



**Australian Government**

# **Assessment Requirements for SISOABS004 Abseil multi pitches, natural surfaces**

**Release: 1**

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## Modification History

Not applicable.

## Performance Evidence

Evidence of the ability to complete tasks outlined in elements and performance criteria of this unit in the context of the job role, and:

- complete the following multi pitch abseils on at least two different routes:
  - a total of four descents with a belayer
  - a total of three self-belayed descents with one of those descents as last person down using a doubled rope descent
- during each of the above abseils, consistently:
  - follow safety procedures and safely negotiate hazards to descend in a controlled manner
  - connect self to abseil and belay system using appropriate device and or knots
- complete two additional self-belayed descents, simulating a self-arrest and self-rescue to complete the descent
- belay abseilers according to safety procedures, and complete the following:
  - three top rope, top belayed descents
  - one bottom braked descent
  - two simulated abseiler falls, and safely and efficiently secure and release abseilers to continue.

## Knowledge Evidence

Demonstrated knowledge required to complete the tasks outlined in elements and performance criteria of this unit:

- organisational safety and emergency response procedures for abseiling activities
- purpose, features, and correct fit for safety, of personal protective equipment for abseiling on natural surfaces to include:
  - clothing
  - footwear
  - gloves, advantages and disadvantages
  - abseiling/climbing helmets
  - harnesses of different types, advantages and disadvantages
- features, functions and operation of abseiling equipment used on natural surfaces:
  - carabiners

- static and dynamic rope and when each might be used
- tape
- sewn sling
- personal attachment systems, including cow's tails
- Prusik cord
- descending devices:
  - assisted locking
  - inline
  - plate
  - • figure 8
  - tubular
  - improvised
- belay systems:
  - top rope top belay
  - bottom brake
  - self-belay
- belay devices:
  - assisted locking
  - inline
  - plate
  - figure 8
  - tubular
  - improvised
- types of equipment and knots used, and how to tie them, when:
  - attaching descending devices to abseil ropes
  - attaching belay system to anchors
  - attaching self to back up belay system for self-belays
  - attaching self to anchor
- types of personal and equipment safety checks completed prior to abseiling and belaying
- abseiling techniques and appropriate posture for multi pitch descents on natural surfaces to include those for:
  - walking backwards
  - self-belayed descents
  - changing over at re-belays and using personal attachment system
  - self-belayed descent as last person down, doubled rope
- techniques for belaying others during abseils on natural surfaces to include those for:
  - establishing belaying position for effective and safe use of belay system
  - rope handling and maintaining adequate rope tension
  - controlling bottom brake system
  - arresting abseiler falls

- securing abseiler, tying off belay system and releasing
- reasons for attaching belayer to anchor system when belaying others including:
  - minimising belayer movement to retain stable position and stance
  - minimising effects of force of abseiler fall and risk of injury to belayer
  - minimising risks of belayer fall
- communication protocols used between abseilers and belayers to include:
  - calls
  - hand signals
  - whistles
  - radio
- typical hazards for multi pitch abseiling on natural surfaces, and techniques used to safely negotiate these:
  - falling rocks, water, debris, gear
  - abrasion points
  - sharp edges
  - squeezes and overhangs
  - ledges
  - traverses
  - slippery or unstable terrain
  - dense vegetation and trees
  - strong breezes
  - tangled rope
  - rope catches or jams on natural features
  - abseiling past a belay station
  - limited space at belay station
  - uneven landing at belay station
- how to care for abseiling equipment during activities to avoid damage, and promote long lifespan
- techniques used to minimise damage to abseiling surfaces in natural environments when abseiling.

## Assessment Conditions

Skills must be demonstrated in an outdoor environment where recreational multi pitch abseils are completed on natural surfaces which might include cliff face or cave pitches. Pitches can feature:

- undercut edges
- low anchors at start
- vertical and near vertical surfaces.

The following resources must be available to replicate industry conditions of operation:

- first aid equipment
- communication equipment for emergency response
- rescue equipment.

Assessment must ensure use of:

- participants with whom the individual interacts during abseiling activities
- personal protective equipment to include:
  - abseiling, climbing or caving helmets
  - harnesses
  - gloves, as required
- anchors which can include:
  - fixed artificial
  - naturally occurring
  - artificial removable
- abseiling equipment to include:
  - carabiners
  - rope which can include static and or dynamic rope
  - rope protectors
  - tape or sewn sling
  - personal attachment systems, including cow's tails
  - Prusik cords
  - descending devices
  - belay devices
- template safety checklists
- organisational safety and emergency response procedures for abseiling activities.

Assessors must satisfy the Standards for Registered Training Organisations requirements for assessors, and:

- have a collective period of at least three years' experience as an abseiling leader, guide or instructor, where they have applied the skills and knowledge covered in this unit of competency: the three years' experience can incorporate full and or part time experience.

## Links

Companion Volume Implementation Guides -

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