



**Australian Government**

**Department of Education, Employment and Workplace Relations**

# **SISOABN409A Guide abseiling on multi pitch natural surfaces**

**Release: 2**

## **SISOABN409A Guide abseiling on multi pitch natural surfaces**

### **Modification History**

Not Applicable

### **Unit Descriptor**

This unit describes the performance outcomes, skills and knowledge required to guide participants in a multi pitch abseiling activity on a natural surface. This unit focuses on the application of planning skills to make suitable arrangements to guide a group through an abseiling activity.

### **Application of the Unit**

This unit applies to those working as abseiling guides. Activities are conducted in a range of natural multi pitch sites.

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.

1. Plan abseiling activity.

- 1.1. Determine the ***condition of participants*** prior to participation in the activity.
- 1.2. Develop an activity ***plan*** according to ***relevant legislation*** and ***organisational policies and procedures***, to meet participant's needs.
- 1.3. Select an appropriate activity site or location that is suitable for participants and meets ***activity objectives***, relevant legislation and organisational policies and procedures.
- 1.4. Identify ***hazards*** associated with abseiling on ***natural surfaces*** and minimise ***risks*** to ensure personal safety of participants.
- 1.5. Access ***relevant sources*** to interpret detailed ***weather and environmental information*** to determine activity plan.
- 1.6. Determine ***food and water requirements*** according to ***principles of nutrition*** and ***contextual issues*** of the activity.
- 1.7. Determine most appropriate ***belay system*** according to participant's abilities and conditions at the site.
- 1.8. Inform ***appropriate authorities*** before commencing the abseiling activity.

2. Select equipment for the group.

- 2.1. Select ***equipment*** according to contextual issues and organisational policies and procedures and check serviceability.
- 2.2. Assess equipment for safety and suitability, and adjust and fit to ensure personal comfort.
- 2.3. Establish anchors and ropes, ensuring they are in correct position for the activity.
- 2.4. Check safety and rescue equipment to ensure suitability to the group and the abseil.

3. Brief participants.

- 3.1. Communicate instructions and ***relevant information***

**ELEMENT****PERFORMANCE CRITERIA**

- about the abseiling activity in a manner suitable to the participants.
- 3.2. Demonstrate correct abseiling and belaying techniques.
- 3.3. Establish a suitable **communication system** for participants to use while abseiling and belaying.
- 3.4. Outline **safety checks**, safe areas and boundaries for the activity.
- 3.5. Check and confirm participants are properly equipped for the abseil.
4. Supervise abseiling activity.
- 4.1. Provide clear and concise direction and advice to group during the activity.
- 4.2. Monitor abseiling, belaying and back-up belaying techniques to ensure safety of participants.
- 4.3. Monitor individual **participant's performance** and provide appropriate feedback.
- 4.4. Implement appropriate modifications to activity in regard to all **variable factors** that are monitored.
- 4.5. Use positive encouragement throughout activity, and encourage feedback and questioning from group members.
5. Complete post activity responsibilities.
- 5.1. Retrieve, inspect and store equipment according to organisational policies and procedures.
- 5.2. Evaluate **relevant aspects** of abseiling activity.
- 5.3. Identify potential areas of improvement for future abseiling activities.
- 5.4. Review own performance and identify potential improvements.

## Required Skills and Knowledge

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

### Required skills

- communication skills to:
  - consult with participants to plan an abseiling activity that meets their need
  - convey information about the safety aspects of the activity
  - interact with participants to create a safe and positive abseiling environment
- problem-solving skills to:
  - plan a suitable abseiling activity according to participant's needs and abilities
  - make decisions affecting activity such as potential hazards and impact of weather
  - respond appropriately to non-routine situations
- planning and organising skills to:
  - source, allocate and coordinate resources, equipment and natural pitch suitable for the participants
  - organise participants into manageable groups for abseiling and belaying
- language, numeracy and literacy skills to:
  - produce an activity plan for the abseiling activity
  - perform basic calculations to determine equipment needs based on height of pitch
  - complete post-activity participant and self evaluations
- effective and efficient personal abseiling skills to demonstrate and explain abseiling and belaying techniques to participants
- rope handling, retrieval and knot tying skills to rig ropes and anchors adequately and safely
- contingency and rescue skills to recover participants from abseiling incident
- 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 abseiling activities
- minimal impact codes to ensure protection of the environment
- site specific information to assist in the planning process and enable management of potential abseiling hazards, and any special restrictions applying to the area
- equipment types, characteristics and technology used for multi pitch abseiling on natural surfaces, the advantages and disadvantages of the range of equipment and factors affecting appropriate selection of equipment
- clothing and footwear requirements for abseiling activities to ensure comfort and safety
- care and maintenance of abseiling equipment to ensure prolonged life span and

