



**Australian Government**

**Department of Education, Employment and Workplace Relations**

# **SISOABA302A Apply single pitch abseiling skills on artificial surfaces**

**Release: 2**

## **SISOABA302A Apply single pitch abseiling skills on artificial surfaces**

### **Modification History**

Not Applicable

### **Unit Descriptor**

This unit describes the performance outcomes, skills and knowledge required to independently abseil in single pitch situations on artificial surfaces. This unit includes the application of belaying skills for the protection of self and others. It does not cover setting up or rigging an abseil.

### **Application of the Unit**

This unit applies to those working as abseiling guides or assistant guides in a range of controlled artificial conditions. This unit also applies to outdoor recreation leaders working for outdoor education or adventure providers; volunteer groups; not-for-profit organisations or government agencies.

### **Licensing/Regulatory Information**

No licensing, regulatory or certification requirements apply to this unit at the time of endorsement.

### **Pre-Requisites**

Nil

### **Employability Skills Information**

This unit contains employability skills.

## Elements and Performance Criteria Pre-Content

### Elements and Performance Criteria

#### ELEMENT

#### PERFORMANCE CRITERIA

Elements describe the essential outcomes of a unit of competency.

Performance criteria describe the performance needed to demonstrate achievement of the element. Where bold italicised text is used, further information is detailed in the required skills and knowledge section and the range statement. Assessment of performance is to be consistent with the evidence guide.

1. Plan for the abseiling activity.

- 1.1. Identify and plan ***food and water requirements*** according to the duration of the activity.
- 1.2. Identify and select an appropriate activity site after consideration of ***relevant legislation*** and ***organisational policies and procedures***.
- 1.3. Identify associated ***hazards*** and procedures to minimise ***risks*** to abseiler and belayer on ***artificial surfaces***.
- 1.4. Access ***relevant sources*** to interpret detailed ***weather and environmental information*** to determine activity plan, where applicable.
- 1.5. Establish a suitable ***communication system*** to use while abseiling and belaying with other participants.

2. Select and utilise appropriate equipment.

- 2.1. Select and use ***equipment*** in a safe and efficient manner, after consideration of ***contextual issues***.
- 2.2. Adjust and fit equipment to ensure personal comfort and safety.
- 2.3. Select and attach ***descending device*** to the rope and tie ***knots*** suitable to the ***belay system*** being used.
- 2.4. Complete all necessary personal and equipment ***safety checks*** prior to commencing abseiling and or belaying.
- 2.5. Apply ***safety procedures*** at top and bottom of descent site to minimise risk.

3. Demonstrate abseiling technique.

- 3.1. Display correct posture and technique while abseiling, using single and double rope.
- 3.2. Maintain effective communication between abseiler and belayer throughout the descent.
- 3.3. Apply safe and correct ***abseiling techniques***.
- 3.4. Negotiate ***simple obstacles*** and avoid or remove hazards to descend in a controlled manner.
- 3.5. Apply safety procedures at top and bottom of

**ELEMENT****PERFORMANCE CRITERIA**

- descent site to minimise risk.
4. Demonstrate belaying technique.
- 4.1. Establish belaying position by moving body in relation to ***belay device*** that allows effective use of belay system.
  - 4.2. Demonstrate a safe and efficient escape from a belay system, and attachment of belayer to an anchor to minimise movement during a fall.
  - 4.3. Maintain rope tension to ensure fall distance is minimised whilst not restricting abseiler movement.
  - 4.4. Monitor abseiler progress constantly and respond appropriately to abseiler calls.
  - 4.5. Arrest falls promptly using technique suitable to the belaying device and situation.
  - 4.6. Demonstrate attachment to alternate belay or safety system when self-belaying to maintain safety in the event of a fall.
  - 4.7. Apply safety procedures at top and bottom of descent site to minimise risk.
5. Evaluate abseiling activity.
- 5.1. Receive feedback on performance from leader.
  - 5.2. Evaluate ***relevant aspects*** of abseiling and belaying.
  - 5.3. Identify improvements for future abseiling activities.

## Required Skills and Knowledge

This section describes the skills and knowledge required for this unit.

### Required skills

- communication skills to inform progress and interact with abseiler and or belayer
- problem-solving skills to:
  - identify and negotiate obstacles and hazards when abseiling
  - assess application of rope tension when belaying
- rope handling skills to maintain adequate rope tension when belaying
- first aid and emergency response skills appropriate to the location to enable initial response to emergencies and personal health care.

### Required knowledge

- relevant legislation and organisational policies and procedures to enable safe conduct of abseiling activities
- equipment types, characteristics and technology used for abseiling on artificial surfaces, the advantages and disadvantages of the range of equipment, and factors affecting appropriate selection of equipment
- care and maintenance of abseiling equipment to ensure prolonged life span and safety requirements
- abseiling techniques and common communication methods and calls used between abseilers and belayers to reduce risk during abseiling on artificial surfaces
- belay techniques and devices appropriate for single pitch surfaces
- technical abseiling knowledge, such as common techniques and procedures to suit the features of the surface
- weather and environmental information to ascertain possible conditions and their affect on the activity
- hazards that may be experienced in an artificial abseiling environment
- emergency procedures, potential hazards and obstacles relevant to the location to ensure safety of self and others.

## Evidence Guide

The evidence guide provides advice on assessment and must be read in conjunction with the performance criteria, required skills and knowledge, range statement and the Assessment Guidelines for the Training Package.

