job.

Why training is needed
Thin rope behaves differently from a typical 10 or 11 mm rope. TRACE devices limit force: under a high load they slip along the rope in a controlled way instead of passing the full force to the anchor. This changes the rules for building anchors, systems and belays. The system is intended for experienced users, and the manufacturer requires them to be trained. On the course we teach these rules and show where the limits of the system are.

Who is it for
For counter-terrorism and special units of the police and the military, for rope rescue teams working in cities, and for instructors and rope technicians who want to add lightweight systems to their skills.

Urban environment
The training focuses on operations in built-up areas: on buildings, roofs and structures. We practise moving quickly at height, reaching a casualty, securing and evacuating them, and working with a minimum of equipment, as in real operations.

Scope
Anchors, rappelling, rope retrieval, ascending, lowering and raising, casualty packaging, pick-off, two-rope systems, passing knots, skate block, Tyroleans and reeve.

Options
The 3-day option is for holders of ITRA Rope Rescue L3 or TacRope L3. All other participants take the 5-day option.

CTOMS TRACE – course details

DURATION	**3 days (holders of ITRA Rope Rescue L3 or TacRope L3) or 5 days (everyone else)**
GROUP SIZE	**8 people**
VENUE	**Warsaw area, or at your site by arrangement**
PRICE	**3 days: PLN 4,500 per person, 5 days: PLN 7,500 per person**
PRICE INCLUDES	instructor supervision, equipment and issue of the certificate.

Dates and sign-up: www.wysokosciowka.org/en/courses/ctoms-trace/

Contact: tel. +48 666-202-702, szkolenia@wysokosciowka.org