

Demonstrate Abseiling on a Natural Surface  
incorporating elements and performance criteria SISOABN201A

CANDIDATE DETAILS	Name	Scout N.
	email	DoB:

Element	Skill to be demonstrated consistently	Date of assessment	Supervisor initials*
<i>1. Preliminary skills and knowledge</i>			
<i>Safety precautions</i>	<i>Participate in discussion about Safety Precautions Who do you look out for? How close to the cliff can you go? Whose instructions do you heed? Safety of equipment, set up, etc</i>		
<i>Equipment</i>	<i>Discuss equipment-knowledge and care: name these items: (tape, carabiner, rope, descener types, helmet, anchor, harness.....)</i>		
	<i>Investigate rope construction, and care of ropes</i>		
	<i>Identify carabiner features and parts (such as screw gate)</i>		
	<i>care of metal objects:</i>		
<i>Knots</i>	<i>recognise Knots and understand their use:</i>		
	<i>figure eight</i>		
	<i>double fishermans</i>		
	<i>prussic</i>		
	<i>tape knot, alpine butterfly,</i>		
<i>first aid</i>	<i>Participate in discussion: What kinds of mishaps could occur around abseil activities? What might be the most common injuries or conditions and how would you manage them?</i>		
<i>Care of Environment</i>	<i>Participate in discussion and show awareness of paths, hazards, trees/anchors, animals.</i>		
<b>2. Plan for abseiling activity.</b>	<b>Adjust and fit equipment to ensure personal comfort and safety.</b>		
	<b>Complete all necessary personal and equipment <i>safety checks</i>, prior to commencing descent.</b>		
	<b>Attach <i>descending device</i> to the rope.</b>		

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3. Demonstrate abseiling technique.	Demonstrate correct posture and technique while abseiling, using single and double rope. [follows verbal instructions to accurately apply knowledge and demonstrate controlled abseiling techniques on a natural surface]		
	Devices used:		
	Surfaces (includes overhangs, sit starts:		
	Demonstrate use of effective <b>communication systems</b> between abseiler and belayer using standard calls and procedures. (includes calls, whistles, hand signals)		
	Negotiate simple <b>obstacles</b> and avoid or remove hazards safely, to descend in a controlled manner; negotiates obstacles and hazards during the abseiling activity, and communicates effectively with the belayer and or supervisor to ensure safety of self and others.		
	Abseil with self belay		
	Demonstrate Lock off mid descent		
	Prusik 5 mtrs up, and down		
	Prusik an entire wall of at least 20 mtrs over the top		
	Demonstrate appropriate techniques to minimise damage to the environment while abseiling.		
4. Evaluate the abseiling activity.	Evaluate <b>relevant aspects</b> of the abseiling activity: own performance, identify strengths, weaknesses and areas that need improvement		
	<i>Can consider and comment on what went well in the overall activity</i>		
	Identify improvements for future abseiling activities.		

SUPERVISORS DETAILS\*

NAME	CONTACT DETAILS	RELEVANT UNITS HELD	

PLEASE ENSURE YOU ARE ALSO RECORDING RELEVANT INFORMATION IN A LOG.