



California Association of Tactical Officers

Tactical Rope Access Course

Date: 02/16/2026 - 02/20/2026

Tuition: \$1463

POST Control #: 1185-33577-25004

Location: Fire Station #1 Escondido
Escondido, CA 92025

Instructors: Dana Vilander
Greg Simon

Course Description:

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Training Description:

COURSE INSTRUCTORS: The course cadre is led by Dana Vilander, a 32 year veteran of the Los Angeles County Sheriff's Department where he spent over 25 years at the Special Enforcement Bureau working K9, SWAT, Air Rescue/SAR and SWAT Paramedic. Dana has more than 25 years training both U.S. and international tactics, tactical medicine, rope access and rescue, and helicopter operations. This course is POST certified.

STUDENTS ARE REQUIRED TO BRING:

- Bump helmet
- Harness
- Gloves
- Rope Kit to include:
 - 100' 9.5 mm Sterling Tactical Response
 - 2x 1" tubular webbing- 1x30', 1x15' Bluewater or Sterling
 - 2x VT Prusik - Bluewater 7mm
 - 5 carabiners - RockExotica Pirate self-locking
 - 1 carabiner - RockExotica Rock O self-locking
 - 1 Petzl Microtraxion or equivalent
 - 1 Petzl tibloc or equivalent
 - 1 Petzl Rollclip
 - 1 Petzl GriGri descent device
 - 1 Pulley - RockExotica Minipulley or equivalent
 - 16' 6mm Aramid cord
 - Yates 544 technora rappel daisy link
- Any agency-issued rope equipment
- Tactical gear to include weapons and NVGs if available
- Recommended Team Kit:
 - 200-300' ropes x 2 for the tallest building you have
 - CMC commercial adjustable anchor slings
 - Bluewater 4:1. Haul kit
 - Skylotec Spark for negotiator safety
 - Harness for a negotiator
 - Extra carabiners, slings, etc

STUDENTS SHOULD KNOW THE FOLLOWING KNOTS:

Knots, Hitches, Anchors

- a) Figure 8,
- b) Figure 8 on a bight
- c) Overhand
- d) Double Bight Bowline
- e) Alpine Butterfly
- f) Bowline
- g) Bowline with Yosemite Finish
- h) Rigging Bowline
- i) Munter Hitch
- j) Girth Hitch
- k) Clove Hitch
- l) Offset Bound Overhand- tying 2 ropes together
- m) Webbing- Water knot and Frost knot
- n) Single Point Anchors
- o) Basket Hitch
- p) Wrap 3 Pull 2
- q) Wrap 2 pull 4
- r) High Strength Tie Off
- s) Bowline series
- t) Contingency Anchor- for lowering a stuck or injured roper
- u) 2 or 3-point equalized anchor
- v) 2 or 3 point self-equalizing anchor

TRAVEL AND LODGING: This course will begin at 0800 hours on the first day and conclude at approximately 1700 hours on the last day.

Register online at catotraining.org

Questions? Contact CATO's Training Coordinator
Desiree Harrington: dharrington@catotraining.org