Australian Government

Department of Education, Employment and Workplace Relations

SISOCLN201A Demonstrate top rope climbing 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 climb and belay under supervision, using a top-rope set up, on natural surfaces. This unit focuses on the demonstration of simple climbing skills and techniques, such as underclings and side pulls.

Application of the Unit

This unit applies to those working as assistant climbing attendants or support staff under supervision in a range of top rope environments.

This unit also applies to outdoor recreation 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.
1. Plan for climbing activity.	1.1. Identify the position and quality of *features* on the *natural surface*. 1.2. Identify *hazards* associated with the activity and apply procedures to minimise *risks*, as advised by the supervisor. 1.3. Apply safety procedures at the top and bottom of climbing site according to organisational policies and procedures. 1.4. Identify and comply with *relevant legislation* and *organisational policies and procedures*.
2. Select and utilise appropriate equipment.	2.1. Identify and select *equipment* according to *contextual issues*. 2.2. Adjust and fit equipment to ensure personal comfort and safety. 2.3. Complete all necessary personal and equipment *safety checks*, prior to commencing ascent. 2.4. Demonstrate attachment to a suitable belay system in accordance with supervisor's instructions.
3. Demonstrate climbing techniques.	3.1. Locate and evaluate the main features of the climb, whilst climbing. 3.2. Demonstrate safe and correct *climbing techniques*, to minimise injury in the event of a fall. 3.3. Locate and utilise *rest positions* to reduce fatigue. 3.4. Establish and maintain effective *communication* between climber and belayer using standard calls and procedures.
4. Demonstrate belaying technique.	4.1. Establish a suitable communication system with the climber and perform safety checks of equipment before climb. 4.2. Establish *belaying position* in relation to *belay device* and *belay system* to ensure *belayer safety*. 4.3. Maintain rope tension to minimise fall distance

ELEMENT	PERFORMANCE CRITERIA
	whilst not restricting climber movement.
	4.4. Monitor climber progress constantly and respond appropriately to climber calls.
	4.5. Arrest falls promptly and use techniques according to the belay device.
5. Evaluate the climbing activity.	5.1. Evaluate *relevant aspects* of the climb.
	5.2. Identify improvements for future climbs.

Required Skills and Knowledge

This section describes the skills and knowledge required for this unit.

Required skills

- communication skills to enable safe interaction with belayer whilst climbing
- problem-solving skills to decide on possible route to take and techniques to use, according to surface features and climbing skill level
- rope handling skills to maintain adequate rope tension when belaying
- 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 and legal access
- minimal impact climbing codes to ensure protection of the environment
- equipment types, characteristics and technology used for top-rope climbing on natural surfaces, the advantages and disadvantages of the range of equipment, and factors affecting appropriate selection of equipment
- care and maintenance of climbing equipment to ensure prolonged life span and safety requirements
- common communication methods and calls used between climbers and belayers
- belay techniques and devices appropriate for top rope climbing on natural surfaces
- climbing techniques and procedures, such as selecting a climbing technique to suit the features of the surface
- emergency procedures and potential hazards relevant to the location to ensure risk minimisation to 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 correctly fits equipment, such as a harness, and carries out safety checks to ensure effective working order • follows written and verbal instructions to accurately apply knowledge and demonstrate climbing and belaying techniques, such as maintaining appropriate rope tension when belaying • adapts quickly to problems or issues that may arise during climbing or belaying, such as movement restriction of the climber due to inappropriate rope tension, and makes appropriate adjustments to ensure safety of climber • evaluates and reflects on own climbing and belaying performance to identify strengths, weaknesses and areas that need improvement.
Context of and specific resources for assessment	Assessment must ensure participation in multiple climbing and belaying activities, using a top- rope set up on a natural surface, to demonstrate competency and consistency of performance. Assessment must ensure access to: • resources and information, such as climbing and belaying techniques and feature description of the natural climbing surface, to accurately plan the route for the climb • a suitable natural single pitch climbing location for top- rope climbing, with features that allow participant to demonstrate simple climbing skills • equipment such as a harness, helmet, climbing shoes, karabiners and belaying devices.
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 of relevant legislation and policies and procedures to enable the safe conduct of all activities • observation of safe participation and demonstration

of skills and techniques, such as underclings and side pulls in climbing, and guiding and braking in belaying

- observation of dealing with contingencies, such as equipment failure or change of route
- 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.

Route description may include:	• verbal • documented notes on the climb.
Features may include:	• aretes • chimneys • corners • cracks • edges • flakes • jugs • overhangs • roofs • pinnacles • ledges • pockets.
Natural surface may include:	• cliffs • boulders.
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.
Relevant legislation may include:	• occupational health and safety • permits or permission for access • environmental regulations • marine regulations.
Organisational policies and	• operating procedures and company or enterprise policies

procedures may include:	• occupational health and safety • use and maintenance of equipment • communication protocols • emergency procedures • code of ethics.
Equipment may include:	• harness • helmet • climbing shoes • karabiners • belay devices • tapes and slings • rope • chalk bag and chalk.
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.
Climbing techniques may include:	• bridging • layaways • side pulls • laybacking • pinch grips • smearing • underclings • mantle - shelving • crimping • jamming • chimneying

	• lunging.
Rest positions may include:	• an appropriate edge to lean against
	• ledge to lean against
	• no hands rest.
Communication may include:	• calls
	• radio
	• hand signals
	• whistles.
Belaying position may include:	• body positioned
	• stance
	• hands
	• location in relation to climb.
Belay devices may include:	• plate device
	• tube device
	• auto locking device
	• body belay.
	• hitch such as Munter or Italian.
Belay system may include:	• top belay
	• bottom belay.
Belayer safety may include:	• belayer attached to anchor or safety ropes
	• safe and efficient escape plan from belaying system
	• positioned out of direct line of equipment falls
	• wearing of safety gear such as a helmet.
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

Climbing natural surfaces