



Australian Government

SISOCAY002 Abseil in easy to intermediate canyons

Release: 1

SISOCAY002 Abseil in easy to intermediate canyons

Modification History

Not applicable.

Application

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

It applies to leaders, guides 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

Elements describe the essential outcomes

1. Prepare for the canyon 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 canyon abseil and conditions.
- 1.2. Waterproof food, clothing, equipment and resources, for wet canyoning.
- 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 vertical canyon pitches.
 - 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.
 - 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. Belay abseilers during canyon descents.
 - 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.
 - 3.6. Safely and efficiently secure abseiler using tie off techniques; release tie off and allow abseiler to continue.
4. Self-belay during canyon descents.
 - 4.1. Attach self to suitable belay device for descent with back up to maintain safety in the event of a fall.
 - 4.2. Use appropriate posture and abseiling techniques to execute self-belayed descents.
 - 4.3. Control self-belay system to execute safe and controlled descents.
 - 4.4. 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:	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:	visually estimate angles, estimate load on ropes to determine appropriate tension for abseiling and belaying.
Planning and organising skills to:	manage own timing to complete activities within planned timeframes.

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 SISOCAY002 Abseil in easy to intermediate canyons

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 three abseiling sessions in canyons, with at least one in a wet canyon
- across the three sessions collectively complete the following abseils:
 - four descents with a belayer
 - two self-belayed descents
- during each of the above abseils, consistently:
 - 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
- complete two additional self-belayed descents, simulating a self-arrest and self-rescue to complete the descent
- belay abseilers according to safety procedures, and complete the following:
 - three top rope, top belayed descents
 - one bottom braked descent
 - two simulated abseiler falls, and safely and efficiently secure and release abseilers to continue.

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 canyoning activities
- purpose, features, and correct fit for safety, of personal protective equipment for abseiling in canyons to include:
 - clothing
 - footwear
 - gloves, advantages and disadvantages
 - abseiling/climbing helmets
 - harnesses of different types, advantages and disadvantages
- waterproofing and stowing techniques used to keep clothing, equipment and resources dry during wet canyoning activities
- features, functions and operation of abseiling equipment used in canyons:

- carabiners
- static and dynamic rope and when each might be used
- tape
- sewn sling
- Prusik cord
- descending devices:
 - assisted locking
 - inline
 - plate
 - figure 8
 - tubular
 - improvised
- belay systems:
 - top rope top belay
 - bottom brake
 - self-belay
- belay devices:
 - assisted locking
 - inline
 - plate
 - figure 8
 - tubular
 - improvised
- 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 back up belay system for self-belays
 - attaching self to anchor
- types of personal and equipment safety checks completed prior to abseiling and belaying
- canyoning abseiling techniques and appropriate posture for easy to intermediate descents to include those for:
 - walking backwards on dry and wet surfaces
 - self-belayed descents
 - lowering
 - disconnecting self from belay in a pool of water
- techniques for belaying others during easy to intermediate canyon 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
- securing abseiler, tying off belay system and releasing
- 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 abseiling in canyons, and techniques used to safely negotiate these:
 - falling rocks, water, debris, gear
 - abrasion points
 - sharp edges
 - squeezes and overhangs
 - ledges
 - traverses
 - slippery or unstable terrain
 - dense vegetation and trees
 - strong breezes
 - tangled rope
 - rising water levels
 - cold water, immersion for extended periods
- how to care for abseiling equipment during canyoning activities to avoid damage, and promote long lifespan
- techniques used to minimise damage to canyon surfaces when abseiling in canyons.

Assessment Conditions

Skills must be demonstrated in easy to intermediate canyons which may feature the following:

- pitches up to 30 metres
- anchors that can be easily reached
- room to regroup between abseils
- pitches that require some up and down climbing using a rope
- canyon escapes can take up to 1 hour.

Wet canyons may feature:

- low vertical flow
- pools of calm to slightly moving water

- pools that require jumps between 3 to 5 metres
- low to moderately angled slides.

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 canyoning activities
- personal protective equipment to include:
 - abseiling or climbing helmets
 - harnesses
 - gloves, as required
- anchors which can include:
 - fixed artificial
 - naturally occurring
 - artificial removable
- 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 canyoning 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 a canyoning guide, leader or instructor where they have applied the skills and knowledge covered in this unit of competency; the three years' experience can incorporate full and or part time experience.

Links

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