

<b>Proficiency Badge:</b> <b>Abseiling</b>	Name:	Age:
	Scout Group:	

*Participants must have attained the age of 11 years.  
 Abseils must be single pitch, with a combined total of 50 metres.  
 All abseiling activities to comply with State safety regulations.*



<b>A. DEMONSTRATE</b>		
Prior to abseil, demonstrate precautions applicable to abseiling including	Competent	Date
1. Approaching cliffs		
2. Safe distance to cliff edge		
3. The need to restrain loose hair and clothing		
4. Use of standard abseil calls		

<b>B. SKILL</b>		
Demonstrate thorough knowledge of	Competent	Date
1. Tape knot including tie offs		
2. Figure eight on the bight		
3. Correct fitting of a harness		
4. Clipping onto abseil rope		
5. System checks		
6. Mock abseil on flat ground		
7. Suitable protective clothing for all seasons		
8. The importance of using appropriate equipment		
9. Basic rules for the use and care of equipment		



<b>C. ACTIVITY</b>			
Undertake abseils (final total 50 metres) eg. 5 x 10mtrs	height	competent	date
1.			
2.			
3.			
4.			
5.			
6.			
7.			

Signature of Instructor	Date