



Australian Government

Department of Education, Employment and Workplace Relations

SISOABN406A Apply multi pitch 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 abseil independently in multi pitch descents on natural surfaces in a wide range of contexts. This unit does not include the application of belaying or rigging skills.

Application of the Unit

This unit applies to those working as abseiling guides or assistant guides in a range of natural conditions.

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 the abseiling activity. | <ul style="list-style-type: none"> 1.1. Identify and plan <i>food and water requirements</i> according to <i>principles of nutrition</i> and the duration of the activity. 1.2. Identify and select an appropriate activity site or location according to <i>relevant legislation</i> and <i>organisational policies and procedures</i>. 1.3. Identify associated <i>hazards</i> and procedures to minimise <i>risks</i> to abseiler and belayer on <i>natural surfaces</i>. 1.4. Access <i>relevant sources</i> to interpret detailed <i>weather and environmental information</i> to determine activity plan. 1.5. Establish a suitable <i>communication system</i> to use with belayer while abseiling. |
| 2. Select and utilise appropriate equipment. | <ul style="list-style-type: none"> 2.1. Select and use <i>equipment</i> in a safe and efficient manner, after consideration of <i>contextual issues</i>. 2.2. Adjust and fit equipment to ensure personal comfort and safety. 2.3. Complete all necessary personal and equipment <i>safety checks</i> prior to commencement according to organisational policies and procedures. 2.4. Select and attach <i>descending device</i> to the rope, suitable to the <i>belay system</i> being used. 2.5. Apply safety procedures at top and bottom of descent site to minimise risk. |
| 3. Demonstrate abseiling technique. | <ul style="list-style-type: none"> 3.1. Display correct posture and technique while abseiling, using single and double rope. 3.2. Maintain effective communication between abseiler and belayer throughout the descent. 3.3. Apply safe and correct <i>abseiling techniques</i> according to the belay system being used to minimise injury in the event of a fall. |

ELEMENT	PERFORMANCE CRITERIA
	3.4. Negotiate <i>obstacles</i> and avoid or remove hazards to descend in a controlled manner.
	3.5. Demonstrate techniques that minimise damage to the environment while abseiling.
	3.6. Retrieve ropes upon completion of an abseil.
4. Evaluate abseiling activity.	4.1. Evaluate <i>relevant aspects</i> of abseiling.
	4.2. 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 progress and interact with belayer
- problem-solving skills to identify and safely negotiate obstacles and hazards
- rope handling skills to manage and retrieve ropes
- first aid and emergency response skills appropriate to the location to enable initial response to emergencies and personal health care.

Required knowledge

- relevant legislation and organisational policies and procedures to enable safe conduct of all activities
- minimal impact codes to ensure protection of the environment
- equipment types, characteristics and technology used for abseiling on natural surfaces, the advantages and disadvantages of the range of equipment, and factors affecting appropriate selection of equipment
- care and maintenance of abseiling equipment to ensure prolonged life span and safety requirements
- knots that are appropriate to the abseiling activity to manage risk
- abseiling techniques and common communication methods and calls used between abseilers and belayers to reduce risk during multi pitch abseiling on a variety of natural surfaces according to the features of the surface
- weather and environmental information to ascertain possible conditions and their affect on the activity
- 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:

- selects and fits equipment independently and carries out safety checks to ensure effective working order
- arranges a suitable communication system with belayer, when abseiling, to monitor progress
- applies abseiling techniques and negotiates obstacles and hazards during to ensure safety of self and other participants
- 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 multiple abseiling activities on multi pitch natural surfaces that are of sufficient duration and breadth to demonstrate competency and consistency of performance.

Assessment must also include access to:

- resources and information regarding abseiling to accurately plan for the activity
- a variety of multi pitch natural abseiling sites with obstacles and features that allow participant to demonstrate abseiling skills
- other abseiling participants, to assist with belaying
- equipment such as harnesses, helmets, belay devices, descending devices, ropes, gloves, karabiners and first aid equipment.

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 or written questioning to assess knowledge of relevant legislation and organisational policies and procedures to enable safe conduct of all abseiling activities
- observation of safe participation and demonstration of abseiling skills, such as communicating with belayer to inform of progress
- observation of dealing with contingencies, such as

equipment failure or change in weather

- third-party reports from a supervisor detailing performance.

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

- SISOABN407A Establish ropes for multi pitch abseiling on natural surfaces
- SISOVTR402A Perform complex vertical rescues.

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.

Food and water requirements may include:

- perishability
- packaging
- storage.

Principles of nutrition may include:

- food groups
- dietary guidelines.

Relevant legislation may include:

- occupational health and safety
- permits or permission for access
- environmental regulations
- marine regulations.

Organisational policies and procedures may include:

- occupational health and safety
- use and maintenance of equipment
- communication protocols
- emergency procedures
- code of ethics.

Hazards may include:

- temperature extremes
- slippery or unstable terrain
- dangerous animals and insects
- stinging trees and nettles
- dense vegetation
- group management hazards

Risks may include:

- hypothermia
- heat exhaustion
- injuries
- exhaustion
- lost party or party member
- equipment failure.

Natural surfaces may include:

- cliffs
- boulders

Relevant sources may include:

- Bureau of Meteorology
- media
- land managers or agencies
- coastal patrol or coastguard
- volunteer marine rescue

Weather and environmental information may include:

- local knowledge.
- satellite images
- daily and weekly forecasts
- maximum and minimum temperatures
- weather warnings
- event warnings
- river levels
- synoptic charts
- high and low tide predictions.

Communication system may include:

- calls
- radio
- hand signals
- whistles.

Equipment may include:

- helmets
- protective clothing
- karabiners
- harnesses
- gloves
- belay device
- rope
- anchors
- spare equipment
- first aid kit.

Contextual issues may include:

- weather conditions, including times
- season
- transport
- location
- trip distance and duration
- group objectives
- group size

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
 - improvised devices
 - inline devices.
- Belay system*** may include:
- top belay
 - bottom brake
 - self belay.
- Abseiling techniques*** may include:
- walking backwards
 - bouncing backwards
 - forward rundowns.
- Obstacles*** may include:
- ledges
 - trees
 - falling water
 - overhangs
 - squeezes
 - traverses.
- 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