safety requirements

- nutritional requirements when abseiling to maintain wellbeing
- abseiling techniques and common communication methods and calls used between abseilers and belayers to reduce risk during abseiling on multi pitch natural surfaces
- belay systems, devices and anchors appropriate for multi pitch natural surfaces
- technical abseiling knowledge, such as techniques and procedures to suit 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:

- plans activity in accordance with participants needs, relevant legislation, organisational policy and procedures
- briefs, guides and monitors groups in a safe and professional manner
- applies effective contingency management techniques to deal with a range of problems and issues that may arise during the abseiling activity
- encourages and responds to group feedback and evaluates and reflects on own guiding performance to identify strengths, weaknesses and areas that need improvement.

#### Context of and specific resources for assessment

Assessment must ensure leading abseiling activities that reflect the needs of a range of participants demonstrate competency and consistency of performance.

Assessment must also ensure access to:

- resources and information regarding participants and location to accurately plan, guide and document abseiling activities for a variety of participants
- a natural multi pitch abseiling site suitable for the participants
- a group of participants to take part in the abseiling activity
- equipment such as harnesses, helmets, belay devices, descending devices, ropes, gloves, karabiners, food and water, and safety 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:

- observation of interaction with a group of participants, including conveying information for safe participation
- 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 dealing with contingencies such as changing weather conditions and equipment failure
- review of abseiling activity plans
- 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.
- SISOABN406A Apply multi pitch abseiling skills on natural surfaces
- SISOVTR301A Perform 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.

***Condition of participants*** may include:

- skill level
- previous experience
- physical capabilities and fitness level
- age
- injuries and illnesses.

***Plan*** may include:

- activity aims and objectives
- date, time and duration
- location
- guide and participant ratios
- resources
- equipment
- food and water
- weather details
- participant information
- safety requirements
- risk management plan.

***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
- time and budget constraints
- use and maintenance of equipment
- communication protocols
- confidentiality of participant information
- guide and participant ratios
- emergency and safety procedures
- code of ethics.

***Activity objectives*** may include:

- self improvement
- meeting people
- fitness targets
- adventure and recreation.

***Hazards*** may include:

- temperature extremes
- slippery or unstable terrain

- dangerous animals and insects
  - stinging trees and nettles
  - dense vegetation
  - group management hazards.
- Natural surfaces** may include:
- cliffs
  - boulders
- Risks** may include:
- hypothermia
  - heat exhaustion
  - injuries
  - exhaustion
  - lost party or party member
  - equipment failure.
- Relevant sources** may include:
- Bureau of Meteorology
  - media
  - land managers or agencies
  - coastal patrol or coastguard
  - volunteer marine rescue
  - local knowledge.
- Weather and environmental information** may include:
- satellite images
  - daily and weekly forecasts
  - maximum and minimum temperatures
  - weather warnings
  - event warnings
  - river levels
  - synoptic charts
  - high and low tide predictions.
- Food and water requirements** may include:
- perishability
  - packaging
  - storage.
- Principles of nutrition** may include:
- food groups
  - dietary guidelines.
- Contextual issues** may include:
- weather conditions, including times
  - season
  - transport
  - location
  - trip distance and duration
  - group objectives
  - group size.
- Belay system** may include:
- top belay
  - bottom brake
  - self belay.

**Appropriate authorities** may include:

- waterways departments
- surf rescue
- authorities
- supervisors.
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**Equipment** may include:

- abseiling equipment:
- safety equipment
- rescue equipment.

**Relevant information** may include:

- personal equipment requirements
- safety procedures
- possible hazards
- environmental impact minimisation
- abseiling and belaying techniques
- objectives
- rules and codes
- responsible and safe behaviour.

**Communication system** may include:

- calls
- radio
- hand signals
- whistles.

**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.

**Participant's performance** may include:

- use of appropriate communication system
- abseiling technique
- attitude
- negotiation of hazards
- use of equipment.

**Variable factors** may include:

- change of weather
- equipment failure
- participant's needs
- abseiling conditions.

**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