



Australian Government

SISOABS003 Abseil single pitches, natural surfaces

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 on natural surfaces such as cliff faces. It also requires the ability to belay abseilers and to self-belay.

It applies to leaders, guides or instructors who use these skills when leading participants during abseiling activities. Leadership skills are provided in complementary units. The unit can also apply to assistants and support staff.

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

Elements describe the essential outcomes

1. Prepare for the abseil.

PERFORMANCE CRITERIA

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

- 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. Interpret route description; identify 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.
 - 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.
 - 2.5. Use techniques that minimise damage to equipment and the surface during abseil.
 3. Belay abseilers during single pitch descents.
 - 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.
 - 3.6. Safely and efficiently secure abseiler using tie off techniques; release tie off and allow abseiler to continue.
 4. Self-belay during single pitch descents.
 - 4.1. Attach self to suitable belay device for descent with back up to maintain safety in the event of a fall.
 - 4.2. Use appropriate posture and abseiling techniques to execute self-belayed descents.
 - 4.3. Control self-belay system to execute safe and controlled descents.
 - 4.4. Utilise features of back up belay system in the event of a fall to self-arrest, self-rescue and complete descent.

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:	visually estimate angles, estimate load on ropes to determine appropriate tension for abseiling and belaying.
Planning and organising skills to:	manage own timing to complete activities within planned timeframes.

Unit Mapping Information

No equivalent unit.

Links

Companion Volume Implementation Guides -

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