



Australian Government

SISOABS001 Abseil single pitches using fundamental skills

Release: 1

SISOABS001 Abseil single pitches using fundamental skills

Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to abseil single pitches at a fundamental skill level and to belay other abseilers.

It applies to assistant leaders and support staff who use these skills when assisting with the delivery of recreational abseiling activities for groups of participants. They work under close supervision, and according to instructions and guidance provided by supervising activity leaders who may be guides or instructors.

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

Abseiling

Unit Sector

Outdoor Recreation

Elements and Performance Criteria

ELEMENTS

Elements describe the essential outcomes

1. Prepare for the abseil.

PERFORMANCE CRITERIA

Performance criteria describe the performance needed to demonstrate achievement of the element.

- 1.1. Select clothing, footwear and personal protective equipment suitable for the abseil and conditions.
- 1.2. Confirm activity safety and emergency response procedures to ensure compliance during activities.
- 1.3. Confirm protocols for communications between abseiler and belayer.
- 1.4. Discuss and identify, with supervising leader, position of

- natural features and the abseil route.
- 1.5. Attach descending device to abseil rope and tie knots suitable for the established belay system and check with supervising leader.
 - 1.6. Complete equipment safety checks prior to abseiling or belaying.
2. Abseil using single pitch descent techniques.
 - 2.1. Use safety procedures at top of and throughout descent to minimise risk to self and others present.
 - 2.2. Use appropriate posture and abseiling techniques to execute descents.
 - 2.3. Safely approach, avoid or negotiate hazards to descend in a controlled manner.
 - 2.4. Maintain effective communication with belayer throughout descent.
 3. Belay abseilers under supervision.
 - 3.1. Avoid or negotiate hazards and use safety procedures to minimise risk to self and others present.
 - 3.2. Establish belaying position and attach self to anchor, as required, to allow effective and safe use of belay system.
 - 3.3. Maintain rope tension to minimise fall distance and ensure abseiler movement is not unduly restricted.
 - 3.4. Monitor abseiler progress constantly, and maintain clear communication with abseiler.
 - 3.5. Arrest falls promptly using technique suitable to belaying device and situation, and seek leader's assistance to allow abseiler to continue.

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:	interpret detailed and familiar organisational safety and emergency response procedures.
Oral communications skills to:	use clear and unambiguous verbal and non-verbal communications to make intent known.
Numeracy skills to:	estimate load on ropes to determine appropriate tension for abseiling and belaying.
Teamwork skills to:	cooperatively work with supervising leader to take direction.

Unit Mapping Information

No equivalent unit.

Links

Companion Volume Implementation Guides -

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

Assessment Requirements for SISOABS001 Abseil single pitches using fundamental skills

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 a total of four single pitch abseils with a belayer on at least two different pitches
- during each of the above abseils, consistently:
 - follow supervising leader's direction
 - 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
- belay abseilers according to safety procedures, and complete the following:
 - two top rope, top belayed descents
 - one bottom braked descent
 - two simulated abseiler falls with assistance from supervising leader.

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 to include:
 - clothing
 - footwear
 - gloves, advantages and disadvantages
 - abseiling/climbing helmets
 - harnesses of different types
- operational function of abseiling equipment:
 - carabiners
 - static and dynamic rope and when each might be used
 - tape
 - sewn sling
 - Prusik cord
 - descending devices

- belay systems
- belay devices
- 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 anchor
- types of personal and equipment safety checks completed prior to abseiling and belaying
- abseiling techniques and appropriate posture
- techniques for belaying others during abseils 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 and working with supervising leader to allow abseiler to continue
- 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 single pitch abseiling, and techniques used to safely negotiate these:
 - falling objects and gear
 - abrasion points
 - sharp edges or fittings and fixtures
 - ledges
 - slippery or unstable terrain
 - tangled rope.

Assessment Conditions

Skills may be demonstrated on indoor or outdoor single pitches and on either natural or artificial surfaces or a combination of both. Artificial surfaces can be fixed or portable structures.

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
- activity leaders, guides or instructors, who supervise the candidate
- personal protective equipment to include:
 - abseiling or climbing helmets
 - harnesses
 - gloves, as required
- anchors which can include:
 - fixed artificial, naturally occurring or artificial removable anchors for natural surface abseils
 - established anchors for an artificial structure
- abseiling equipment to include:
 - carabiners
 - rope which can include static and or dynamic rope
 - rope protectors
 - tape or sewn sling
 - 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; 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>