### Overview of assessment

#### Critical aspects for assessment and evidence required to demonstrate competency in this unit

Evidence of the following is essential:

- applies relevant processes to plan for abseiling and belaying activities, and identifies procedures to minimise potential hazards and risks
- selects and fits equipment independently and carries out safety checks to ensure effective working order
- arranges a suitable communication system with abseiler, when belaying, to monitor progress
- negotiates obstacles and hazards during abseiling, and adapts quickly to problems or issues that may arise to ensure safety of self and other participants
- evaluates and reflects on own abseiling and belaying performance to identify strengths, weaknesses and areas that need improvement.

#### Context of and specific resources for assessment

Assessment must ensure participation in abseiling and belaying activities on single pitch artificial surfaces, that are of a sufficient duration to demonstrate competency and consistency of performance.

Assessment must also include access to:

- resources and information regarding abseiling and belaying, to accurately plan for the activity
- a suitable artificial single pitch abseiling site with simple obstacles and features that allow participant to demonstrate abseiling skills
- other abseiling participants, to assist with belaying
- equipment such as harnesses, helmets, belay devices, descending devices, ropes, gloves, karabiners and first aid equipment.

#### Method of assessment

A range of assessment methods should be used to assess practical skills and knowledge. The following examples are appropriate for this unit:

- oral or written questioning to assess knowledge of relevant legislation and organisational policies and procedures to enable safe conduct of all abseiling activities
- observation of safe participation and demonstration

of abseiling and belaying skills, such as communicating with abseiler or belayer to inform of progress

- observation of dealing with contingencies, such as equipment misuse or change in weather or abseiler entrapment
- third-party reports from a leader detailing performance.

Holistic assessment with other units relevant to the industry sector, workplace and job role is recommended, for example:

- SISOABA303A Establish ropes for abseiling on artificial surfaces
- SISOVTR301A Perform vertical rescues.

## Range Statement

The range statement relates to the unit of competency as a whole. It allows for different work environments and situations that may affect performance. Bold italicised wording, if used in the performance criteria, is detailed below. Essential operating conditions that may be present with training and assessment (depending on the work situation, needs of the candidate, accessibility of the item, and local industry and regional contexts) may also be included.

***Food and water requirements*** may include:

- range of foods
- perishability
- packaging.

***Relevant legislation*** may include:

- occupational health and safety
- permits or permission for access
- environmental regulations.

***Organisational policies and procedures*** may include:

- occupational health and safety
- use and maintenance of equipment
- communication protocols
- emergency procedures
- code of ethics.

***Hazards*** may include:

- fitting and fixtures
- surface irregularities
- dangerous animals and insects
- slippery surfaces.

***Risks*** may include:

- emotional risk
- injuries
- exhaustion
- equipment and misuse.

***Artificial surfaces*** may include:

- portable or fixed walls
- fixed towers or bridges
- indoor or outdoor
- single pitch.

***Relevant sources*** may include:

- Bureau of Meteorology
- media
- land managers or agencies
- local knowledge.

***Weather and environmental information*** may include:

- satellite images
- daily and weekly forecasts
- maximum and minimum temperatures
- weather events
- event warnings
- synoptic charts.

***Communication system*** may include:

- calls
- radio
- hand signals
- whistles.

***Equipment*** may include:

- helmets
- protective clothing
- karabiners
- harnesses
- gloves
- belay device
- descender
- rope
- first aid kit.

***Contextual issues*** may include:

- weather conditions, including times
- season
- transport
- location
- trip distance and duration
- group objectives
- group size.

***Safety checks*** may include:

- A - anchors - secure and suitable to application
- B - buckles - locked as per manufacturers recommendations
- C- connector - locked, secured and orientated
- D - devices - threaded correctly and secured
- E - organisation specific procedures including; end or rope knots, friction hitches, belayer ready, helmet chin strap, clothing, jewellery and hair secured.
- F- friend - cross check.

***Descending device*** may include:

- auto locking devices
- circular devices
- plate devices
- tubular devices
- improvised devices
- inline devices.

***Knots*** may include:

- rethreaded figure 8
- figure 8 on bight
- friction hitches.

***Belay system*** may include:

- top belay
- bottom brake

- self belay.
- Abseiling techniques*** may include:
  - expedition abseil
  - sports abseil
  - forward rundowns.
- Simple obstacles*** may include:
  - ledges
  - overhangs
  - squeezes
- Belay device*** may include:
  - plate devices
  - auto locking devices
  - tubular devices
  - figure 8
  - inline device
- Safety Procedures*** may include:
  - A - anchors - secure and suitable to application
  - B - buckles - locked as per manufacturers recommendations
  - C - connector - locked, secured and orientated
  - D - devices - threaded correctly and secured
  - E - organisation specific procedures including; end or rope knots, friction hitches, belayer ready, helmet chin strap, clothing, jewellery and hair secured.
  - F - friend - cross check.
- Relevant aspects*** may include:
  - objectives
  - planning process
  - activity site
  - weather
  - equipment selection
  - clothing selection
  - food selection
  - instructional content
  - instructional technique
  - assessment technique
  - group feedback
  - directing techniques
  - rescue techniques employed.

## **Unit Sector(s)**

Outdoor Recreation

## **Competency Field**

Abseiling artificial surface