



**Australian Government**

# **Assessment Requirements for SISOCVE004 Descend and ascend single ropes in caves**

**Release: 1**

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### **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 the following activities in natural caves using single rope techniques:
  - three descents
  - three ascents
- during the descents and ascents collectively use the following single rope techniques:
  - changeovers from descending to ascending
  - changeovers from ascending to descending
  - redirections and re-belays
  - changeover to another system while suspended on a rope
- during each activity, consistently:
- connect self to belay system and anchors using appropriate device and or knots
  - follow safety procedures and safely negotiate hazards to descend and ascend in a controlled manner by both:
    - bypassing obstacles
    - raising body weight.

### **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 caving activities
  - purpose, features, and correct fit for safety, of personal protective equipment for cavers to include:
    - clothing
    - footwear
    - gloves
    - caving helmets
    - headlamps
    - harnesses of different types, advantages and disadvantages
  - features, functions and operation of equipment used for single rope descents and ascents in caves:
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- carabiners
  - maillon rapides
  - static and dynamic rope and when each might be used
  - tape
  - sewn sling
  - personal attachment systems, including cow's tails
  - Prusik cord
  - foot loops
  - mechanical ascenders
  - 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 self to belay system
    - attaching self to anchor
  - safety requirements at the pitch head including use of personal attachment systems
  - types of personal and equipment safety checks completed prior to descents and ascents
  - how to care for equipment during caving activities to avoid damage, and promote long lifespan
  - techniques used to adjust the rope rig to include those for changing:
    - cord length
    - types of descenders and ascenders
    - type of ascending action used
  - single rope techniques used in caves to:
    - descend and ascend a fixed rope
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- lock off during descent
  - changeover from descending to ascending
  - changeover from ascending to descending
  - complete redirections and re-belays
  - changeover to another system while suspended on a rope
  - avoid obstacles and rope knots during descents and ascents including bypassing and by raising body weight
  - typical hazards associated with single rope descents and ascents in caves, and techniques used to safely negotiate these:
    - water pools, streams and seepage
    - falling rocks, water, debris, gear
    - abrasion points
    - sharp edges
    - vertical squeezes and overhangs
    - strong cave breezes
    - darkness
    - rising waters
    - tangled rope
  - techniques used to minimise damage to the cave environment when descending and ascending single ropes.

## **Assessment Conditions**

Skills must be demonstrated in a natural cave where single rope descents and ascents are used as part of recreational caving activities.

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:

- personal protective equipment to include:
    - gloves
    - caving helmets
    - headlamps
    - harnesses
  - anchors which can include:
    - fixed artificial
    - naturally occurring
    - artificial removable
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- single rope abseiling equipment:
    - carabiners
    - maillon rapides
    - rope which can include static and or dynamic rope
    - rope protectors
    - tape or sewn sling
    - personal attachment systems, including cow's tails
    - Prusik cords
    - foot loops
    - mechanical ascenders
    - descending devices
    - belay devices
  - template safety checklists
  - organisational safety and emergency response procedures for caving 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 caving leader, guide or instructor, where they have applied the skills and knowledge covered in this unit of competency; the three years' experience can be part time or full time experience.

## **Links**

Companion Volume Implementation Guides -

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

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