



**Australian Government**

# **SISOCAY003 Abseil in intermediate to advanced canyons**

**Release: 1**

# SISOCAY003 Abseil in intermediate to advanced canyons

## Modification History

Not applicable.

## Application

This unit describes the performance outcomes, skills and knowledge required to abseil in intermediate to advanced wet or dry canyons. It also requires the ability to belay abseilers and to self-belay.

This unit covers the skills required to abseil in canyon conditions featuring multiple vertical pitches of variable length.

It applies to leaders, guide or instructors who use these skills when leading participants during canyoning activities. Leadership skills are provided in complementary units.

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

Canyoning

## 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 canyon abseil.

- 1.1. Select clothing, footwear and personal protective equipment suitable for the canyon abseil and conditions.
- 1.2. Waterproof food, clothing, equipment and resources for wet canyons.
- 1.3. Confirm activity safety and emergency response

- procedures to ensure compliance during activities.
- 1.4. Confirm protocols for communications between abseiler and belayer.
  - 1.5. Interpret route description; identify position of natural features and the abseil route.
  - 1.6. Attach descending device to abseil rope and tie knots suitable for the established belay system.
  - 1.7. Complete equipment safety checks prior to abseiling or belaying.
2. Abseil in canyons using multi pitch descent techniques.
    - 2.1. Use safety procedures at top of and throughout all descents to minimise risk to self and others present.
    - 2.2. Use appropriate posture and abseiling techniques to execute descents to each station.
    - 2.3. Safely approach, avoid or negotiate hazards to descend to stations in a controlled manner.
    - 2.4. Maintain effective communication with belayer throughout all descents.
    - 2.5. Retrieve ropes at bottom of each pitch, as last person down.
    - 2.6. Use techniques that minimise damage to equipment and the surface during abseil.
  3. Change over safely at belay stations.
    - 3.1. Maintain continuous attachment to anchor points, traverse line or belay system.
    - 3.2. Changeover personal equipment from one rope system to another at belay stations, tie suitable knots and handle ropes without entanglement.
    - 3.3. Complete safety checks prior to loading belay system and before completing subsequent descents.
  4. Belay abseilers during multi pitch descents in canyons.
    - 4.1. Avoid or negotiate hazards and use safety procedures to minimise risk to self and others present.
    - 4.2. Establish belaying position and attach self to anchor, as required, to allow effective and safe use of belay system.
    - 4.3. Maintain rope tension to minimise fall distance and ensure abseiler movement is not unduly restricted.
    - 4.4. Monitor abseiler progress constantly, and maintain clear communication with abseiler.
    - 4.5. Arrest falls promptly using technique suitable to belaying device and situation.
    - 4.6. Safely and efficiently secure abseiler using tie off techniques; release tie off and allow abseiler to continue.
  5. Self-belay during multi pitch canyon descents.
    - 5.1. Attach self to suitable belay device for descent with back up to maintain safety in the event of a fall.
    - 5.2. Use appropriate posture and abseiling techniques to

execute self-belayed descents.

5.3. Control self-belay system to execute safe and controlled descents.

5.4. 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:	<ul style="list-style-type: none"> <li>interpret detailed and familiar organisational safety and emergency response procedures.</li> </ul>
Oral communications skills to:	<ul style="list-style-type: none"> <li>use clear and unambiguous verbal and non-verbal communications to make intent known.</li> </ul>
Numeracy skills to:	<ul style="list-style-type: none"> <li>visually estimate angles, estimate load on ropes to determine appropriate tension for abseiling and belaying.</li> </ul>
Planning and organising skills to:	<ul style="list-style-type: none"> <li>manage own timing to complete activities within planned timeframes.</li> </ul>

## Unit Mapping Information

No equivalent unit.

## Links

Companion Volume Implementation Guides -

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