



**Australian Government**

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

# **SISOABN303A Apply single pitch abseiling skills on natural surfaces**

**Release: 2**

## **SISOABN303A Apply single pitch abseiling skills on natural 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 natural 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 assistant abseiling leaders or support staff under supervision in a range of controlled natural conditions.

This unit may also apply to 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.

- |   |  |
|---|--|
| <p>1. Select and utilise appropriate equipment.</p> | <p>1.1. Use <b><i>equipment</i></b> in a safe and efficient manner.</p> <p>1.2. Adjust and fit equipment to ensure personal comfort and safety.</p> <p>1.3. Complete all necessary personal and equipment <b><i>safety checks</i></b>, prior to commencing abseiling and or belaying.</p> <p>1.4. Attach <b><i>descending device</i></b> to the abseil rope being used.</p> <p>1.5. Apply safety procedures at top and bottom of descent site to minimise risk.</p>  |
| <p>2. Demonstrate abseiling technique.</p>          | <p>2.1. Display correct posture and technique while abseiling, using single and double rope.</p> <p>2.2. Maintain effective <b><i>communication systems</i></b> between abseiler and belayer throughout the descent.</p> <p>2.3. Apply safe and correct <b><i>abseiling techniques</i></b>, to minimise injury in the event of a fall.</p> <p>2.4. Negotiate simple <b><i>obstacles</i></b> and avoid or remove hazards to descend in a controlled manner.</p> <p>2.5. Demonstrate techniques that minimise damage to the environment while abseiling.</p>                                   |
| <p>3. Demonstrate belaying technique.</p>           | <p>3.1. Establish belaying position by moving body in relation to <b><i>belay device</i></b> that allows effective use of <b><i>belay system</i></b>.</p> <p>3.2. Demonstrate a safe and efficient escape from belay system, and attachment of belayer to an anchor to minimise movement during a fall.</p> <p>3.3. Maintain rope tension to ensure fall distance is minimised whilst not restricting abseiler movement.</p> <p>3.4. Monitor abseiler progress constantly and respond appropriately to abseiler calls.</p> <p>3.5. Arrest falls promptly using technique suitable to the</p> |

**ELEMENT****PERFORMANCE CRITERIA**

- belaying device and situation.
- 3.6. Identify a situation where a self belay system or bottom brake system would be required.
- 3.7. Demonstrate use of a self belay or bottom brake system to maintain safety in the event of a fall.
4. Evaluate abseiling activity.
- 4.1. Evaluate *relevant aspects* of abseiling and belaying.
- 4.2. 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 whilst participating in activity
- problem-solving skills to:
  - negotiate obstacles and hazards when abseiling
  - assess application of rope tension when belaying
- rope handling skills to maintain adequate rope tension when belaying
- self belaying or bottom brake skills to maintain personal safety in the absence of top rope belay
- Tie off skills to protect or safeguard abseiler when belayer escapes from system.

### Required knowledge

- minimal impact codes to ensure protection of the environment
- equipment types, characteristics and technology used for abseiling on natural 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 single pitch natural surfaces
- belay techniques and devices appropriate for single pitch surfaces
- technical abseiling knowledge, such as techniques and procedures to suit the features of the surface
- basic weather and environmental information to ascertain possible conditions and their affect on the activity
- hazards that may be experienced in a natural 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:

- correctly 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 natural surfaces that are of a sufficient duration to demonstrate competency and consistency of performance.

Assessment must also ensure access to:

- a cliff 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 and karabiners.

#### 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:

- 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 failure or change in weather
- third-party reports from a supervisor detailing performance.

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

- SISOABN304A Establish ropes for single pitch

abseiling on natural 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.

***Equipment*** may include:

- helmets
- protective clothing
- karabiners
- harnesses
- gloves
- belay device
- rope
- anchors
- footwear.

***Safety checks*** may include:

- A - anchors - secure and suitable to application
- B - buckles - locked as per manufacturers recommendations
- C - connectors - locked, secured and orientated
- D - devices - threaded correctly and secured
- E - everything else including end of 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.

***Communication system*** may include:

- calls
- radio
- hand signals
- whistles.

***Abseiling techniques*** may include:

- walking backwards
- bouncing backwards
- forward rundowns.

***Obstacles*** may include:

- ledges
- trees



- water
  - overhangs.
  - plate devices
  - auto locking devices
  - tubular devices.
- Belay device*** may include:
- top belay
  - bottom brake
  - self belay.
- Belay system*** 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
  - natural surface features
  - abseiling techniques.
- Relevant aspects*** may include:

## **Unit Sector(s)**

Outdoor Recreation

## **Competency Field**

Abseiling natural surface