



Australian Government

SISOABS001 Abseil single pitches using fundamental skills

Release: 1

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Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to abseil single pitches at a fundamental skill level and to belay other abseilers.

It applies to assistant leaders and support staff who use these skills when assisting with the delivery of recreational abseiling activities for groups of participants. They work under close supervision, and according to instructions and guidance provided by supervising activity leaders who may be guides or instructors.

This unit applies to any type of organisation that delivers outdoor recreation activities including commercial, not-for-profit and government organisations.

No occupational licensing, certification or specific legislative requirements apply to this unit at the time of publication.

Pre-requisite Unit

Nil

Competency Field

Abseiling

Unit Sector

Outdoor Recreation

Elements and Performance Criteria

ELEMENTS

PERFORMANCE CRITERIA

Elements describe the essential outcomes

Performance criteria describe the performance needed to demonstrate achievement of the element.

1. Prepare for the abseil.

- 1.1. Select clothing, footwear and personal protective equipment suitable for the abseil and conditions.
- 1.2. Confirm activity safety and emergency response procedures to ensure compliance during activities.
- 1.3. Confirm protocols for communications between abseiler and belayer.
- 1.4. Discuss and identify, with supervising leader, position of

- natural features and the abseil route.
- 1.5. Attach descending device to abseil rope and tie knots suitable for the established belay system and check with supervising leader.
 - 1.6. Complete equipment safety checks prior to abseiling or belaying.
2. Abseil using single pitch descent techniques.
 - 2.1. Use safety procedures at top of and throughout descent to minimise risk to self and others present.
 - 2.2. Use appropriate posture and abseiling techniques to execute descents.
 - 2.3. Safely approach, avoid or negotiate hazards to descend in a controlled manner.
 - 2.4. Maintain effective communication with belayer throughout descent.
 3. Belay abseilers under supervision.
 - 3.1. Avoid or negotiate hazards and use safety procedures to minimise risk to self and others present.
 - 3.2. Establish belaying position and attach self to anchor, as required, to allow effective and safe use of belay system.
 - 3.3. Maintain rope tension to minimise fall distance and ensure abseiler movement is not unduly restricted.
 - 3.4. Monitor abseiler progress constantly, and maintain clear communication with abseiler.
 - 3.5. Arrest falls promptly using technique suitable to belaying device and situation, and seek leader's assistance to allow abseiler to continue.

Foundation Skills

Foundation skills essential to performance in this unit, but not explicit in the performance criteria are listed here, along with a brief context statement.

SKILLS	DESCRIPTION
Reading skills to:	interpret detailed and familiar organisational safety and emergency response procedures.
Oral communications skills to:	use clear and unambiguous verbal and non-verbal communications to make intent known.
Numeracy skills to:	estimate load on ropes to determine appropriate tension for abseiling and belaying.
Teamwork skills to:	cooperatively work with supervising leader to take direction.

Unit Mapping Information

No equivalent unit.

Links

Companion Volume Implementation Guides -

<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=1ca50016-24d2-4161-a044-d3faa200268b>