



Australian Government

Department of Education, Employment and Workplace Relations

SISOABN201A Demonstrate abseiling skills on natural surfaces

Release: 2

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Modification History

Not Applicable

Unit Descriptor

This unit describes the performance outcomes, skills and knowledge required to participate in basic abseiling activities on natural surfaces under supervision. This unit focuses on the demonstration of simple abseiling skills in a controlled natural environment.

Application of the Unit

This unit applies to those participating in abseiling activities.

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.

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|-------------------------------------|--|
| 1. Plan for abseiling activity. | 1.1. Adjust and fit <i>equipment</i> to ensure personal comfort and safety.
1.2. Complete all necessary personal and equipment <i>safety checks</i> , prior to commencing descent.
1.3. Attach <i>descending device</i> to the rope. |
| 2. Demonstrate abseiling technique. | 2.1. Demonstrate correct posture and technique while abseiling, using single and double rope.
2.2. Demonstrate use of effective <i>communication systems</i> between abseiler and belayer using standard calls and procedures.
2.3. Negotiate simple <i>obstacles</i> and avoid or remove hazards safely, to descend in a controlled manner.
2.4. Demonstrate appropriate techniques to minimise damage to the environment while abseiling. |
| 3. Evaluate the abseiling activity. | 3.1. Evaluate <i>relevant aspects</i> of the abseiling activity.
3.2. 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 of progress and interact with belayer whilst abseiling
- problem-solving skills to negotiate obstacles and hazards when abseiling.

Required knowledge

- relevant legislation and organisational policies and procedures to enable safe conduct of all activities and legal access
- equipment types, characteristics and technology used for abseiling on natural surfaces, 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 to reduce risk during an abseiling activity on a natural surface
- 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:

- fits equipment, such as a harness and helmet, and carries out safety checks
- follows verbal instructions to accurately apply knowledge and demonstrate controlled abseiling techniques on a natural surface
- negotiates obstacles and hazards during the abseiling activity, and communicates effectively with the belayer and or supervisor to ensure safety of self and others
- evaluates and reflects on own abseiling performance to identify strengths, weaknesses and areas that need improvement.

Context of and specific resources for assessment

Assessment must ensure participation in abseiling activities that are of a sufficient duration to allow the participant to demonstrate competency.

Assessment must also ensure access to:

- a cliff with simple obstacles and features that allow participant to demonstrate simple abseiling skills
- equipment such as a harness, helmet 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:

- oral and or written questioning to assess knowledge to enable the safe conduct of all activities
- observation of safe participation and demonstration of abseiling skills and techniques, such as communicating with belayer and descending in a controlled manner
- third-party reports from a supervisor detailing performance.

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

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
- footwear
- belay device
- rope.

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

Communication system may include:

- calls
- radio
- hand signals
- whistles.

Obstacles may include:

- ledges
- trees
- water
- overhangs.

Relevant aspects 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.

Unit Sector(s)

Outdoor Recreation

Competency Field

Abseiling natural surface